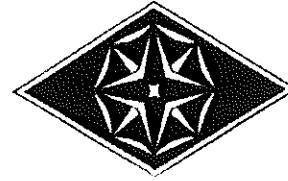


NINE CIRCLES



HAKUHO KAI

## DAITO RYU AIKI JU JUTSU TRAINING SYLLABUS

### San Dan SANKAJO

Idori Sitting Techniques	
Technique	Attack
1. Tsuru Otoshi (fishing drop)	Shomen Uchi (downward strike)
2. Te Makura (hand pillow)	Yokomen Uchi (diagonal strike)
3. Soto Gote (outside wrist)	Katate Mune Dori (single grab to lapel)
4. Maki Zume (winding trap)	Shomen Uchi (downward strike)
5. Kobushi Gaeshi (fist turn)	Tsuki Age (upward punch)
6. Kakae Kujiki (carrying sprain)	Tsuki (punch)
7. Karame Zume (entangled trap)	Mune Dori Shomen Uchi (single grab to lapel & downward strike)
8. Kiri Ha (cutting wing)	Kake Te (no attack)
9. Uchi Ude Gaeshi (inside arm turn)	Tsuki (punch)
10. Gasho Dori (praying take)	Ryote Dori (double grab to wrists)

### Hanza Handachi

#### Sitting Techniques Applied to Standing Attacker

Technique	Attack
11. Maki Zume (winding trap)	Katate Dori (single grab to opposite wrist)
12. Hiji Kujiki (elbow sprain)	Sokumen Uchi (right hand stab to left side)
13. Ashi Jime (leg hug)	Shomen Uchi (downward strike)
14. Kata Ha Dori (single wing take)	Kata Ha Gake (grab around neck / hold arm)
15. Waki Zume (side trap)	Mune Dori (single grab to lapel)

### Tachiai

#### Standing Techniques

Technique	Attack
16. Tsuru Otoshi (fishing drop)	Shomen Uchi (downward strike)
17. Soto Gote (outside wrist)	Katate Mune Dori (single grab to lapel)
18. Maki Zume (winding trap)	Shomen Uchi (downward strike)
19. Waki Zume (side trap)	Katate Dori (single grab to opposite wrist)
20. Ganseki Otoshi (rock drop)	Ryote Dori (double grab to wrists)
21. Kubi Wa (neck ring)	Tsuki (punch)
22. Uchi Ude Gaeshi (inside arm turn)	Tsuki (punch)
23. Shichiri Biki (seven mile pull)	Katate Dori (single grab to opposite wrist)
24. Ippon Katsugi (one point carry)	Katate Dori (single grab to opposite wrist)
25. Shiho Nage (four directions throw)	Yokomen Uchi (diagonal strike)

## Ushiro Dori Rear Techniques

Technique	Attack
26. Maki Zume Otoshi (winding trap drop)	Kata Ha Gake (grab around neck / hold arm)
27. Ude Gaeshi (arm turn)	Ryote Dori (double grab to wrists)
28. Waki Garame (side entanglement)	Katate Tachi Eri Dori (single grab to collar)
29. Kiri Ha (cutting wing)	Daki Komi (hold)
30. Kata Ude Nage (single arm throw)	Morote Dori (double grab to right wrist)