

ISLAND AIKIDO – SHINBUKAN DOJO

8th Kyu – Yellow Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SEIZA-HO** [video](#)
Correct way to sit
3. **REI-HO** [video](#)
Etiquette and the correct way to bow
4. **SHIKKO-HO (optional)** [video](#)
Knee-walking
5. **TAI NO HENKI ICHI** [video](#)
Cross step in body change (solo)
Step-in movement when pulled
6. **TAI NO HENKO NI** [video](#)
95 degree pivot (solo)
Turning movement when pushed
7. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
Forward movement when pulled
8. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
Shifting weight movement
9. **HYAKU HACHI JU DO KAITEN** [video](#) (at 2:07)
180 degree pivot body change (solo)
Full turn movement when pushed
10. **SHUMATSU-DOSA ICHI** [video](#)
After-class exercise #1 (solo)
Forward movement when pulled
11. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
Pivoting movement when pushed