

AIBUKAN BUDO

2006/TS

- I. JUNBI UNDO (ANATOMICAL WARM-UP HEAD TO FOOT)
- II. ORIENTATION LESSON #1
- III. ASHI NO TAISO (PACKAGES 1-6)
- IV. UKEMI LESSON PACKAGE WITH SHIKKO-HO
- V. KUZUSHI/MUSUBI DRILL (TWO PEOPLE)
 - A. TAISABAKI 1-8 HAND RELEASE
 - B. IRIMI/TENKAN (TSUGI/TSURI ASHI R & L)
 - C. MUSUBI RENSHU 1-8
 - D. SHICHI-HON 1-14
- VI. AIBUKAN IKKYO SERIES (R & L)
 - A. TACHI WAZA
 - B. SUWARI WAZA
 - C. HANMI HON TACHI
- VII. AIBUKAN ATEMI PACKAGE + IPPON KUMITE (1-9)
- VIII. AIKI-KYO (1-10)
- IX. AIBUKAN AIKIJUTSU TAISABAKI (SOTO/UCHI NO WAZA, 1-12)
- X. JUDO:
 - A. ASHI WAZA (1-6)
 - B. KOSHI WAZA (O-GOSHI, IPPON SEOI, MOROTE SEOI)
 - C. SUSTEMI WAZA (SACRIFICE THROWS, MA & YOKO)
 - D. OSAE KOMI WAZA (HOLD DOWN TECH. 1-6)
 - E. KANSETSU (JOINT LOCKS 1-6)
 - F. SHIME WAZA (CHOKES; HADAKA, JUJI, KATAHA)
- XI. AIKIDO KATA
 - A. SUWARI WAZA (TOMIKI DAI SAN KATA 1-8
 - B. GOSHIN WAZA (1-12 JIYUSHINKAN SELF DEFENSE KATA)
 - C. JUNANA HON KATA (BASIC 17,TOMIKI RANDORI NO KATA)
 - D. URA WAZA JUPPON (TOMIKI BIG 10)
- XII. KARATE/CHINA HAND KATA
 - A. CHINA HAND TIEN-GAN SHOU
 - B. GOJU-RYU; SANCHIN-1&2, GEIKISAI-1&2, TENSHO
 - C. HSING-I; WU HSING, 2-MAN WU HSING
- XIII. GOSHIN WAZA (SELF DEFENSE FROM GRABS)
 - A. WRIST GRABS
 - B. BEAR HUGS FRONT/REAR, OVER/UNDER ARMS
 - C. TWO HAND CHOKE, FRONT/REAR
 - D. HAIR GRAB, FRONT/REAR
 - E. LAPEL GRAB, ONE HAND/TWO HAND

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- XIV. STANDING JOINT LOCK TRANSITION 1-5 + M.A.C.H. 1-5
- XV. PRESSURE POINTS 1-15
- XVI. BUKKI NO KATA
 - A. KEN (AIKI-KEN 1 &2 + 2-PEOPLE 8 CUTS)
 - B. JO (AIKI-JO 1 &2)
 - C. BO (ALL-in-1 BATON; Tanbo, Bo, Tonfa, Nunchaku)
 - D. TANTO (8 CUTS)
 - E. GUN (6-COUNT, DRAW, ANCHOR, GREG, SIGHT, 1/3 OUT/BACK)
- XVII. GOSHIN BUKKI NO WAZA (WEAPON SELF DEFENSE)
 - A. TANBO: (CLUB/BATON)
 - 1. OVERHEAD
 - 2. FORWARD SWING
 - 3. BACKHAND SWING
 - 4. THRUST
 - B. TANTO: (KNIFE)
 - 1. THRUST TECH 1,2,3,4
 - 2. OVERHEAD
 - 3. HORIZONTAL SLASH
 - 4. HOSTAGE
 - C. GUN:
 - 1. FRONT GUN
 - 2. REAR GUN
 - 3. HOSTAGE
 - 4. RETENTION (UNHOLSTERED)
- XVIII. AIBUKAN NO KEN (KIHON & KATA ETC.)
- XIX. AIBUKAN SHINTO MUSO RYU JO, KIHON & ZNKR SHIMIZU 12 KATA
- XX. JYU-WAZA KIHON (FREE PRACTICE)
 - A. FOUNDATION BASIC
 - 1. TWI-SO SINGLE HAND PUSH HANDS
 - 2. SAN-SO /KAKE PUSH HANDS 5 STEP 2 HAND FOUNDATION
 - 3. CIRCLE WALK CHANGE DIRECTION
 - 4. AIKI KIHON, 5 STEP MOVE, TOUCH, FOLLOW ETC.
 - B. KUMITE/RANDORI (SPARRING)
 - 1. KUMITE (KARATE SPAR/CIRCLE WALK HAND/FOOT)
 - 2. JUDO RANDORI (TACHI ONLY)
 - 3. JUDO NE-WAZA (GROUND WORK ONLY UP/DOWN UKE/TORI)
 - 4. AIKI TACHI WAZA ONLY
 - C. TOTAL JYU WAZA KUMITE/RANDORI COMBINATION (MULTIPLE ATTACKERS 1,2,3, ETC.)