

Aikido is not an art to fight with or to defeat an enemy.  
It is a Way in which to harmonise all people into one family.  
The essence of Aikido is to put oneself in tune with the  
functioning of the universe, to become one with the universe.  
Those who have grasped the inner meaning of aikido  
possess the universe within themselves.

O'Sensei



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Australian Aikido Ki Society

NORTHSIDE AIKIDO  
SETSUDO DOJO



Taigi Arts &  
Grading Syllabus 2009

**Front**

**Kata-te-tori**  
*one-hand hold,  
same side*



**Kata-te-kosa-tori**  
*one-hand hold,  
opposite side*



**Kata-te-tori**  
**Ryo-te-mochi**  
*two-hand hold,  
one side*



**Ryo-te-tori**  
*two hands holds,  
two hands*



**Kata-tori**  
*one-hand hold,  
shoulder grab*



**Ryo-kata-tori**  
*two hands holds,  
two shoulders*



**Back**

**Ushiro-te-kubi-tori**  
*wrist hold  
from behind*



**Ushiro-hiji-tori**  
*elbow hold  
from behind*



**Ushiro-kata-tori**  
*shoulder hold  
from behind*



**Ushiro-kubi-shime**  
*strangulation  
from behind*



**Ushiro-tori**  
*high arm hold  
from behind*



**Ushiro-tori**  
*low arm hold  
from behind*



Nikkyo waza

Koto o'roshi waza

Sankyo waza

Funakogi waza (rowing)

Ikkyo waza

Zengo waza

Happo waza

Koho tekubi kosa waza (to one point)

Joho tekubi kosa waza (to face)

Sayu waza

Sayu choyaku waza

Ude furi waza

Ude furi chokayu waza

Zenshi koshin waza

Ushiro tori waza

Ushiro tekubi tori koshin waza

Ushiro tekubi tori zenshin waza

## Chukyu includes

### **Shokyu 1 to 6 at 2nd level testing plus 7 to 11 at 1st level testing**

7. Sitting cross-legged
  - a) while being pushed from behind
  - b) while being raised by on knee
8. Thrusting out one hand while being pushed by the wrist
9. Bending backwards
10. Stooping with mind & body unified
11. Unraisable body

**Ki Exercises** - 3 minute exercises - same as Shokyu but...

- \* Must keep pace with instructors count, and maintain proper rhythm
- \* Second level Ki test for all exercises

## Jokyu includes

### **Shokyu 1 to 6 at 3rd level. Chukyu 7 to 11 at 2nd level and Jokyu 12 to 16 at 1st level testing.**

12.
  - a. Leaning backwards on a partner
  - b. Leaning forward on a partner
13. Thrusting out hand & raising leg
14. Swinging up both arms
15. Walking forward while being held
16. Sitting cross-legged & holding examiner's arms from underneath with both hands while being pushed by the shoulders.

**Ki Exercises** - 3 minute exercises - same as Chukyu but...

- \* **Examinee calls out the count / 3rd level Ki test for all exercises**

## Shoden

**Test criteria are the same for Jokyu, but with stronger Ki and more strict standards.**

## **Minimum Requirements**

Below shows a suggested minimum requirement for training before you can be considered for grading by a qualified examiner. The number of classes may vary slightly between dojos. Once you achieve Shodan, your progress is measured in years of dedicated training, rather than the number of classes you attend. In each case, the minimum requirement listed is *in addition to* the previous level achieved.

<b>Grading ( &amp; Ki exams )</b>	<b>Minimum Requirement</b>
5th Kyu (& Shokyu)	25 classes
4th Kyu	30 classes
3rd Kyu (& Chukyu)	35 classes
2nd Kyu	45 classes
1st Kyu	70 classes
Shodan (& Jokyu)	100 classes
Nidan	2 years
Sandan	3 years & Shoden in Ki
Yondan	4 years & Chuden in Ki
Godan	5 years

## **Grading Terms**

**KYU LEVELS:** These are the beginning levels of Aikido understanding. There are five kyu levels: 5th kyu being the lowest and 1st kyu being the highest

**DAN LEVELS (Black Belt):** These are the senior levels of Aikido understanding. Dan means step, Shodan being the first step, Nidan the second, Sandan the third, Yondan the fourth, and so on. There are 10 dan levels in Aikido

### **KI GRADING TERMS:**

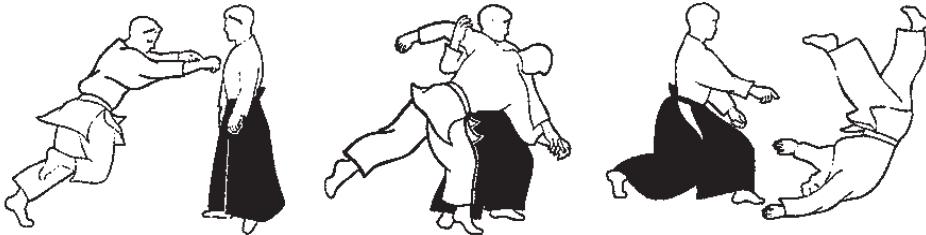
**Kyu Levels:** These are the beginning levels of Ki understanding. There are three kyu levels: Shokyu, Chukyu and Jokyu.

**DAN LEVELS:** There are senior levels of Ki understanding. There are three Dan levels: Shoden, Chuden and Okuden

**INSTRUCTORS:** There are three levels of instructors in Ki Society International. They are Assistant Lecturer, Associate Lecturer & Lecturer. Only certain senior instructors are certified by Ki Society International to be Qualified Examiners.

## Multiple attacks (*san, yon, goningake*) Why Ryo-katatori?

All attacks are ryokatatori (*both shoulders hold*) for uke's protection. With only one attack and one throw, uke is not forced to respond quickly to atemi and also ryokatatori is one of the more difficult attacks to deal with.



### *Static practice*

Uke holds with unbendable arms, keeping weight underside. You cannot move uke without first leading the mind:

- Maintain mind-body coordination.
- Remain unaffected by uke (*don't receive his or her ki*).
- Drop your one point and touch inside uke's arms.
- Step forward and turn your hips (*and arms*) through 180 degrees to throw behind you.
- Keep your arms in front of your hips.
- Lead uke down with your leading hand and out with your trailing hand.

It sometimes seems that nage uses his or her arms to throw uke. However, if you try to throw using the strength of your arms, not only will you tire very quickly but also you will not be able to throw some ukes at all.

It can be difficult to move a static uke. Think half, half, half. Extend slightly forward and up before throwing behind you. Usually, send ki strongly through uke and then strongly behind as you turn to throw. However, if uke is a dead weight, you can throw them backwards. Feel what uke wants and where uke wants to go.

## Shokyu - 1st Level Testing

1. Standing
2. Unbendable arm
3. Thrusting out hand with weight underside
4. Sitting seiza
5. Sitting seiza and standing (*two part test*)
6. Breathing exercises

### Ki Exercises (*3 minute exercises*)

1. Twisting the trunk by swinging arms
2. Bending the trunk to the side
3. Bending forward and backwards
4. Shoulder-blade exercises
5. Bending the neck to the side
6. Bending the neck forward and backwards
7. Turning the head to the side
8. Knee exercises (*up & down*)
9. Stretching the knees (*to the side*)
10. Arm swinging exercise (*udemawashi waza*)
11. Swinging both arms
12. Swinging both arms while bending both knees

- Instructor calls out the count
- Must be done correctly in right sequence, 4 sets of 4 each
- If examinee makes a mistake the examiner calls out STOP and performs a Ki test then and there, otherwise continue on.
- First level Ki test for all exercises

## Aikido Dan Gradings

Each randori lasts one minute and nage must demonstrate at least 5 arts  
There are two ukes for all randori except for tanto, bokkan & Jo tori  
In tanto, bokkan & Jo tori there is one uke only & uke must attack  
shomenuchi, yokomenuchi and munetsuki.

### SHODAN (pass Jokyū Ki exam)

Aikido essay

1. Yokomen-uchi (5 arts)
2. Kata-te-tori (5 arts)
3. Ushiro-te-kubi-tori (5 arts)
4. Tanto tori (5 arts)
5. No 25 Bokken Pt 1
6. No 27 Jo Pt 1

**Sanningake** - 4 man attack

### SANDAN (passed Shoden Ki exam)

Aikido essay

In addition to above item 1 to 11, the examinee must do one taigi which is requested by the examiner from the suggested list of taigi's.

*' techniques must show mind and body unification, and how to lead your partner's mind, stay calm and keep you one point '.*

### NIDAN

Aikido essay

- includes Shodan 1 to 6  
*plus*
7. Muna-tsuki (5 arts)
  8. Shomen-uchi (5 arts)
  9. Bokken tori (5 arts)
  10. No 26 Bokken Pt 2
  11. No 28 Jo Pt 2

**Goningake** 5 person attack

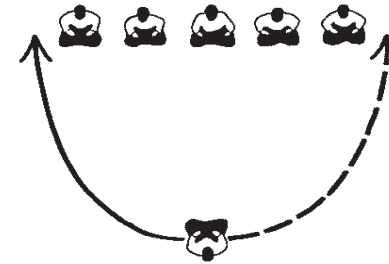
## Moving practice

In multiple attacks you must deal with each uke quickly but completely. That is, you must execute the full technique but not waste any time. Move and throw without pause. Let your ki flow continuously. Move through each uke, rather than stopping to throw.

Although you must turn to look (*and send your ki*) in the direction that you throw, don't wait and watch uke roll away or the next attacker will be on top of you, keep moving forward. In moving practice, go for uke's upper arms rather than elbows.

### Grading

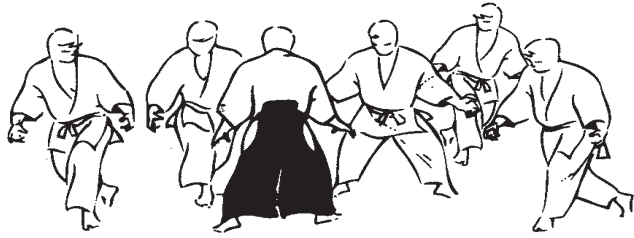
Sensei calls 'Hajime!' during your bow. Use the energy of the kiai to move. Go to either end of the line of ukes, not the middle.



- Don't throw ukes left, right, left, right; it's difficult to keep one point and you might lose coordination at the start. To start with, throw ukes L,L,R, R, L, L, R, R
- This will give you a good start. Always move forward. Use big tenkans.
- Don't be afraid of your ukes - welcome them like friends. Extend ki towards uke.
- Move on uke's ki; begin the technique when ma-ai is broken. Don't change uke's direction - move out of the way (*but not too far, or you will draw uke towards you*). Follow uke's rhythm, don't clash.
- Move your hands inside uke's. Lead forward and down with your front hand, project out with your back hand. Throw with your hips, not with your hands.

### Problems

- If you are knocked down, roll.
- If you become rattled, return to the L, L, R, R rhythm.
- If your wrong foot is forward, do the same move from your 'wrong' side.
- If your ukes don't want to fall, be more in the centre, do the technique earlier, send a stronger signal.



## 1st KYU - BROWN BELT

Must attend 2 classes per week regularly

### *Strategy of movement to space multiple ukes*

- Go to one end of the line of ukes, not the centre, to begin. Vary moving through with moving to the outside. If you do only one, ukes will bunch.
- Move forward — if you back away, ukes are drawn towards you. Don't move straight into uke (don't clash). Go forward but let uke come at you.
- Keep moving. Don't stand still and wait for an attack — move to the uke you want to throw next. Circle around the outside of a group of ukes rather than go through the middle.
- Lead and position ukes so they obstruct each other in getting to you. Take the one furthest away: if two ukes are coming too close together, spin past the first and throw the second.

### **Grading etiquette:**

#### **To begin your grading, bow three times:**

- 1 Kamiza rei
- 2 Sensei rei
- 3 Uke rei.

#### **At the end of your grading bow three times:**

- 1 Uke rei
- 2 Kamiza rei
- 3 Sensei rei.

It is uke's responsibility to ensure that weapons are readily available for nage's use. All students on the mat must be sitting in seiza at the beginning and end of each grading. Any student participating in a grading must stay until all gradings are completed unless prior arrangements have been made with Sensei.

### Kumi Waza

- 17 Zagi handachi shomen-uchi kokyu-nage
- 18 Zagi-handachi muna-tsuki koto o'roshi (katameru)
- 19 Zagi handachi yokomen-uchi kokyu-nage (zenponage)
- 20 Muna-tsuki kokyu-nage (zenpo-nage)
- 21 Muna-tsuki kokyu-nage (sudori)
- 22 Muna-tsuki kokyu-nage (kaiten-nage)
- 23 Kata-te-tori ryo-te-mochi koto o'roshi
- 24 Kata-te-tori ryo-te-mochi kokyu-nage
- 25 Yokomen-uchi koto o'roshi (en-undo)
- 26 Yokomen-uchi kokyu-nage (hachi-no-ji)
- 27 Shomen-uchi koto o'roshi
- 28 Shomen-uchi ikkyo (irimi & tenkan)
- 29 Ushiro-te-kubi-tori koto o'roshi
- 30 Ushiro-te-kubi-tori ikkyo

*Techniques must show full ki extension,  
one point, fullness of movement and relaxation.*

## 2nd KYU - BLUE BELT

KITEI TAIGI - 110 secs

Must attend 2 classes per week regularly

- |             |   |
|-------------|---|
| Hitori Waza | 16 Kaho tekubi kosa waza                          |
|             | 17 Joho tekubi kosa waza                          |
|             | 18 Ushiro-tori waza                               |
|             | 19 Ushiro-te-kubi-tori zenshin waza               |
|             | 20 Ushiro-te-kubi-tori koshin waza                |
| Kumi Waza   | 12 Ushiro-te-kubi-tori kokyu-nage (zenpo-nage)    |
|             | 13 Ushiro-te-kubi-tori kubi-jime (sankyō-nage)    |
|             | 14 Tenchi-nage (irimi & tenkan )                  |
|             | 15 Ushiro-tori kokyu-nage                         |
|             | 16 Kata-te-tori ryo-te-mochi kokyu-nage (en-undo) |

*Waza and techniques must demonstrate  
ki extention in all movements.*

### 1. Shomen-uchi kokyu nage

- When Ki moves, enter straight behind partner.  
*enter when Ki moves, don't look at the hand, see the whole.*
- Raise both arms equally in a *banzai* gesture.  
*don't go for the neck too soon.*
- Bring arms straight down, lead straight up & down.  
*throw with a vertical motion not a diagonal one, turn the wrist over at the top so fingers point between uke's eyes, bending knees on throw as one point drops down.*

### 2. Yokomen uchi shiho nage irimi

- Step back in the direction of Ki.  
*must be on line indicated by uke's fingertips, leading uke off balance with nage's Ki clearly directed toward uke's body.*
- Enter passing closely in front of opponent.  
*no gap between nage & uke, enter deeply enough to turn uke completely around to face same direction, don't let hand send it through )*
- Turn completely to the point where uke naturally falls.  
*one smooth motion, knees bent & nage's Ki must be directed to uke at end of throw.*

### 3. Mune suki kore o'roshi katameru

- Lead Ki without blocking it.  
*lead from shoulder sliding thumb & little finger down the arm to catch the wrist, rear hand must sweep 360 degrees to clear away imaginary partners to the rear in one smooth motion.*
- Bring arm straight down, lead straight up and down.  
*lead partner's wrist vertical to the mat, so that the down up motion causes uke's feet to advance out from under his own arm , then complete the downward vertical motion*
- Place free hand over elbow, roll opponent over and pin.  
*place arm lightly on elbow just walk from one point leaving arm in front of you, don't pull, pin arm against chest without a gap, pin so that uke cannot pull free, pin while up on toes, palms must be up.*

#### 4. Katate-tori ikkyo tenkan katameru

- a. Bend fingers (not wrist) without pulling Ki.  
*Like water in a hose, Ki flows along the bottom, do not bend wrist, when turning maintain the triangle of tenkan.*
- b. Take *Ikkyo* at lowest point in the arc.  
*use momentum of the vertical motion, don't be too early or too late.*
- c. Lead arm straight up and down; lead from hand holding wrist, hand on elbow holds lightly.  
*move whole body not just wrist, make complete circle so that uke's arm comes down to nage's thigh not out to side, on pin stretch arms both ways like stretching cloth bending wrist & cutting Ki on upper arm.*

#### 5. Kata-tori nikkyo irimi katameru

- a. Brush partner's hand down & take *ma-ai* without changing position of hand. *sweep down first then step back, don't pull Ki when stepping back*
- b. Using a vertical *irimi* rhythm, lead *uke's* hand to shoulder while raising free hand fully & sending Ki to apply *nikkyo*.  
*inside foot steps.*
- c. Leap behind partner, leading *tenkan* & pin.  
*take your time, finish tenkan looking where you are going, with nage as center of movement.*

#### 6. Ushiro-tekubitori sankyo katameru

- a. Lower the leading hand when Ki comes.  
*let him grab the wrist & go around, don't step back, create vertical motion.*
- b. Take *Sankyo* when the hands reach the top.  
*move both hands up together & down together.*
- c. Bring fingertips of hand down, placing hand on elbow & leading in the direction of Ki.  
*come straight down fully to break uke's balance, note that nage's thumb points in the direction of the lead or palm down, take elbow at the bottom almost as if doing it one-handed, eyes face forward in the same direction as partner, don't let nage's inside hand interfere, finish with pin.*

## 3rd. KYU - GREEN BELT

### Chukyu Ki Exam must be passed

Hitori Waza	12	Funakogi waza
	13	Nikyo waza
	14	Koteo' roshi waza
	15	Sankyo waza
Kumi Waza	7	Kata-tori nikkyo (irimi & tenkan)
	8	Kata-tori sankyo (irimi & tenkan)
	9	Kata-tori yonko (irimi & tenkan )
	10	Yokomen-uchi kokyu-nage (zenpo nage)
	11	Ryo-te-tori kokyu-nage (zenpo nage)

“waza and techniques must show a better understanding of one point and ki extension“.





## 4th KYU - ORANGE BELT

Hitori Waza	7	Ikkyo waza
	8	Zengo waza
	9	Happo waza
	10	Zenshin-koshin waza
	11	Kokyu dosa

Kumi Waza	3	Kata-tori ikkyo (irimi & tenkan)
	4	Muna-tsuki koto o'roshi
	5	Yokomen-uchi shiho-nage irimi
	6	Shomen-uchi kokyu-nage

*Waza and techniques must show a better understanding of 'relaxed movement'.*



### Taigi 1 - Kata-te-tori (65 s)

1. Kokyu-nage tenkan
2. Kiri-kaeshi tenkan
3. Zempo-nage tenkan
4. Kaiten-nage tenkan
5. Shiho-nage tenkan
6. Ikkyo tenkan katameru

### Taigi 2 Kata-te-tori Ryo-te-mochi (71 s)

1. Kata-te-kosa-tori kokyu-nage tenkan (jump in)
2. Kokyu-nage tenkan (circle)
3. Kokyu-nage tenkan (figure 8)
4. Zempo-nage tenkan
5. Nikyo tenkan katameru
6. Kote o'roshi tenkan katameru

### Taigi 3 Yokomen-uchi (49 s)

1. Sudori (slide in)
2. Sudori (bow)
3. Kokyu-nage irimi
4. Shiho-nage irimi
5. Kokyu-nage sudori nage
6. Kokyu-nage tenkan (figure 8)

## 5th KYU - YELLOW BELT

### Taigi 4 Ryo-kata-tori (60 s)

1. Kokyu-nage tenkan (turn & bow)
2. Kokyu-nage tenkan kiri-kaeshi
3. Kokyu-nage tenkan (bow & bow)
4. Sudori
5. Nikkyo tenkan katameru
6. Zenpo-nage

### Taigi 5 (77 s)

1. Shomen-uchi kokyu-nage
2. Yokomen-uchi shiho-nage irimi
3. Muna-tsuki kote o'roshi katmeru
4. Kata-tori ikkyo irimi katameru
5. Kokyu dosa

### Taigi 6 Ushiro waza (71 s)

1. Ushiro-tori kokyu-nage
2. Ushiro-tekubi-tori uragaeshi kokyu-nage
3. Ushiro-tekubi-tori zenpo-nage
4. Ushiro-tekubi-tori kote o'roshi
5. Ushiro-tekubi-tori ikkyo katameru
6. Ushiro-tekubi-tori sankyo nage

### Shokyu must be passed

- |             |                                      |
|-------------|--------------------------------------|
| Hitori Waza | 1. Udema-washi waza                  |
|             | 2. Udefuri waza                      |
|             | 3. Udefuri choyaku waza              |
|             | 4. Sayu waza                         |
|             | 5. Ushiro ukemi waza (backward roll) |
|             | 6. Zenpo-kaiten waza (3 rolls)       |

- |           |                                   |
|-----------|-----------------------------------|
| Kumi Waza | 1. Kata-te-kosa-tori kokyu-nage   |
|           | 2. Kata-te-tori kokyu-nage tenkan |

*Waza and techniques must show a basic understanding of mind and body unification.*

<i>Start</i>	<i>End</i>
<i>Kamiza</i>	<i>Uke</i>
<i>Sensei</i>	<i>Kamiza</i>
<i>Uke</i>	<i>Sensei</i>



### **Taigi 29 Tachi uchi (80 s)**

1. Koteuchi
2. Migi douchi
3. Hidari douchi
4. Nodo tsuki
5. Shomen-uchi
6. Hidari yokomen - Migi yokomen

### **Taigi 30 Shinken kokoro no ken**

1. Shomen-uchi
2. Hidari ashi mae-uchi ushiro uchi
3. Migi ashi mae-uchi ushiro uchi
4. Hidari yokomen-uchi rensoku (*migi*)
5. Hidari kesa ashi barai
6. Migi kesa ashi barai

### **Taigi 7 Muna-tsuki & kick (66 s)**

1. Muna-tsuki kokyu-nage (cut neck)
2. Muna-tsuki ikkyo hantai tenkan katameru
3. Muna-tsuki zenpo-nage
4. Maekeri kokyu-nage (front kick)
5. Mawashi-keri kokyu-nage (roundhouse kick)
6. Muna-tsuki kote o'roshi

### **Taigi 8 Ryo-te-tori (50 s)**

1. Tenchi-nage irimi
2. Tenchi-nage tenkan
3. Kokyu-nage yurei-nage
4. Kokyu-nage sayu undo
5. Kokyu-nage zenpo-nage
6. Kokyu-nage kiri-kaeshi

### **Taigi 9 Shomen-uchi (67 s)**

1. Ikkyo irimi katameru
2. Ikkyo tenkan katameru
3. Kokyu-nage
4. Kote o'roshi
5. Kokyu-nage kiri-kaeshi
- 6.

**Taigi 10 Kata-tori Shomen-uchi (65 s)**

1. Kokyu-nage irimi (no touch)
2. Kokyu-nage tenkan (circle)
3. Kokyu-nage tenkan (figure 8)
4. Nikyo tenkan katameru
5. Kokyu-nage sankyo
6. Kokyu-nage zenpo-nage

**Taigi 11 Katate-tori (56 s)**

1. Kokyu-nage irimi
2. Kokyu-nage irimi-tenkan
3. Kosa-tori kokyu-nage tenkan
4. Kosa-tori kokyu-nage maki-kaeshi
5. Kosa-tori kokyu-nage irimi maki-kaeshi-nage
6. Kosa-tori kokyu-nage kiri-kaeshi

**Taigi 12 Katate-tori Ryo-temochi (55 s)**

1. Kokyu-nage irimi
2. Kokyu-nage tenkan
3. Kokyu-nage nikyo katameru
4. Kokyu-nage ikkyo irimi katameru
5. Kokyu-nage zenpo nage
6. Kokyu-nage (throw ball)

**Taigi 24 Jo nage (68 s)**

1. Kokyu-nage
2. Kokyu-nage zenpo-nage
3. Sakate mochi kokyu-nage zenpo
4. Shiho-nage
5. Nikyo
6. Kote o'roshi
7. Kokyu-nage kiri-kaeshi
8. Kokyu-nage ashi-sukui

**Taigi 25 Bokken part 1**

**Taigi 26 Bokken part 2**

**Taigi 27 Jo part 1**

**Taigi 28 Jo part 2**

### **Taigi 22 Bokken tori (106 s)**

1. Shomen-uchi irimi sudori kokyu-nage katameru
2. Shomen-uchi kote o'roshi (right)
3. Shomen-uchi irimi dori (left)
4. Yokomen-uchi kokyu-nage irimi
5. Yokomen-uchi shiho-nage (left)
6. Muna-tsuki kote o'roshi (right)
7. Muna-tsuki kokyu-nage zenpo
8. Muna-tsuki kokyu-nage irimi sudori
9. Douchi kokyu-nage katameru
10. Yoko-barai kokyu-nage katameru

### **Taigi 23 Jo tori (124 s)**

1. Shomen-uchi irimi sudori kokyu-nage katameru
2. Shomen-uchi kote o'roshi (right)
3. Shomen-uchi irimidori (left)
4. Yokomen-uchi shiho-nage (left)
5. Yokomen-uchi kokyu-nage zenpo
6. Muna-tsuki kokyu-nage tsuki-kaeshi
7. Muna-tsuki kokyu-nage zenpo
8. Muna-tsuki kokyu-nage kiri-kaeshi
9. Douchi kokyu-nage katameru
10. Yoko-barai kokyu-nage katameru

### **Taigi 13 Yokomen-uchi (61 s)**

1. Kokyu-nage irimi
2. Kokyu-nage juji irimi-nage
3. Kokyu-nage atemi
4. Shiho-nage irimi tobikomi
5. Kote o'roshi (circle)
6. Kokyu-nage zenpo-nage kiri-kaeshi

### **Taigi 14 Kata-tori (85 s)**

1. Ikkyo tenkan katameru
2. Nikyo irimi katameru
3. Sankyo tenkan katameru
4. Yonkyo irimi katameru
5. Kokyu-nage ushiro-muki
6. Kokyu-nage ushiro-muki furikaette yokomen-uchi

### **Taigi 15 (89 s)**

1. Shomen-uchi ikkyo irimi katameru
2. Yokomen-uchi kokyu-nage (figure 8)
3. Muna-tsuki zenpo-nage
4. Kata-tori nikyo irimi katameru
5. Ushiro-tori kokyu-nage zenpo-nage
6. Ushiro-tekubi-tori sankyo-nage

### **Taigi 16 Zagi (60 s)**

1. Shomen-uchi ikkyo irimi katameru
2. Shomen-uchi ikkyo tenkan katameru
3. Kata-tori shomen-uchi kokyu-nage
4. Shomen-uchi kokyu-nage
5. Muna-tsuki kote o'roshi katameru
6. Yokomen-uchi kokyu-nage

### **Taigi 17 Zagi handachi (54 s)**

1. Kata-te-tori kokyu-nage
2. Kata-te-tori kokyu-nage kiri-kaeshi
3. Shomen-uchi kokyu-nage
4. Ushiro-katadori kokyu-nage
5. Muna-tsuki kote o'roshi
6. Yokomen-uchi kokyu-nage

### **Taigi 18 Ushiro waza (72 s)**

1. Hagai-jime kokyu-nage
2. Kata-tori kokyu-nage hikoki
3. Kata-tori kokyu-nage suikomi
4. Kata-tori kokyu-nage zenpo-nage
5. Tekubi-tori kubi-shime uragaeshi kokyu-nage
6. Tekubi-tori kubi-shime zenpo-nage

### **Taigi 19 Mune-tsuki (52 s)**

1. Uchi-wanage kubi-kiri
2. Zenpo-nage kubi-uchi
3. Uchi-wanage men-uchi
4. Irimi sudori
5. Shomen-uchi
6. Hantai tenkan kote o'roshi

### **Taigi 20 Futari sannin waza (82 s)**

1. Futari ryo-temochi kokyu-nage zenpo nage
2. Futari ryo-temochi kokyu-nage senaka awase
3. Futari ryo-temochi kokyu-nage seiretsu
4. Futari ryo-temochi shiho-nage
5. Sannin ryo-temochi kokyu-nage seiretsu
6. Sannin-gake (or gonin-gake) randori

### **Taigi 21 Tanto tori (131 s)**

1. Shomen-uchi kote o'roshi
2. Shomen-uchi kokyu-nage
3. Yokomen-uchi kokyu-nage gokyo katameru
4. Yokomen-uchi irimi sakate
5. Yokomen-uchi shiho-nage
6. Muna-tsuki kote o'roshi
7. Muna-tsuki ikkyo hantai irimi katameru
8. Muna-tsuki kokyu-nage zenpo
9. Muna-tsuki hijiuchi menuchi
10. Muna-tsuki kaiten nage