



*NINE CIRCLES*



*HAKUHO KAI*

## **DAITO RYU AIKI JUJUTSU TRAINING SYLABUS**

### **SHIKAJO**

<b>Technique</b>	<b>Attack</b>
1. Ura Gote (Rear Wrist)	Shomen Uchi (Downward Strike)
2. Uchi Gote (Inside Wrist)	Yokumen Uchi (Diagonal Strike)
3. Kakae Kubi (Hold Neck)	Katate Dori (Single Grab to Opposite Wrist)
4. Te Makura Zume (Hand Pillow Trap)	Yokumen Uchi (Diagonal Strike)
5. Waki Dori (Side Take) – Omote	Shomen Uchi (Downward Strike)
6. Waki Dori (Side Take) – Ura	Yokumen Uchi (Diagonal Strike)
7. Ire Chigai (Missed)	Koshi Obi Dori (Hip Belt Take)
8. Ura Otoshi (Rear Drop)	Katate Dori (Single Grab to Opposite Wrist)
9. Sen Ryu (Dragon in to water)	Katate Dori (Single Grab to Opposite Wrist)
10. Izori (Bend Backwards)	Kake Te (No Attack)
11. Tatsu Maki (Whirlwind)	Ryote Dori (Double Grab to Wrists)
12. Waki Zume Otoshi (Side Trap Drop)	Katate Dori (Single Grab to Opposite Wrist)
13. Gassho Dori (Praying Take) – Omote	Ryote Dori (Double Grab to Wrists)
14. Gyaku Gassho (Reverse Pray) – Ura	Ryote Dori (Double Grab to Wrists)
15. Kasumi Nage (Shading Throw)	Yokumen Uchi (Diagonal Strike)
16. Hadaka Jime (Naked Strangle)	Tsuki (Punch)
17. Duruma Gaeshi (Monk Turn)	Ryo Kata Dori (Double Shoulder Take)