

*KOKODO SO HOMBU DOJO*  
*NIPPON BUDO KOKODO AIKIJUJUTSU*  
*ZENRYOKU DOJO*

*SHODAN KAJO*

SUWARI WAZA.

NUKI TE (DORI)  
GASSHO (NAGE)  
HIKI OTOSHI  
(ATEMI) KASUMI NO-TO  
HIZA GATAME  
UTO NO TO  
AIKI NAGE  
KOTE GAESHI DORI  
UDE OSAE DORI  
MUNE OSAE DORI  
UCHI KOMI DORI

HANTACHI WAZA.

YOKO KATATE OSAE DORI  
YOKO MOROTE OSAE DORI

TACHI WAZA.

(ATEMI) KASUMI NO-TO  
UTO NO TO  
SHUTO ZEME  
SHUTO ZEME OTOSHI  
HIKI OTOSHI  
AIKI NAGE  
KOTE GAESHI DORI  
UDE OSAE DORI  
MUNE OSAE DORI  
RYO UDE OSAE DORI  
RYO MUNE OSAE DORI  
UCHI KOMI DORI  
GASSHO NAGE  
USHIRO ZEME OTOSHI  
KUBI JIME NAGE  
USHIRO KUBI JIME NAGE #1 #2 #3