

Aikido Yoshinkai Foundation(AYF)

Клуб Ёшинкан-Айкидо «Syorey»

3—2—1 КЮ

Migi Hanmi Kamae
 Hidari Hanmi Kamae
 Tai no Henko (1)
 Tai no Henko (2)
 Hiriki no Yosei (1)
 Hiriki no Yosei (2)
 Suwari Waza Yokomen Uchi Sankajo Osae (2)
 Shomen Uchi Shomen Iriminage (1)
 Kata Mochi Nikajo Osae (2)

Shitei Waza №
 Shitei Waza №
 Shitei Waza №
 Shumatsu Dosa (1)
 Shumatsu Dosa (2)
 Jiyu Waza

Shitei Waza 3

1	Katate Mochi Shihonage (1) (2)
2	*Shomen Uchi Ikkajo Osae (1) (2)
3	*Shomen Uchi Nikajo Osae (1) (2)
4	*Shomen Uchi Sankajo Osae (1) (2)
5	*Kata Mochi Sokumen Irimi Nage (1) (2)
6	*Shomen Uchi Shomen Irimi Nage (1) (2)
7	*Shomen Uchi Kotegaeshi (1) (2)
8	*Ryote Mochi Tenchi Nage (1)
9	Suwari Waza Ryote Mochi Kokyu Ho (1)

Shitei Waza 2

1	Ryote Mochi Shihonage (1) (2)
2	*Yokomen Uchi Ikkajo Osae (1) (2)
3	*Katate Mochi Nikajo Osae (1) (2)
4	*Yokomen Uchi Sankajo Osae (1) (2)
5	Ushiro Ryote Mochi Sankajo Osae (1) (2)
6	*Yokomen Uchi Shomen Irimi Nage (1) (2)
7	*Shomen Uchi Kotegaeshi (1) (2)
8	*Shomen Uchi Hijishime (1) (2)
9	*Kata Mochi Hijishime (1) (2)
10	*Ryote Mochi Tenchi Nage (2)
11	Suwari Waza Ryote Mochi Kokyu Ho (1) (2)

Shitei Waza 1

1	Yokomen Uchi Shihonage (1) (2)
2	*Kata Mochi Ikkajo Osae (1) (2)
3	*Kata Mochi Ikkajo Osae (1) (2)
4	Ushiro Ryote Mochi Ikkajo Osae (1) (2)
5	*Kata Mochi Nikajo Osae (1) (2)
6	*Shomen Uchi Yonkajo Osae (1) (2)
7	*Yokomen Uchi Yonkajo Osae (1) (2)
8	*Katate Mochi Sokumen Irimi Nage (1) (2)
9	*Shomen Uchi Kotegaeshi (1) (2)
10	*Yokomen Uchi Hijishime (1) (2)
11	*Mune Mochi Hijishime (1) (2)
12	*Mune Mochi Hijishime (1) (2)
13	*Yokomen Uchi Kotegaeshi (1) (2)
14	*Ryote Mochi Tenchi Nage (1) (2)
15	Suwari Waza Ryote Mochi Kokyu Ho (1) (2) (3)

Jiyu Waza - Katate Mochi

Jiyu Waza - Shomen Uchi Mune Mochi

Jiyu Waza- Katate Mochi Shomen Uchi Yokomen Uch