



Mushin Aikido Club – Johannesburg

SAAA National 1st Kyu Grading

Minimum Training Time

- Minimum 160 hours of training; Eight (8) months of exercise from the date attaining Second Kyu (At least 80 hours during the last 4 months).

Tachi Waza

Mune Dori Menuchi

- Ikkyo (omote & ura)
- Nikyo (omote & ura)
- Sankyo (omote & ura)
- Koshi Nage

Jodan Tsuki

- Yonkyo (omote & ura)
- Irimi Nage
- Shiho Nage (omote & ura)
- Soto Kaiten Nage
- Ushiro Kiriotoshi
- Koshi Nage

Yokomen Uchi

- Jiyu Waza





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

Chudan Tsuki

- Jiyu Waza

Mae Geri

- Jiyu Waza

Ushiro Waza

Ryote Dori

- Yonkyo (omote & ura)
- Kokyu Nage
- Koshi Nage

Katate Dori Kubishime

- Sankyo
- Hiji Kime Osae

Eri Dori

- Ikkyo (omote & ura)
- Sankyo (omote & ura)
- Koshi Nage





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

Suwari Waza

Shomen Uchi

- Jiyu Waza

Ryo Kata Dori

- Sankyo (omote & ura)
- Yonkyo (omote & ura)

Kata Dori Menuchi

- Irimi Nage
- Kote Gaeshi
- Kokyu Nage

Hanmi Hantachi Waza

Katate Dori

- Ikkyo (omote & ura)
- Shiho Nage (omote & ura)
- Uchi Kaiten Nage

Ryote Dori

- Shiho Nage (omote & ura)

