



合気柔術養正館

Aikijujutsu Kobukai
Shiken Dashimono



Aikijujutsu Kobukai Rokkyu

Tai sabaki: nagashi / hiraki / irimi / o irimi / o irimi senkai

Ukemi waza: mae ukemi / ushiro ukemi / yoko ukemi / yoko ukemi tai otoshi

Aikijujutsu Kobukai Gokyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori

Kata: Tsuki Uchi no Kata

Aikijujutsu kobukai Yonkyu

Hojo undo: nigiri gaeshi / negi gaeshi / oshi gaeshi / shinogi / tsuppari

Kote Waza:

Kihon waza:	Kote gaeshi:	tsuki chudan (kata kansetsu gatame)
	Negi kote gaeshi:	tsuki jodan (kata kansetsu gatame / juji gatame)

Henka waza: ushiro ryote dori / omote yokomen uchi / ura yokomen uchi

Kata: Happoken no Kata

Aikijujutsu Kobukai Sankyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae
eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode
dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori

Kote Waza:

Kihon waza: Yuki chigae: tsuki jodan (ude kansetsu gatame)

Henka waza: sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura
yokomen uchi

Kata: Tambo no Kata

Randori: Shite randori

Aikijujutsu Kobukai Nikyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Ude waza:

Kihon waza :	Shiho nage:	omote yokomen uchi (ude kansetsu gatame)
	Tembin nage:	dosokute dori (hiji kansetsu gatame)
	Robuse:	dosokute dori (kata kansetsu gatame / waki gatame)
	Ushiro hiji kudaki:	tsuki chudan (hiji kansetsu gatame / waki gatame)

Henka waza: junte dori (irimi-tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi

Tai waza:

Kihon waza:	Mukae daoshi:	ura yokomen uchi (kata kansetsu gatame)
	Ura mukae daoshi:	mae geri
	Ushiro hiki otoshi:	tsuki jodan
	Ushiro kata otoshi:	omote yokomen uchi

Henka waza: ushiro ryote dori / tsuki jodan / tsuki chudan

Kata: Tanto no Kata

Randori: Futari no randori

Aikijujutsu Kobukai Ikkyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Aiki Nage: junte dori / ryote dori (2 henka) / ryote ippo dori / ushiro ryote dori / ura yokomen uchi / omote yokomen uchi / tsuki chudan

Ashi waza:

Kihon waza:	Ashi tori sukui taoshi:	mae geri
	Ashi tori sukui nage:	ushiro geri
	Ashi gaeshi:	mawashi geri chudan / jodan (ashi gatame)
	Ashi tori oshi taoshi:	tsuki chudan
	Ryo ashi dori:	tsuki jodan

Kata: Keri Goho no Kata

Randori: Futari no randori
Futari no randori: goshinjutsu te-geri waza

Aikijujutsu Kobukai Shodan

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Kote waza:

Kihon waza:	Kote gaeshi:	tsuki chudan (kata kansetsu gatame / juji gatame)
	Negi kote gaeshi:	tsuki jodan (kata kansetsu gatame)

Henka waza: ushiro ryote dori / ura yokomen uchi / omote yokomen uchi

Kihon waza:	Yuki chigae:	tsuki jodan (ude kansetsu gatame)
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Henka waza: sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura yokomen uchi

Ude waza:

Kihon waza:	Shiho nage:	omote yokomen uchi (ude kansetsu gatame)
	Tembin nage:	dosokute dori (hiji kansetsu gatame)
	Robuse:	dosokute dori (kata kansetsu gatame / waki gatame)
	Ushiro hiji kudaki:	tsuki chudan (hiji kansetsu gatame / waki gatame)

Henka waza: junte dori (irimi / tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi

Tai waza:

Kihon waza:	Mukae daoshi:	ura yokomen uchi (kata kansetsu gatame)
	Ura mukae daoshi:	mae geri
	Ushiro hiki otoshi:	tsuki jodan (tenkan)
	Ushiro kata otoshi:	omote yokomen uchi

Henka waza: tsuki chudan / tsuki jodan / ushiro ryote dori

Ashi waza:

Kihon waza:	Ashi tori sukui taoshi:	mae geri
	Ashi tori sukui nage:	ushiro geri
	Ashi gaeshi:	mawashi geri chudan / jodan (ashi gatame)
	Ashi tori oshi taoshi:	tsuki chudan
	Ryo ashi dori:	tsuki jodan

Kata:

Tsuki Uchi no Kata
Happoken no Kata
Tambo no Kata
Tanto no Kata
Keri Goho no Kata
Tai Sabaki no Kata

Nagashi (soto):	Hiki otoshi	tsuki chudan
Nagashi (uchi):	Kubioshi sutemi	tsuki chudan
Hiraki (soto):	Soto waki tori sutemi	tsuki chudan
Hiraki (uchi):	Ashi tori oshi taoshi	tsuki chudan
Irimi (soto):	Mukae daoshi	tsuki chudan
Irimi (uchi):	Ko uchi gari	tsuki chudan
O irimi (soto):	O soto gari	tsuki chudan
O irimi (uchi):	Kata garuma	tsuki chudan
O irimi senkai (soto):	O irimi tomoe	tsuki chudan

Randori:

Futari no randori
Futari no randori: goshinjutsu te-geri waza

Aikijujutsu Kobukai Nidan

Kote waza:

Kihon waza: Gyaku kote gaeshi: yokomen uchi
Kote kudaki: sode dori
(ushiro ukemi / kata kansetsu gatame)

Henka waza: dosokute dori / junte dori / tsuki chudan

Ude waza:

Kihon waza: Juji garami: ryote ippo dori
Ude garami: ura yokomen uchi
Ude kakae mae hiki otoshi (irimi / tenkan): tsuki chudan
Ude kakae sutemi: tsuki chudan

Henka waza: junte dori / ryote dori / ushiro ryote dori / tsuki jodan / omote yokomen uchi

Tai waza:

Kihon waza: Mae hiki otoshi: tsuki jodan
Te uchi mata gaeshi: tsuki jodan
Koshi nage: ryote dori (juji gatame)

Henka waza: juji jime / ryote dori / ushiro ryote dori / omote yokomen uchi / shomen uchi

Tobu waza:

Kihon waza: Hachi mawashi: dosokute dori

Henka waza: tsuki chudan (irimi) / tsuki jodan

Ashi waza:

Kihon waza: Ko uchi gari: tsuki chudan

Emono waza: To no Nage Kata

Ashi tori oshi taoshi: omote yokomen uchi
Yuki chigae: maki uchi
Kote gaeshi: maki uchi
Tembin nage: o gasumi
Ura mukae daoshi: maki uchi men

Kata:	Aikijujutsu Kobukai Tanto no Kata	
	Hiji kudaki:	tsuki chudan
	Kote gaeshi:	tsuki chudan
	Tembin nage:	tsuki chudan
	Yuki chigae:	tsuki chudan
	Hiji mage hikitate:	tsuki chudan
	Hiki otoshi (irimi):	omote yokomen uchi
	Kataha otoshi:	omote yokomen uchi
	Kamnuki hikitate:	omote yokomen uchi
	Robuse:	ura yokomen uchi
	Hiji kudaki:	ura yokomen uchi

Randori : Futari no randori
 Futari no randori: goshinjutsu te-geri waza
 Chikara randori: tanto / tambo

Aikijujutsu Kobukai Sandan

Ude waza:

Kataha otoshi:	tsuki chudan / sode dori
Ura kataha otoshi:	omote yokomen uchi (irimi) / ushiro ryote dori / junte dori
Mae hiji kudaki:	ushiro uwate dori / ura yokomen uchi / tsuki chudan

Tai waza:

Do gaeshi:	juji jime / omote yokomen uchi / tsuki chudan / tsuki jodan
Gyaku do gaeshi:	tsuki jodan

Tobu waza:

Mae tobu nage:	tsuki chudan
Gyaku mae tobu nage:	omote yokomen uchi / tsuki jodan

Shime waza:

Eri jime:	omote yokomen uchi / tsuki chudan
Hadaka jime:	tsuki chudan

Hikitate waza:

Kamnuki hikitate:	junte dori
Hiji mage hikitate:	tsuki jodan

Sutemi waza: Kobukai Ikajo Sutemi Waza

Kubi oshi sutemi:	tsuki chudan
Hazu oshi sutemi:	tsuki chudan
Harite sutemi:	tsuki chudan
Hiji kakae sutemi:	tsuki chudan
Soto waki tori sutemi:	tsuki chudan
Ude tomoe irimi sutemi:	tsuki chudan
Motari komi sutemi:	tsuki chudan
Ushiro irimi kata garuma sutemi:	tsuki chudan
Kataha jime sutemi:	tsuki chudan
Ura kataha sutemi:	tsuki chudan

Kata: Ken Ryu no Kata

Ken Ryu no Kata (Kumi tachi):

Kote giri (Kiri otoshi): tsuki

Kote giri, o gasumi: tsuki

Kesa giri, do giri, maki uchi men: omote yokomen uchi

Kote giri: maki uchi men

Kubi giri: maki uchi men

Torii, kubi giri: maki uchi men

Ken Ryu no Kata (Tai jutsu):

Kote gashi: shomen uchi

Kataha otoshi: tsuki chudan (hidari)

Shiho nage: omote yokomen uchi

Robuse: shomen uchi

Mukae daoshi: shomen uchi

Do gaeshi: yokomen uchi

Randori: Futari no randori

Futari no randori: goshinjutsu te-geri waza

Chikara randori: tanto / tambo

Aikijujutsu Kobukai Yondan

Sutemi waza: Kobukai Nikajo Sutemi Waza

Do gaeshi sutemi:	tsuki chudan
Uchi maki komi sutemi:	tsuki chudan
O irimi tomoe sutemi:	tsuki chudan
Kamnuki oshi sutemi:	tsuki chudan
Kamnuki oshi sutemi (henka):	tsuki chudan
Kamnuki hikitate sutemi:	tsuki chudan
Soto waki tori kubi oshi sutemi:	tsuki chudan
Ushiro sutemi:	tsuki chudan

Sutemi waza: Kobukai Sankajo Sutemi Waza

Kubi daki sutemi:	ura yokomen uchi (kesa gatame)
Tembin kata sutemi:	omote yokomen uchi
Kata garuma sutemi:	tsuki jodan
Kubi dori sutemi:	tsuki chudan
Ude maki sutemi:	ryo sode dori
Hazu oshi sutemi:	dosokute dori
Uchi maki komi nage sutemi:	ryote dori (kamnuki hikitate)

Kata: Hyori no Kata

Randori: Futari no randori

Futari no randori: goshinjutsu te-geri waza

Chikara randori: tanto / tambo