

Kihon Tandoku Taiso

Solo whole body movements - Basic movements

Arm movements

- Shomen Uchi - Vertical strike
- Shomen tsuki - Horizontal strike
- Uchi mawashi - Inside sweep
- Soto mawashi - Outside sweep
- Uchi gaeshi - Inside turn
- Soto gaeshi - Outside turn
- O mawashi - Combination of outside sweep & inside turn

Footwork (Unsoku)

- Ayumi ashi - Step forward, move to the opposite foot.
- Ayumi ashi - Step back, move outwards in an arc of a circle.
- Tsugi ashi - Shuffle forward, push with back foot
- Tsugi ashi - Shuffle backward, push with front foot
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Arm movements with footwork

- Shomen Uchi - Vertical strike with shuffle forward
- Shomen tsuki - Horizontal strike with shuffle forward
- Uchi mawashi - Inside sweep with shuffle forward
- Soto mawashi - Outside sweep with shuffle forward
- Uchi gaeshi - Inside turn with shuffle forward
- Soto gaeshi - Outside turn with shuffle forward
- O mawashi - Combination outside sweep/inside turn with stepping and turn

Arm movements with body turning

- Uchi mawashi - Demawari - Inside sweep with stepping forward and turn
- Soto mawashi - Hikimawari - Outside sweep with stepping back and turn
- Ko mawashi - Small sweeping rotation inwards and outward of the arm with 180° body pivot.
- Gassho - hands together with 180° body pivot

Kihon Sotai Taiso

Paired basic movements

Tegatana awase

Moving with partner, Tegatana makes contact.

Tegatana awase + Kihon

Preparing for the use of basic skills.

Static performance

- Uchi mawashi - same hand
- Soto mawashi - opposite hand
- Uchi gaeshi - same hand
- Soto gaeshi - same hand
- O mawashi - same hand
- O mawashi - opposite hand

Dynamic performance

- Uchi mawashi - same hand
- Soto mawashi - opposite hand
- Uchi gaeshi - same hand
- Soto gaeshi - same hand
- O mawashi - same hand
- O mawashi - opposite hand

Personal ideas on Kihon

Kihon no Katachi

The standard techniques of Tomiki Aikido

This is not Kata!!!!

Atemi waza

- Shomen ate
- Aigamae ate
- Gyaku gamae ate
- Gedan ate
- Ushiro ate

Hij waza

- Oshi taoshi
- Hiki taoshi
- Ude gaeshi
- Ude garami
- Waki gatame omote
- Waki gatame ura

Tekubi waza

- Kote hineri
- Tenkai kote hineri
- Kote gaeshi
- Tenkai kote gaeshi
- Kote mawashi
- Tenkai kote mawashi

Uki waza

- Mae otoshi
- Sumi otoshi
- Hiki otoshi

Kakari geiko - Hikitate geiko - Randori geiko

Use basic techniques in an informal format.

Kata

Formal performance of the basic techniques in accordance with the following concepts.

- Shizentai no ri - The concept of natural posture
- Kuzushi no ri - The concept of preparing and disrupting the balance.
- Ju no ri - The concept of using power (assertive or defensive)

Randori no kata

Omote waza (17)

Ura waza (10)

Koryu no kata

Dai ichi (1) - Dai ni (2) - Dai san (3) - Dai yon (4) - Dai go (5) - Dai roku (6)

Kyu graad

6-5-4 Kyu

Kihon Tandoku Taiso

Kihon no katachi - atemi waza & hiji waza

3-2 Kyu

Previous requirements

Kihon Sotai Taiso

Kihon no katachi - tekubi waza & uki waza

1 Kyu

Previous requirements

Personal ideas on Kihon

Randori no kata omote

Kakari geiko

Dan Graad

1-6 Dan

Previous requirements

Randori no kata ura

Koryu no kata

Kakari geiko - Hikitate geiko - Randori geiko