



NINE CIRCLES



HAKUHO KAI

DAITO RYU AIKI JU JUTSU TRAINING SYLLABUS

Shodan (Black Belt)

IKAJO

Idori Sitting Techniques	
Technique	Attack
1. Ippon Dori (one point take)	Shomen Uchi (downward strike)
2. Gyaku Ude Dori (reverse arm take)	Katate Mune Dori (single grab to lapel)
3. Hiji Gaeshi (elbow turn)	Tsuki (punch)
4. Kuruma Daoshi (wheel drop)	Yokomen Uchi (diagonal strike)
5. Shibori Gaeshi (wringing turn)	Emon Jime (cross strangle)
6. Daki Jime (hugging tightly)	Emon Jime (cross strangle)
7. Karame Nage (entangle throw)	Mune Dori Shomen Uchi (single grab to lapel & downward strike)
8. Kote Gaeshi (wrist turn)	Ryote Dori (double grab to wrists / pull)
9. Nukite Dori (pulling out hand take)	Ryote Dori (double grab to wrists / hold)
10. Hiza Jime (knee hug)	Ryote Dori (double grab to wrists / push)

Hanza Handachi

Sitting Techniques Applied to Standing Attacker

Technique	Attack
11. Hanmi Nage (half body throw)	Migi Te Dori (left hand grab to right wrist / pull)
12. Ura Otoshi (rear drop)	Hidari Te Dori (right hand grab to left wrist / push)
13. Izori (??)	Ryote Dori (double grab to wrists / push)
14. Kata Otoshi (shoulder drop)	Kubi Jime (right hand grab around the neck)
15. Inimi Nage (entering throw)	Ryote Dori (double grab to wrists / pull)

Tachiai

Standing Techniques

Technique	Attack
16. Ippon Dori (one point take)	Shomen Uchi (downward strike)
17. Kuruma Daoshi (wheel drop)	Yokomen Uchi (diagonal strike)
18. Gyaku Ude Dori (reverse arm take)	Katate Mune Dori (single grab to lapel)
19. Koshi Guruma (hip wheel)	Emon Jime (cross strangle)
20. Karame Nage (entangle throw)	Mune Dori Shomen Uchi (single grab to lapel & downward strike)
21. Ura Otoshi (rear drop)	Katate Sode dori (single grab to sleeve / pull)
22. Obi Otoshi (belt drop)	Emon Jime (cross strangle)
23. Kiri Gaeshi (cutting turn)	Ryo Sode Dori (grab to both sleeves)
24. Kote Gaeshi (wrist turn)	Ryote Dori (double grab to wrists / pull)
25. Shi Ho Nage x2 (four directions throw)	Ryote Dori (double grab to wrists / hold)

Ushiro Dori
Rear Techniques

Technique	Attack
26. Tachi Eri Dori (standing collar take)	Katate Tachi Eri Dori (single grab to collar)
27. Ryo Kata Hineri (double shoulder twist)	Ryo Kata Dori (double grab to shoulders)
28. Ryo Hiji Gaeshi (double elbow turn)	Ryo Hiji Dori (double grab to elbows)
29. Daki Jime Dori (hugging take)	Daki Jime (grab around waist)
30. Kata Otoshi (shoulder drop)	Kubi Jime (right grab around neck)