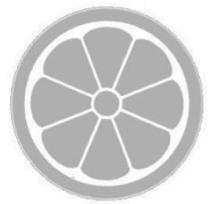




Aikijujutsu Budogym



合氣柔術養正館



Aikijujutsu Kobukai Rokkyu

- Tai sabaki:** nagashi / hiraki / irimi / o irimi / o irimi
senkai (instappend en achterlangs)
(De verplaatsingen zijn conform de Tai Sabaki No Kata, zie Shodan)
- Ukemi waza:** mae ukemi / ushiro ukemi / yoko ukemi / yoko ukemi tai otoshi

Aikijujutsu Kobukai Gokyu

- Te hodoki:** junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori
- Kata:** Tsuki Uchi no Kata (Aanvallend stoten, ook met elleboog en met kiai ademritme)
- Kokyu ho
Budogym:** 1e cluster (15 vormen verdeeld over 5 clusters van 3)
- Nage Waza
Budogym:** ura ude nage - ura yokomen uchi

Aikijujutsu Kobukai Yonkyu

- Hojo undo:** nigiri gaeshi / negi gaeshi / oshi gaeshi / shinogi / tsuppari
- Kote Waza:**
Kihon waza: Kote gaeshi - tsuki chudan (kata kansetsu gatame)
Negi kote gaeshi - tsuki jodan (kata kansetsu gatame / juji gatame)
(armklem liggend via gekruiste benen)
- Henka waza: ushiro ryote dori / omote yokomen uchi / ura yokomen uchi
- Kata:** Happoken no Kata (Kata in 3 richtingen met tai sabaki (elleboog-) stoten en weringen, katavorm en vorm met 3 aanvallers)
- Kokyu ho
Budogym:** 2e cluster (15 vormen verdeeld over 5 clusters van 3)
- Nage Waza
Budogym:** uchi kaiten nage - jyunte dori



Aikijujutsu Kobukai Sankyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori

Kote Waza;

Kihon waza: Yuki chigae - tsuki jodan (ude kansetsu gatame)

Henka waza: sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura yokomen uchi

Kata: Tambo no Kata (Kata met de korte stok.)

Randori: Shite randori (2 aanvallers, bepaald aantal aanvallen / verdedigingen)

Kokyu ho

Budogym: 3e cluster (15 vormen verdeeld over 5 clusters van 3)

Nage Waza

Budogym: tenchi nage - ryote dori

Hanmi handachi

waza Budogym: kokyu nage (vorm 1) - ryote dori

kokyu nage (vorm 2) - ryote dori



Aikijujutsu Kobukai Nikyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Ude waza;

Kihon waza : Shiho nage - omote yokomen uchi (ude kansetsu gatame)
Tembin nage - dosokute dori (hiji kansetsu gatame)
Robuse - dosokute dori (kata kansetsu gatame / waki gatame)
Ushiro hiji kudaki - tsuki chudan
(hiji kansetsu gatame / waki gatame)
(zittende Armklem arm onder oksel door en op elleboog evt. polsklem)

Henka waza: junte dori (irimi-tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi

Tai waza;

Kihon waza: Mukae daoshi - ura yokomen uchi (kata kansetsu gatame)
Ura mukae daoshi - mae geri
Ushiro hiki otoshi - tsuki jodan
Ushiro kata otoshi - omote yokomen uchi

Henka waza: ushiro ryote dori / tsuki jodan / tsuki chudan

Kata: Tanto no Kata (Kata met de japanse dolk)

Randori: Futari no randori

Kokyu ho

Budogym: 4e cluster (15 vormen verdeeld over 5 clusters van 3)

Hanmi handachi

waza Budogym: kokyu nage (vorm 1) - ryote dori.
kokyu nage (vorm 2) - ryote dori.
koshi nage - jyunte dori.
katate nage - ushiro kubi shime katate dori.



Aikijujutsu Kobukai Ikkyu

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Aiki Nage: junte dori / ryote dori (2 henka) / ryote ippo dori / ushiro ryote dori / ura yokomen uchi / omote yokomen uchi / tsuki chudan

Ashi waza;

Kihon waza: Ashi tori sukui taoshi - mae geri (beenopvangen en weg duwen)
Ashi tori sukui nage - ushiro geri (been opvangen en weg werpen)
Ashi gaeshi - mawashi geri chudan / jodan (ashi gatame)
(voet/been kantelen)
Ashi tori oshi taoshi - tsuki chudan
Ryo ashi dori - tsuki jodan

Kata: Keri Goho no Kata(Kata met basistrappen: mae-, yoko-, ushiro, mawashi-, ura Keri)

Randori: Futari no randori
Futari no randori: goshinjutsu te-geri waza (Randori met stoot- en trapaanvallen)

Kokyu ho Budogym: 5e cluster (15 vormen verdeeld over 5 clusters van 3)

Hanmi handachi waza Budogym: kokyu nage (vorm 1) - ryote dori.
kokyu nage (vorm 2) - ryote dori.
koshi nage - jyunte dori.
katate nage - ushiro kubi shime katate dori.
kokyu nage (vorm 3) - ushiro ryo kata dori.



Aikijujutsu Kobukai Shodan

Te hodoki: junte dori / dosokute dori / gyakute dori / ryote ippo dori / ryote dori / mae eri dori / sode dori / ushiro eri dori / ushiro ryo kata dori / ushiro ryo sode dori / ushiro shitate dori / ushiro uwate dori / ushiro kubi shime katate dori katate dori

Kote waza:

Kihon waza: Kote gaeshi - tsuki chudan (kata kansetsu gatame / juji gatame)
Negi kote gaeshi - tsuki jodan (kata kansetsu gatame)

Henka waza: ushiro ryote dori / ura yokomen uchi / omote yokomen uchi

Kihon waza: Yuki chigae - tsuki jodan (ude kansetsu gatame)

Henka waza: sode dori / ushiro ryote dori / ushiro kube shime katate dori / ura yokomen uchi

Ude waza;

Kihon waza: Shiho nage - omote yokomen uchi (ude kansetsu gatame)
Tembin nage - dosokute dori (hiji kansetsu gatame)
Robuse - dosokute dori (kata kansetsu gatame / waki gatame)
Ushiro hiji kudaki - tsuki chudan (hiji kansetsu gatame / waki gatame)

Henka waza: junte dori (irimi / tenkan) / sode dori / ushiro ryote dori / ura yokomen uchi

Tai waza;

Kihon waza: Mukae daoshi - ura yokomen uchi (kata kansetsu gatame)
Ura mukae daoshi - mae geri
Ushiro hiki otoshi - tsuki jodan (tenkan)
Ushiro kata otoshi - omote yokomen uchi

Henka waza: tsuki chudan / tsuki jodan / ushiro ryote dori

Ashi waza;

Kihon waza: Ashi tori sukui taoshi - mae geri
Ashi tori sukui nage- ushiro geri
Ashi gaeshi - mawashi geri chudan / jodan (ashi gatame)
Ashi tori oshi taoshi - tsuki chudan
Ryo ashi dori - tsuki jodan

Kata: Tsuki Uchi no Kata
Happoken no Kata



Tambo no Kata
Tanto no Kata
Keri Goho no Kata

Tai Sabaki no Kata

Nagashi (soto)	Hiki otoshi	Tsuki Chudan
Nagashi (uchi)	Kubioshi sutemi	Tsuki Chudan
Hiraki (soto)	Soto waki tori sutemi	Tsuki Chudan
Hiraki (uchi)	Ashi tori oshi taoshi	Tsuki Chudan
Irimi (soto)	Mukae daoshi	Tsuki Chudan
Irimi (tankan)	Ko uchi gari	Tsuki Chudan
O irimi (soto)	O soto gari	Tsuki Chudan
O irimi (tankan)	Kata guruma	Tsuki Chudan
O irimi senkai (soto)	O irimi tomoe	Tsuki Chudan

Randori:

Futari no randori
Futari no randori: goshinjutsu te-geri waza

Daito-Ryu - Idori Waza Budogym

Ippon Dori	Shomen Uchi
Gyaku Ude Dori	Mae Eri Dori
Hiji Gaeshi	Tsuki Shudan
Kuruma Daoshi	Omote Yokomen Uchi
Shime Gaeshi	Juji Jime Dori
Kakae Jime	Juji Jime Dori
Karami Nage	Mae Eri Dori – Shomen Uchi
Kote Gaeshi	Ryote Dori
Nukite Dori	Ryote Dori
Hiza Jime	Ryote Dori



Aikijujutsu Kobukai Nidan

Kote waza;

Kihon waza: Gyaku kote gaeshi - yokomen uchi
Kote kudaki - sode dori (ushiro ukemi / kata kansetsu gatame)

Henka waza: dosokute dori / junte dori / tsuki chudan

Ude waza;

Kihon waza: Juji garami - ryote ippo dori
Ude garami - ura yokomen uchi
Ude kakae mae hiki otoshi (irimi / tenkan) - tsuki chudan
Ude kakae sutemi - tsuki chudan

Henka waza: junte dori / ryote dori / ushiro ryote dori / tsuki jodan /
omote yokomen uchi

Tai waza;

Kihon waza: Mae hiki otoshi - tsuki jodan
Te uchi mata gaeshi - tsuki jodan
Koshi nage - ryote dori (juji gatame)

Henka waza: juji jime / ryote dori / ushiro ryote dori / omote yokomen uchi /
shomen uchi

Tobu waza;

Kihon waza: Hachi mawashi - dosokute dori

Henka waza: tsuki chudan (irimi) / tsuki jodan

Ashi waza;

Kihon waza: Ko uchi gari - tsuki chudan

Emono waza;

To no Nage Kata

Ashi tori oshi taoshi	omote yokomen uchi
Yuki chigae	maki uchi
Kote gaeshi	maki uchi
Tembin nage	o gasumi
Ura mukae daoshi	maki uchi men



Kata;

Aikijujutsu Kobukai Tanto no Kata

Hiji kudaki	tsuki chudan
Kote gaeshi	tsuki chudan
Tembin nage	tsuki chudan
Yuki chigae	tsuki chudan
Hiji mage hikitate	tsuki chudan
Hiki otoshi (irimi)	omote yokomen uchi
Kataha otoshi	omote yokomen uchi
Kamnuki hikitate	omote yokomen uchi
Robuse	ura yokomen uchi
Hiji kudaki	ura yokomen uchi

Randori;

Futari no randori
Futari no randori: goshinjutsu te-geri waza
Chikara randori: tanto / tambo



Aikijujutsu Kobukai Sandan

Ude waza;

Kataha otoshi	tsuki chudan / sode dori
Ura kataha otoshi	omote yokomen uchi (irimi) / ushiro ryote dori / junte dori
Mae hiji kudaki	ushiro uwate dori / ura yokomen uchi / tsuki chudan

Tai waza;

Do gaeshi	juji jime / omote yokomen uchi / tsuki chudan / tsuki jodan
Gyaku do gaeshi	tsuki jodan

Tobu waza;

Mae tobu nage	tsuki chudan
Gyaku mae tobu nage	omote yokomen uchi / tsuki jodan

Shime waza;

Eri jime	omote yokomen uchi / tsuki chudan
Hadaka jime	tsuki chudan

Hikitate waza:

Kamnuki hikitate	junte dori
Hiji mage hikitate	tsuki jodan

Sutemi waza:

Kobukai Ikajo Sutemi Waza

Kubi oshi sutemi	tsuki chudan
Hazu oshi sutemi	tsuki chudan
Harite sutemi	tsuki chudan
Hiji kakae sutemi	tsuki chudan
Soto waki tori sutemi	tsuki chudan
Ude tomoe irimi sutemi	tsuki chudan
Motari komi sutemi	tsuki chudan
Ushiro irimi kata garuma sutemi	tsuki chudan
Kataha jime sutemi	tsuki chudan
Ura kataha sutemi	tsuki chudan



Ken Ryu no Kata;

Ken Ryu no Kata (Kumi tachi):

Kote giri (Kiri otoshi)	tsuki
Kote giri, o gasumi	tsuki
Kesa giri, do giri, maki uchi men	omote yokomen uchi
Kote giri	maki uchi men
Kubi giri	maki uchi men
Torii, kubi giri	maki uchi men

Ken Ryu no Kata (Tai jutsu):

Kote gashi	shomen uchi
Kataha otoshi	tsuki chudan(hidari)
Shiho nage	omote yokomen uchi
Robuse	shomen uchi
Mukae daoshi	shomen uchi
Do gaeshi	yokomen uchi

Randori:

Futari no randori
Futari no randori: goshinjutsu te-geri waza
Chikara randori: tanto / tambo



Aikijujutsu Kobukai Yondan

Sutemi waza;

Kobukai Nikajo Sutemi Waza

Do gaeshi sutemi	tsuki chudan
Uchi maki komi sutemi	tsuki chudan
O irimi tomoe sutemi	tsuki chudan
Kamnuki oshi sutemi	tsuki chudan
Kamnuki oshi sutemi (henka)	tsuki chudan
Kamnuki hikitate sutemi	tsuki chudan
Soto waki tori kubi oshi sutemi	tsuki chudan
Ushiro sutemi	tsuki chudan

Sutemi waza;

Kobukai Sankajo Sutemi Waza

Kubi daki sutemi	ura yokomen uchi (kesa gatame)
Tembin kata sutemi omote	yokomen uchi
Kata garuma sutemi	tsuki jodan
Kubi dori sutemi	tsuki chudan
Ude maki sutemi	ryo sode dori
Hazu oshi sutemi	dosokute dori
Uchi maki komi nage sutemi	ryote dori (kamnuki hikitate)

Kata:

Hyori no Kata

Randori:

Futari no randori
Futari no randori: goshinjutsu te-geri waza
Chikara randori: tanto / tanbo



