

ISLAND AIKIDO – SHINBUKAN DOJO

6th Kyu – Orange Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **HYAKU HACHI JU DO KAITEN** [video](#)
180 degree pivot body change (solo)
3. **FUMIKOMI HYAKU HACHI JU DO KAITEN**
Cross-step 180 degree pivot body change (solo)
4. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
5. **KOHO UKEMI ICHI TO NI** [video](#)
Back breakfalls without and with hitting
6. **ZENPO KAITEN UKEMI ICHI** [video](#) (at 5:20)
Forward breakfall #1 (without hitting)
7. **ZENPO KAITEN UKEMI NI** [video](#) (at 5:32)
Forward breakfall #2 (with hitting)
8. **KATATE MOCHI NIKAJO OSAE ICHI** [video](#)
One wrist grasp second control pin #1
9. **KATATE MOCHI NIKAJO OSAE NI** [video](#)
One wrist grasp second control pin #2
10. **SHOMENUCHI SHOMEN IRIMINAGE ICHI** [video](#)
Front strike front step in throw #1
11. **SHOMENUCHI SHOMEN IRIMINAGE NI** [video](#)
Front strike front step in throw #2
12. **SHITE WAZA (Ippon mei)**
(One previous technique)