



Mushin Aikido Club - Johannesburg  
Contact Email: [darko@joburgaikido.co.za](mailto:darko@joburgaikido.co.za)  
Contact Numbers: 082 579 5880

# Mushin Aikido Club – Johannesburg

## SAAA National 3<sup>rd</sup> Kyu Grading

### Minimum Training Time

- 90hrs over a minimum of 4 months.

### Taichi Waza

#### *Katate Dori*

- Uchi Kaiten Nage
- Sankyo (omote & ura)
- Yonkyo (omote & ura)

#### *Katate Ryote Dori*

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

#### *Royte Dori*

- Kote Gaeshi
- Kokyu Nage

#### *Shomen Uchi*

- Yonkyo
- Gokyo





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### *Yokomen Uchi*

- Ikkyo
- Uchi Kaiten Sankyo
- Tenchi Nage

### *Chudan Tsuki*

- Sankyo
- Hiji Kime Osae
- Soto Kaiten Nage

### *Ushiro Waza*

#### *Royte Dori*

- Ikkyo (omote & ura)
- Nikyo (omote & ura)
- Sankyo (omote & ura)
- Hiji Kime Osae
- Kote Gaeshi
- Shiho Nage
- Irimi Nage

### *Suwari Waza*

#### *Shomen Uchi*

- Kote Gaeshi
- Sankyo (omote & ura)





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### *Kata Dori*

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

