

Orange County Ki Society

Adult Aikido – Kumi Waza (Basic Techniques)



Revised 06/14/2018

Section I

1. Katate Kosatori Kokyunage
2. Katatetori Tenkan Kokyunage
3. Katatori Ikkyo (Irimi & Tenkan)
4. Munetsuki Koteoroshi
5. Yokomenuchi Shihonage (Irimi & Tenkan)
6. Shomenuchi Kokyunage
7. Katatori Nikkyo (Irimi & Tenkan)
8. Katatori Sankyo (Irimi & Tenkan)
9. Katatori Yonkyo (Irimi & Tenkan)
10. Yokomenuchi Kokyunage (Zenponage)
11. Ryotetori Kokyunage (Zenponage)
12. Ushiro Tekubitori Kokyunage (Zenponage)
13. Ushiro Tekubitori Kubijime (Sankyonage)
14. Tenchi Nage (Irimi & Tenkan)
15. Ushirotori Kokyunage
16. Katatetori Ryotemochi Kokyunage (En Undo)
17. Zagi Handachi Shomenuchi Kokyunage
18. Zagi Handachi Munetsuki Koteoroshi (Katameru)
19. Zagi Handachi Yokomenuchi Kokyunage (Zenponage)
20. Munetsuki Kokyunage (Zenponage)
21. Munetsuki Kokyunage (Sudori)
22. Munetsuki Kokyunage (Kaitennage)
23. Katatetori Ryotemochi Koteoroshi
24. Katatetori Ryotemochi Kokyunage (Hachi No Ji)
25. Yokomenuchi Koteoroshi (En Undo)
26. Yokomenuchi Kokyunage (Hachi No Ji)
27. Shomenuchi Koteoroshi
28. Shomenuchi Ikkyo (Irimi & Tenkan)
29. Ushirotekubitori Koteoroshi
30. Ushirotekubitori Ikkyo
31. Zagi Shomenuchi Ikkyo Irimi
32. Zagi Shomenuchi Ikkyo Tenkan
33. Zagi Katatori Shomenuchi
34. Zagi Shomenuchi Kokyunage
35. Zagi Munetsuki Koteoroshi Katameru (Kaotsuki - Face)
36. Zagi Yokomenuchi Kokyunage

Section II

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|---------------------|----------|
| 1. Yokomenuchi | (5 Arts) |
| 2. Katatetori | (5 Arts) |
| 3. Ushirotekubitori | (5 Arts) |
| 4. Tantotori | (5 Arts) |
| 5. Bokken | (Part 1) |
| 6. Jo | (Part 1) |

Section III

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| 1. Munetsuki | (5 Arts) |
| 2. Shomenuchi | (5 Arts) |
| 3. Bokkentori | (5 Arts) |
| 4. Bokken | (Part 2) |
| 5. Jo | (Part 2) |