

# Orange County Ki Society

## Adult Aikido – Hitori Waza (Basic Exercises)



Revised 06/14/2018

1. Udemawashi Waza
2. Udefuri Waza
3. Udefuri Choyaku Waza
4. Sayuu Waza
5. Ushiro Ukemi Waza
6. Zempou Kaiten Waza
7. Ikkyo Waza
8. Zengo Waza
9. Happo Waza
10. Zenshin-Koshin Waza
11. Kokyu Dosa
12. Funakogi Waza
13. Nikkyo Waza
14. Sankyo Waza
15. Koteoroshi Waza
16. Kaho Tekubi Kosa Waza
17. Joho Tekubi Kosa Waza
18. Ushirotori Waza
19. Ushirotekubitori Zenshin Waza
20. Ushirotekubitori Koshin Waza