



Hakuho Ryu Aiki Budo

Shodan

Ikajo

Idori

Sitting Techniques

Shidachi

Uchidachi

1. Ippon Dori (one point take)	一本取	Shomen Uchi (downward strike)
2. Gyaku Ude Dori (reverse arm take)	逆腕捕	Katate Mune Dori (single grab to lapel)
3. Hiji Gaeshi (elbow turn)	肘返し	Tsuki (punch)
4. Kuruma Daoshi (wheel drop)	車倒	Yokomen Uchi (diagonal strike)
5. Shibori Gaeshi (wringing turn)	絞め返	Emon Jime (cross strangle)
6. Daki Jime (hugging tightly)	抱絞	Emon Jime (cross strangle)
7. Karame Nage (entangle throw)	絡投	Mune Dori Shomen Uchi (single grab to lapel and downward strike)
8. Kote Gaeshi (wrist turn)	小手返	Ryote Dori (double grab to wrists and pull)
9. Nukite Dori (pulling out hand take)	抜手躡	Ryote Dori (double grab to wrists and hold)
10. Hiza Jime (knee hug)	膝締	Ryote Dori (double grab to wrists and push)

Hanza Handachi

Sitting Techniques Applied to Standing Attacker

Shidachi

Uchidachi

1. Hanmi Nage (half body throw)	半身投	Migi Te Dori (left hand grab to right wrist and pull)
2. Ura Otoshi (rear drop)	裏落	Hidari Te Dori (right hand grab to left wrist and push)
3. Izori (backward body drop)	居反り	Ryote Dori (double grab to wrists and push)
4. Kata Otoshi (shoulder drop)	肩落	Kubi Jime (right hand around the neck)
5. Irimi Nage (entering throw)	入身投	Ryote Dori (double grab to wrists and pull)

Tachiai

Standing Techniques

Shidachi

Uchidachi

1. Ippon Dori (one point take)	一本取	Shomen Uchi (downward strike)
2. Kuruma Daoshi (wheel drop)	車倒	Yokomen Uchi (diagonal strike)
3. Gyaku Ude Dori (reverse arm take)	逆腕捕	Katate Mune Dori (single grab to lapel)
4. Koshi Guruma (hip wheel)	腰車	Emon Jime (cross strangle)
5. Karame Nage (entangle throw)	絡投	Mune Dori Shomen Uchi (single grab to lapel and downward strike)
6. Ura otoshi (rear drop)	裏落	Katate Sode Dori (single grab to sleeve and pull)
7. Obi Otoshi (belt drop)	帯落	Emon Jime (cross strangle)
8. Kiri Gaeshi (cutting turn)	切り返	Ryo Sode Dori (grab to both sleeves)
9. Kote Gaeshi (wrist turn)	小手返	Ryote Dori (double grab to wrists and pull)
10. Shi Ho Nage x2 (four directions throw)	四方投	Ryote Dori (double grab to wrists and hold)

Ushiro Dori

Rear Techniques

Shidachi

Uchidachi

1. Tachi Eri Dori (standing collar take)	立襟取	Katate Tachi Eri Dori (single grab to collar)
2. Ryo Kata Hineri (double shoulder twist)	両肩捻り	Ryo Kata Dori (double grab to shoulders)
3. Ryo Hiji Gaeshi (double elbow turn)	両引返	Ryo Hiji Dori (double grab to elbows)
4. Daki Jime Dori (hugging take)	抱取	Daki Jime (grab around waist)
5. Kata Otoshi (shoulder drop)	肩落	Kubi Jime (right grab around neck)