

ISLAND AIKIDO – SHINBUKAN DOJO

7th Kyu – Orange Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **TAI NO HENKI ICHI** [video](#)
Cross step in body change (solo)
3. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
4. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
5. **SHUMATSU-DOSA ICHI** [video](#)
After-class exercise #1 (solo)
6. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
7. **KOHO UKEMI ICHI**
Back breakfall without hitting
8. **KOHO UKEMI NI** [video](#)
Back breakfall with hitting
9. **SHOMENUCHI IKKAJO OSAE ICHI** [video](#)
Front strike first control pin #1
10. **SHOMENUCHI IKKAJO OSAE NI** [video](#)
Front strike first control pin #2
11. **KATATE MOCHI SHIHONAGE OSAE ICHI** [video](#)
One wrist grasp all direction pin #1 (like after class exercise #1)
12. **KATATE MOCHI SHIHONAGE OSAE NI** [video](#)
One wrist grasp all direction pin #2 (like after class exercise #2)