

Xin Qi Shen Dojo

Aikido Basic Waza

Ai dori: Kosa dori:

Katate dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi
- Hiji jime

Kata dori:

Mude dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi
- Hiji Jime

Ryote dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi

Tanto tsuki:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi
- Hiji jime

Shomen uchi:

Men uchi: →

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Gokyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage *irimi / tenkan*
- Koshi nage
- Sumi otoshi
- Sudori
- Hiji Jime

Ushiro Kata dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Kaiten nage
- Koshi nage
- Sayu nage

Inside / Outside
In to Out
Out to In
Tenshin

Yokomen uchi:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Gokyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi
- Sudori

Morote dori:

Ryote mochi:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi

Ushiro Hiji dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Kaiten nage
- Koshi nage
- Sayu nage

Ushiro dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Kaiten nage
- Koshi nage

Ushiro tekubi dori:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi
- Juji nage
- Hiji jime

Ushiro katate dori kubi shime:

- Kotegaeshi *irimi / tenkan*
- Shiho nage *irimi / tenkan*
- Ikkyo *irimi / tenkan*
- Nikyo *irimi / tenkan*
- Sankyo *irimi / tenkan*
- Yonkyo *irimi / tenkan*
- Kokyu nage
- Irimi nage
- Tenchi nage *irimi / tenkan*
- Kaiten nage
- Koshi nage
- Sumi otoshi