



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

Mushin Aikido Club – Johannesburg

SAAA National 2nd Kyu Grading

Minimum Training Time

- Minimum 110 hours of training; Five (5) months of exercise from the date attaining Third Kyu

Taichi Waza

Shomen Uchi

- Jiyu Waza

Katate Ryote Dori

- Irimi Nage

Yokomen Uchi

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





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Kata Dori Menuchi

- Ikkyo (omote & ura)
- Shiho Nage (omote & ura)
- Kote Gaeshi
- Irimi Nage
- Koshi Nage

Mune Dori

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

Jodan Tsuki

- Nikyo (omote & ura)
- Sankyo (omote & ura)

Mae Geri

- Irimi Nage

Ushiro Waza

Ryo Kata Dori

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





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Ryohijitori

- Kote Gaeshi
- Irimi Nage

Katate Dori Kubishime

- Ikkyo (omote & ura)

Eri Dori

- Ikkyo (omote & ura)

Suwari Waza

Shomen Uchi

- Yonkyo (omote & ura)
- Soto Kaiten Nage

Ryo Katadori

- Ikkyo (omote & ura)

Chudan Tsuki

- Kote Gaeshi

Jodan Tsuki

- Ikkyo (omote & ura)

