

Nishio Aikido 1st Kyu

25 training days since 2nd kyu plus at least one seminar outside the dojo

Gyakuhanmi Kokyuho (back stretch)

Gyakuhanmi Kaitennage + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Gyakuhanmi Ikkyo, Nikyo, Sankyo **Omote & Ura + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo**

Gyakuhanmi Shihonage Omote + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Gyakuhanmi Kotegaeshi Ura & Omote + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Gyakuhanmi Iriminage Ura & Omote + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Aihanmi Kaitennage Ura + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Aihanmi Ikkyo, Nikyo, Sankyo, **Omote & Ura + Ken tai ken, Ken tai jo**

Aihanmi Goyko Ura + Ken tai ken, Ken tai jo

Aihanmi Shihonage, Kotegaeshi Omote & Ura + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Aihanmi Iriminage Ura & Omote + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Ryotedori Shihonage, **Kotegaeshi, Iriminage** Omote + Ken no tebiki, Jo no tebiki, Ken tai ken, Ken tai jo

Ryotedori Kokyunage Omote + Ken no tebiki

Shomenuchi Ikkyo Omote + Ken tai ken, Ken tai jo

Shomenuchi Iriminage Omote & Ura + Ken tai ken, Ken tai jo

Shomenuchi Kotegaeshi Omote & Ura + Ken tai ken, Ken tai jo

Shomenuchi Shihonage Omote + Ken tai ken, Ken tai jo

Shomenuchi Yonkyo Omote & Ura + Ken tai ken, Ken tai jo

Yokomenuchi Shihonage Omote + Ken tai ken, Ken tai jo

Yokomenuchi Goyko, Kotegaeshi, Iriminage Omote + Ken tai ken, Ken tai jo

Katadori Menuchi Ikkyo, Nikyo, Sankyo, Yonkyo Omote + Ken no tebiki, Ken tai ken, Ken tai jo

Tsuki Iriminage, Kotegaeshi, Omote & Ura + Ken tai ken, Ken tai jo

Tsuki Shihonage Omote + Ken tai ken, Ken tai jo

Ushiro Ryotedori Sankyo, Kotegaeshi Ura + Ken tai ken, Ken tai jo

Ushiro Ryotedori Iriminage, Kokyunage

Suware Waza Shomenuchi Ikkyo, **Nikyo, Sankyo**, Iriminage

Taninzudori Shomenuchi, Yokomenuchi, Tsuki 3 opponents

Taninzudori Hanmihandachi 3 opponents