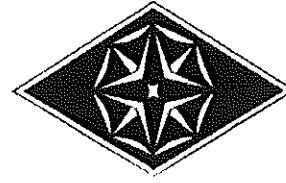


NINE CIRCLES



HAKUHO KAI

DAITO RYU AIKI JU JUTSU TRAINING SYLLABUS

Ni Dan NIKAJO

Idori Sitting Techniques	
Technique	Attack
1. Kote Zume (wrist trap)	Shomen Uchi (downward strike)
2. Gyaku Tasuki (reverse Tasuki)	Shomen Uchi (downward strike)
3. Hiji Kujiki (elbow sprain)	Yokomen Uchi (diagonal strike)
4. Ko Ba Gaeshi (leaf turn)	Kake Te (no attack)
5. Shuto Zume (sword hand trap)	Katate Dori (single grab to opposite wrist)
6. Kubi Hineri (neck twist)	Emon Jime (cross strangle)
7. Kote Gaeshi (wrist turn)	Katate Sode Dori / Uke (single grab to sleeve / block punch)
8. Kata Ha Dori (single wing take)	Tsuki (punch)
9. Kamate Zume (sickle hand sprain)	Tsuki (punch)
10. Gyaku Gote (reverse wrist)	Katate Mune Dori / Uke (single grab to lapel / block punch)

Hanza Handachi

Sitting Techniques Applied to Standing Attacker

Technique	Attack
11. Shuto Zume (sword hand trap)	Migi Te Dori (left hand grab to right wrist / pull)
12. Kote Gaeshi (wrist turn)	Sokumen Uchi (right hand stab to left side)
13. Susou Dori (hem take)	Shomen Uchi (downward strike with sword)
14. Hiji Kujiki (elbow sprain)	Katate Tachi Eri Dori (right hand grab to collar)
15. Irimi Zume (entering trap)	Katate Dori (right hand grab to left wrist / pull)

Tachiai

Standing Techniques

Technique	Attack
16. Gyaku Tasuki (reverse Tasuki)	Shomen Uchi (downward strike)
17. Hiki Otoshi (pulling drop)	Yokomen Uchi (diagonal strike)
18. Kubi Nage (neck twist)	Katate Sode Dori (single grab to sleeve)
19. Susou Dori (hem take)	Katate Sode Dori (single grab to sleeve)
20. Seoi Nage (carrying on the back throw)	Emon Jime (cross strangle)
21. Shuto Zume (sword hand trap)	Katate Dori (single grab to opposite wrist)
22. Kata Guruma (shoulder wheel)	Shomen Uchi (downward strike)
23. Kote Gaeshi (wrist turn)	Shomen Uchi (downward strike)
24. Koshi Guruma (hip wheel)	Yokomen Uchi (diagonal strike)
25. Sei Kujiki (back sprain)	Emon Jime (cross strangle)

Ushiro Dori
Rear techniques

Technique	Attack
26. Tsuki Daoshi (thrusting drop)	Katate Tachi Eri Dori (single grab to collar)
27. Tsukui Nage (scooping drop)	Ryo Hiji Dori (double grab to elbows)
28. Gyaku Gote (reverse wrist)	Kata Ha Gake (grab around neck / hold arm)
29. Kubi Nage (neck throw)	Haga Jime (grab around neck from under arms)
30. Hiji Kujiki (elbow sprain)	Ryo Sode Dori (double grab to sleeves rear)