



HAKUHO UK

DAITO RYU AIKI JU JUTSU TRAINING SYLLABUS

Hidden Aiki No jutsu

Takeda Sokaku, Tokimune Den
Hidden Mokuroku Jokan

Katate Dori

1. Mikaeri Otoshi
2. Myaku No Fure
3. Waki No Sukui
4. Kasumi Nage No Koma Kuzushi
5. Maki Zume No Koma Kuzushi

6. Mukae Otoshi
7. Rakuyo
8. Aiki Otoshi
9. Sashi Kiri
10. Koshi Guruma

11. Ichi Monji
12. Koshi No Kuzure
13. Uki Hashi
14. Ni Ho Goshi
15. Koshimi

16. Myaku Gaeshi
17. Tatsu Maki
18. Shakotsu gaeshi
19. Aiki Nage
20. Kata No Watari

21. Saki No Torae
22. Kaeshi Uchi
23. Maki Jime

Ryote Dori

1. Ushiro Date
2. Yu Gao
3. Tenchi No Wakare
4. Kagi Gatame
5. Nadare
6. Uki Modoshi
7. Saza Nami
8. Yobi Modoshi
9. Hi Sho
10. Kata Otoshi
11. Kesa Giri
12. Orimi
13. Tachi Zori
14. Furiko Otoshi
15. Nukite Otoshi
16. Katate Otoshi
17. Ryo Ichimonji
18. Aya Guruma
19. Yaragi Otoshi
20. Koshi No Hiraku
21. Tachi Gori Kuzushi
22. Hi Aburi
23. Tsuru Juji
24. Kokyu Torae
25. Kumi Gateme Ayatori