



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

Mushin Aikido Club – Johannesburg

SAAA National 4th Kyu Grading

Minimum Training Time

- 60hrs over a minimum of 3 months.

Taichi Waza

Katate Dori

- Tenchi Nage
- Nikyo (omote & ura)

Ryote Dori

- Irimi Nage
- Shiho Nage (omote & ura)
- Tenchi Nage
- Udekime Nage
- Ikkyo (omote & ura)
- Kokyu Nage

Katate Ryote Dori

- Kokyu Nage
- Kote Gaeshi





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Shomen Uchi

- Sankyo (omote & ura)
- Uchi Kaiten Sankyo

Yokomen Uchi

- Shiho Nage (omote & ura)
- Irimi Nage
- Kote Gaeshi
- Udekime Nage

Chudan Tsuki

- Irimi Nage
- Kote Gaeshi
- Udekime Nage
- Uchi Kaiten Sankyo

Jodan Tsuki

- Ikkyo (omote & ura)

Suwari Waza

Shomen Uchi

- Nikyo (omote & ura)
- Irimi Nage





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Kata Dori

- Ikkyo (omote & ura)

