

Nishio Aikido 9th Kyu

15 training days since 10th kyu

Gyakuhanmi Kokyuhō (back stretch)

Gyakuhanmi Kaitennage

Gyakuhanmi Ikkyō

Gyakuhanmi Nikyō

Gyakuhanmi Sankyō

Gyakuhanmi Shihonage

Aihanmi Shihonage

Aihanmi Sankyō

Mae Ukemi

Ushiro Ukemi

Ken Suburi Shōmen

Ken Suburi Kesagiri

Kokyudōsa