



Mushin Aikido Club - Johannesburg
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Mushin Aikido Club – Johannesburg

SAAA National 6th Kyu Grading

Minimum Training Time

- 20hrs over a minimum of 2 months.

Fundamentals

- Akitaiso
- Taisabaki
- Ukemi

Taichi Waza

Katate Dori Ai Hanmi

- Irimi Nage
- Kote Gaeshi
- Ikkyo (omote & ura)
- Shiho Nage (omote & ura)
- Uchi kaiten Sankyo (irimi)

