

BUKI WAZA		
AIKI JO		
KATA		
	1 HIKI OTOSHI	4 short kata (2x basics, 2x variations)
KUMI JO	2 MAE OTOSHI	
	3 Hiki Otoshi - FUTARI TORI	tenkan, irimitenkan - basics
	4 Mae Otoshi - FUTARI TORI	
	5 Hiki Otoshi - FUTARI TORI	tenkan, irimitenkan - variations
	6 Mae Otoshi - FUTARI TORI	
	7 Hiki Otoshi, Mae Otoshi - YONIN TORI	tenkan (basic and variation)
JO SABAKI	8 Hiki Otoshi, Mae Otoshi - YONIN TORI	irimitenkan (basic and variation)
	9 Hiki Otoshi, Mae Otoshi	basic
	10 Hiki Otoshi, Mae Otoshi	variation
	11 Hiki Otoshi, Mae Otoshi	FUTARITORI (tanren/ kigata)
KATA	12 Other	
	13 KATA no. 1 (37 movements) OMOTE	
	14 KATA no. 2 URA	
KUMI JO		
	15 Kumi jo - kata no. 1 VS kata no. 1	
JO TORI Tsuki/ Uchi komi/ Yokomen	16 Kumi jo - kata no. 1 VS kata no. 2	
	17 Jo tori	All 4 basic techniks/ Variations (FUTARI GEIKO/ FUTARI TORI)
AIKI KEN		
AIKI BATTO HO		
	18 Ikkyo no Ri	
	19 Kotegaeshi no Ri	
	20 Iriminage no Ri	
	21 Shihonage no Ri	
IKKYO NO RI		
	22 Ikkyo no Ri	Ikkyo, Nikyo, Sankyo, Yonkyo theori
	23 Ikkyo omote/ ura variation	(uke nagashi juji musubi/ tekubi gaeshi) (mae ashi irimi/ ushiro ashi irimi)
	24 Ikkyo omote/ ura variation	(tenkan tenshin/ mae ashi tenshin)
KUMI TACHI		
	25 Ichi no Tachi	
	26 Ni no Tachi	
	27 San no Tachi	
	28 Yon no Tachi	
	29 Go no Tachi	
	30 Ki Musubi no Tachi	
TACHI TORI Shomen/ Yokomen (Kesagiri)		
	31 Tachi tori	All 4 basic techniks/ Variations (FUTARI GEIKO/ FUTARI TORI)
TANTO		
TANTO TORI Tsuki/ Yokomen/ Kesagiri		
	32 Tanto tori	All 4 basic techniks/ Variations (FUTARI GEIKO/ FUTARI TORI)