

Nishio Aikido 10th Kyu

15 training days

Gyakuhanmi Kaitennage Ura
Gyakuhanmi Ikkyo Ura
Gyakuhanmi Shihonage Omote

Aihanmi Shihonage Omote
Aihanmi Sankyo Ura

Mae Ukemi
Ushiro Ukemi

Ken Suburi Shomen
Ken Suburi Kesagiri

Kokyudosa