



Mushin Aikido Club – Johannesburg

SAAA National 5th Kyu Grading

Minimum Training Time

- 20hrs over a minimum of 2 months.

Fundamentals

- Kokyo
- Shikko
- Ukemi

Taichi Waza

Shomen Uchi

- Ikkyo (omote & ura)
- Nikyo (omote & ura)
- Irimi Nage
- Kote Gaeshi

Katate Dori

- Shiho Nage (omote & ura)
- Ikkyo (omote & ura)
- Udekime Nage (irimi & tenkan)

Kata Dori

- Ikkyo (omote & ura)





Mushin Aikido Club - Johannesburg
Contact Email: darko@joburgaikido.co.za
Contact Numbers: 082 579 5880

Suwari Waza

Shomen Uchi

- Ikkyo (omote & ura)

Kata Dori

- Ikkyo (omote & ura)

Ryote Dori

- Kokyo Ho

