

BUKI WAZA		
AIKI JO		
KATA	1	HIKI OTOSHI
	2	MAE OTOSHI
KUMI JO	3	Hiki Otoshi - FUTARI TORI
	4	Mae Otoshi - FUTARI TORI
	5	Hiki Otoshi - FUTARI TORI
	6	Mae Otoshi - FUTARI TORI
	7	Hiki Otoshi, Mae Otoshi - YONIN TORI
	8	Hiki Otoshi, Mae Otoshi - YONIN TORI
JO SABAKI	9	Hiki Otoshi, Mae Otoshi
	10	Hiki Otoshi, Mae Otoshi
	11	Hiki Otoshi, Mae Otoshi
	12	Other
KATA	13	KATA no. 1 (37 movements) OMOTE
	14	KATA no. 2 URA
KUMI JO	15	Kumi jo - kata no. 1 VS kata no. 1
	16	Kumi jo - kata no. 1 VS kata no. 2
JO TORI Tsuki/ Uchi komi/ Yokomen	17	Jo 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
	23	Ikkyo omote/ ura variation
	24	Ikkyo omote/ ura variation
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
TANTO		
TANTO TORI Tsuki/ Yokomen/ Kesagiri	32	Tanto tori