

Orange County Ki Society

Adult Aikido – Taigi (Series of Techniques)



Revised 06/14/2018

Kitei Taigi

110 Sec.

1. Shomenuchi Kokyunage
2. Yokomenuchi Shihonage (Tenkan/Irimi)
3. Munetsuki Koteoroshi
4. Katatetori Ikkyo (Tenkan)
5. Katatori Nikkyo (Irimi/Tenkan)
6. Ushirotekubitori Sankyo (Tenkan)

Taigi 1.

65 Sec.

1. Katatetori Kokyunage (Sayu Undo)
2. Katatetori Kokyunage Kirikaeshi
3. Katatetori Kokyunage Zenponage
4. Katatetori Kokyunage Kaitennage
5. Katatetori Shihonage
6. Katatetori Ikkyo Tenkan

Taigi 2.

71 Sec.

1. Katatetori Ryotemochi Kokyunage Tobi Komi (Jump In)
2. Katatetori Ryotemochi Kokyunage En Undo (Round)
3. Katatetori Ryotemochi Hachi No Ji (Figure Eight)
4. Katatetori Ryotemochi Kokyunage Zenponage
5. Katatetori Ryotemochi Nikkyo
6. Katatetori Ryotemochi Koteoroshi

Taigi 3.

49 Sec.

1. Yokomenuchi Kokyunage Sudori
2. Yokomenuchi Kokyunage Ojigi (Bow)
3. Yokomenuchi Kokyunage Irimi
4. Yokomenuchi Shihonage
5. Yokomenuchi Kokyunage (Sudori Nage)
6. Yokomenuchi Kokyunage Hachi No Ji (Figure Eight)

Taigi 4.

60 Sec.

1. Ryokatatori Kokyunage Ojigi (Bow)
2. Ryokatatori Kokyunage Kirikaeshi Ojigi (Bow)
3. Ryokatatori Kokyunage Nido Ojigi (Bow Twice)
4. Ryokatatori Kokyunage Irimi Sudori
5. Ryokatatori Nikkyo Tenkan
6. Ryokatatori Kokyunage Zenponage

Taigi 5.

77 Sec.

1. Shomenuchi Kokyunage
2. Yokomenuchi Shihonage
3. Munetsuki Koteoroshi
4. Katatori Ikkyo Irimi (Optional)
5. Kokyudosa (Optional)

Taigi 6.

71 Sec.

1. Ushirotori Kokyunage Zenponage
2. Ushiro Tekubitori Kokyunage Uragaeshi (Inside Out)
3. Ushiro Tekubitori Kokyunage Zenponage
4. Ushiro Tekubitori Kotagaeshi Hantai Tenkan
5. Ushiro Tekubitori Ikkyo Tenkan
6. Ushiro Tekubitori Sankyonage

Taigi 7.

66 Sec.

1. Munetsuki Kokyunage Kubikiri (Michibiki Kaeshi)
2. Munetsuki Ikkyo Hantai Tenkan
3. Munetsuki Kokyunage Zenponage
4. Mai Keri Kokyunage Irimi (Front Kick)
5. Mawashi Keri Kokyunage Ashi Tori (Side Kick)
6. Munetsuki Koteoroshi Nage Panashi

Taigi 8.

50 Sec.

1. Ryotetori Kokyunage Techinage Irimi
2. Ryotetori Kokyunage Techinage Tenkan
3. Ryotetori Kokyunage (Hakucho No Mizumi) (Swan Lake)
4. Ryotetori Kokyunage (Sayu Undo) (Dojo Sukue)
5. Ryotetori Kokyunage Zenponage
6. Ryotetori Kokyunage Kirikaeshi

Taigi 9.

67 Sec.

1. Shomenuchi Ikkyo Irimi
2. Shomenuchi Ikkyo Tenkan
3. Shomenuchi Kokyunage Irimi
4. Shomenuchi Koteoroshi
5. Shomenuchi Kokyunage Kirikaeshi
6. Shomenuchi Kokyunage Zenponage

Taigi 10.

65 Sec.

1. Katatori Shomenuchi Kokyunage Irimi (Cut Head)
2. Katatori Shomenuchi Kokyunage En Undo (Round)
3. Katatori Shomenuchi Kokyunage Hachi No Ji (Figure Eight)
4. Katatori Shomenuchi Nikkyo Tenkan
5. Katatori Shomenuchi Sankyo Uragaeshi (Inside Out)
6. Katatori Shomenuchi Kokyunage Zenponage

Taigi 11.

56 Sec.

1. Katatetori Kokyunage Irimi
2. Katatetori Kokyunage Irimi
3. Katate Kosatori Kokyunage
4. Katate Kosatori Makikaeshi
5. Katate Kosatori Makikaeshinage
6. Katate Kosatori Kirikaeshi

Taigi 12.

66 Sec.

1. Katatetori Ryotemochi Kokyunage Irimi
2. Katatetori Ryotemochi Kokyunage Tenkan
3. Katatetori Ryotemochi Nikkyo
4. Katatetori Ryotemochi Ikkyo Kirikaeshi
5. Katatetori Ryotemochi Kokyunage Zenponage
6. Katatetori Ryotemochi Kokyunage Ball Nage

Taigi 13.

61 Sec.

1. Yokomenuchi Kokyunage Irimi
2. Yokomenuchi Kokyunage Jyu Ji Irimi
3. Yokomenuchi Atemi (Punch)
4. Yokomenuchi Shihonage Irimi Tobikomi
5. Yokomenuchi Koteoroshi En Undo (Round)
6. Yokomenuchi Kokyunage Kirikaeshi

Taigi 14.

85 Sec.

1. Katatori Ikkyo Tenkan (Tenkan Finish)
2. Katatori Nikkyo Irimi (Tenkan Finish)
3. Katatori Sankyo Tenkan (Tenkan Finish)
4. Katatori Yonkyo Irimi (Tenkan Finish)
5. Katatori Kokyunage Ushiro Muki (Bow)
6. Katatori Kokyunage Ushiro Muki Kirikaete Yokomenuchi With Hand

Taigi 15. Secondary School

89 Sec.

1. Shomenuchi Ikkyo
2. Yokomenuchi Kokyunage Hachi No Ji
3. Munetsuki Kokyunage Zenponage
4. Katatori Nikkyo Irimi
5. Ushirotori Kokyunage Zenponage
6. Ushiro Tekubitori Sankyo Nage

Taigi 16. Zagi

60 Sec.

1. Shomenuchi Ikkyo Irimi
2. Shomenuchi Ikkyo Tenkan
3. Katatori Shomenuchi
4. Shomenuchi Kokyunage
5. Munetsuki Koteoroshi Katameru (Kaotsuki-Face)
6. Yokomenuchi Kokyunage

Taigi 17. Zagi Handachi

54 Sec.

1. Katatetori Kokyunage Zenponage
2. Katatetori Kokyunage Kirikaeshi
3. Shomenuchi Kokyunage
4. Ushiro Katatori Kokyunage
5. Munetsuki Koteoroshi
6. Yokomenuchi Kokyunage Zenponage

Taigi 18.

72 Sec.

1. Ushiro Kokyunage Hagaijime
2. Ushirokatatori Kokyunage (Hikokinage)
3. Ushirokatatori Kokyunage (Suikomi)
4. Ushirokatatori Kokyunage (Zenponage)
5. Ushirokatatetori Kubishime (Kokyunage Uragaeshi)
6. Ushirokatatetori Kubishime (Zenponage)

Taigi 19.

52 Sec.

1. Munetsuki Kokyunage Uchiwanage Kubikiri (Cut Neck)
2. Munetsuki Kokyunage Zenponage Kubiuchi (Hit Neck)
3. Munetsuki Kokyunage Uchiwanage Menuchi
4. Munetsuki Kokyunage Irimi Sudori
5. Munetsuki Kokyunage Shomenuchi
6. Munetsuki Koteoroshi Hantai Tenkan

Taigi 20. Many Person Attack

52 Sec.

1. Kokyunage Zenponage (Two Person - One Time)
2. Kokyunage Senaka Awase (Two Person - One Time)
3. Kokyunage Seiretsu (Two Person)
4. Shihonage (Two Person)
5. Kokyunage Seiretsu (Three Person)
6. Randori (Three Person)

Taigi 21. Tanto Tori

131 Sec.

1. Shomenuchi Koteoroshi
2. Shomenuchi Kokyunage
3. Yokomenuchi Sakate Mochi Gokyo
4. Yokomenuchi Sakate Mochi Kokyunage Irimi
5. Yokomenuchi Shihonage
6. Munetsuki Koteoroshi
7. Munetsuki Ikkyo Irimi
8. Munetsuki Kokyunage Zenponage
9. Munetsuki Kokyunage Hiji Uchi Menuchi
10. Munetsuki Kokyunage Kaitennage

Taigi 22. Tachi Tori

106 Sec.

1. Shomenuchi Irimi Sudori Shomenuchi Kokyunage
2. Shomenuchi Koteoroshi (Right Side)
3. Shomenuchi Irimi Tori (Left Side)
4. Yokomenuchi Irimi
5. Yokomenuchi Shihonage (Left Side)
6. Munetsuki Koteoroshi (Right Side)
7. Munetsuki Kokyunage Zenponage
8. Munetsuki Kokyunage Irimi Sudori
9. Douchi Kokyunage
10. Yokobarai Kokyunage

Taigi 23. Jo Tori

124 Sec.

1. Shomenuchi Irimi Sudori
Shomenuchi Kokyunage
2. Shomenuchi Koteoroshi (Right Side)
3. Shomenuchi Irimidori (Left Side)
4. Yokomenuchi Shihonage (Left Side)
5. Yokomenuchi Kokyunage Zenponage
6. Munetsuki Kokyunage Tsukikaeshi
7. Munetsuki Kokyunage Zenponage
8. Munetsuki Kokyunage Kirikaeshi
9. Douchi Kokyunage
10. Yokobarai Kokyunage

Taigi 24. Jo Nage

68 Sec.

1. Kokyunage
2. Kokyunage Zenponage
3. Sakate Mochi Zenponage
4. Shihonage
5. Nikkyo
6. Koteoroshi
7. Kokyunage Kirikaeshi
8. Kokyunage Ashi Sukui

Taigi 25. Sword 1

27 Sec.

Happogiri Twice

Taigi 26. Sword 2

29 Sec.

1. Ichi No Tachi
2. Ichi No Tachi
3. Left Kesagiri Kesagake Renzouku Uchi
4. Right Kesagiri Kesagake Renzouku Uchi
5. Ushiro Uchi
6. Tsuki
7. Ushiro Uchi
8. Tsuki
9. Left Kesagake Tobikomi
10. Right Kesagake Tobikomi
11. Tsuki
12. Left Kesagaeke
13. Osame

Taigi 27. Jo 1

38 Sec.

22 Movements

Taigi 28. Jo 2

40 Sec.

1. Tsuki Zu Jo (Upperside)
2. Tsuki Zu Jo
3. Left Yokomenuchi
4. Mawashite Migi Uchioroshi
5. Right Yokomenuchi
6. Tsuki Zu Jo Ushiro Muki
7. Left Yokomenuchi
8. Mawashite Migi Uchioroshi
9. Right Yokomenuchi
10. Tsuki Zu Jo Ushiro Muki
11. Left Yokomenuchi
12. Left Koho Tsuki
13. Right Koho Tsuki Ushiro Muki
14. Tsuki Ushiro Muki
15. Fumikonde Hidari Yokomenuchi
16. Ichi Senkai Kiri Harai Zu Jo
17. Migi Shita Kara Hidari Shitae Sukuiage
18. Sono Mama Tsuki
19. Right Yokomenuchi
20. Tsuki
21. Hidari Ashi Sagari Migi Shita Kara Hidari Ue Harai Age
22. Mochikaete Tsuki

Taigi 29. Tachiuchi

80 Sec.

1. Koteuchi
2. Right Douchi
3. Left Douchi
4. Nodo Tsuki
5. Shomenuchi
6. Left Yokomenuchi And Right Yokomenuchi Renzoko

Taigi 30. Shinken Fukumu Kiai

1. Shomenuchi
2. Left Foot Forward Maeuchi And Ushirouchi
3. Right Foot Forward Maeuchi And Ushirouchi
4. Left Yokomenuchi And Right Yokomenuchi Renzoku
5. Left Kesa Ashibarai
6. Right Kesa Ashibarai