

特別コース申込書

Tokubetsu Course Application Form

ふりがな 氏名 Name	
住所 Address	〒
電話番号 Phone number	携帯 mobile
E-mail	
生年月日 Birthday	
所 属 The name of the dojo you belong to	
現 段 級 位 Rank	(issued by)
職 業 Occupation	
目 標 Please tell us briefly why you want to join the Tokubetsu Course and what goals you hope to achieve through your training during this year.	
<p>稽古中における病気、怪我、不慮の事故に関して、 当会は、一切責任を負いかねます。 Ryu Dojo cannot be held responsible for any illness, injury, theft or losses incurred.</p> <p>上記了承いたします。 署名 I hereby confirm that all the above information is correct and that I agree to the above conditions. Signed: Date:</p>	

Yoshinkan Aikido Ryu Tokubetsu Course Syllabus

First Kihon Waza

Kihon Dosa

- Rei, kamae, seiza ho
- Tae no henko (1) (2)
- Hiriki no yosei (1) (2)
- Shumatsu dosa (1) (2)
- Ukemi, shikko ho

Kihon Waza

- Katate mochi shihounage (1) (2)
- Shoumen uchi ikkajo osae (1) (2)
- Katate mochi nikkajo osae (1) (2)
- Yokomen uchi sankajo osae (1) (2)
- Shoumen uchi yonkajo osae (1) (2)
- Katate mochi sokumen iriminage (1) (2)
- Shoumen uchi shoumen iriminage (1) (2)
- Kata mochi hijishime (1) (2)
- Ryote mochi tenchinage (1)
- Shoumen uchi kotegaeshi (1) (2)
- Suwari waza ryote mochi kokyuho (1) (2)

Second Kihon Waza

Kihon Dosa

- Tae no henko (1) (2) with partner
- Hiriki no yosei (1) (2) with partner
- Shumatsu Dosa (1) (2) with partner
- Ukemi, shikko ho

Kihon Waza

- Hanmi handachi katate mochi shihounage (1) (2)
- Hanmi handachi ryote mochi shihounage
- Yokomen uchi shihounage (1) (2)
- Suwari waza yokomen uchi ikkajo osae (1) (2)
- Katate mochi ikkajo osae (1) (2)
- Ushiro ryote mochi ikkajo osae (1) (2)
- Suwari waza shoumen uchi nikkajo osae (1) (2)
- Kata mochi nikkajo osae (1) (2)
- Suwari waza shoumen uchi sankajo osae (1) (2)
- Suwari waza ryote mochi sankajo osae (1) (2)
- Ushiro ryote mochi sankajo osae (1) (2)
- Katate mochi yonkajo osae (1) (2)
- Kata mochi sokumen iriminage (1) (2)
- Suwari waza yokomen uchi shoumen iriminage (1) (2)
- Katate mochi hijiate kokyunage (1) (2)
- Shoumen tsuki kotegaeshi (1) (2)
- Suwari waza yokomen uchi kotegaeshi (1) (2)

Third Kihon Waza

Kihon Waza

- Shoumen uchi shihounage
- Kata mochi ikkajo osae (1) (2)
- Ushiro eri mochi ikkajo osae (1) (2)
- Suwari waza katate aya mochi nikkajo osae (1) (2)
- Katate mochi sankajo osae (1) (2)
- Ushiro ryokata mochi sankajo osae (1) (2)
- Suwari waza shoumen uchi yonkajo osae (1) (2)
- Kata mochi yonkajo osae (1) (2)
- Suwari waza katate mochi sokumen iriminage (1) (2)
- Ushiro ryote mochi sokumen iriminage (1) (2)
- Ryote mochi shoumen iriminage (1) (2)
- Shoumen uchi hijiate kokyunage (1) (2)
- Suwari waza shoumen uchi hijishime (1) (2)
- Ryote mochi kotegaeshi (1) (2)
- Suwari waza ryote mochi kokyuho (1)(2)(3)(4)(5)

Jiyuuwaza

- | | |
|-------------------|------------------------|
| • Shoumen uchi | • Ushiro ryote mochi |
| • Yokomen uchi | • Ushiro ryohiji mochi |
| • Katate mochi | • Ushiro ryokata mochi |
| • Ryote mochi | • Ken dori |
| • Shoumen tsuki | • Tanto dori |
| • Kata mochi | • Futari dori |
| • Shoumen/yokomen | • Sanin dori |

Other

- Test and demonstration training
- Kihon Dosa Renzoku, Kihon Dosa to Kanren Waza
- Weapons: Ken So Ho, Kumi ken, Tanto So Ho, 31 no Jo, Kumi jo.
- Kankyu waza, Goshin Waza, Oyu Waza
- Shido Ho

Important points

- Please be in the dojo by 9:15am. At 9:25am, course members should line up and officially report for training (*shinkoku*). On a rotational basis, one course member will complete the attendance report before and after the class. The same person is expected to complete that day's training diary (*keiko nishi*).
- There will be five minutes of seiza before each class.
- Please keep talking to a minimum during the class. If you have any questions for the teacher, please raise your hand.
- If you will be absent due to illness or because of work, please contact the dojo.
- Once a month, we will conduct a seated study class (*zagaku*) during which students are expected to reflect on themselves and their training progress (*hanse*) as well as the progress of their chosen *shyukan*.