

AIKIDO OF HILO

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WEAPONS REQUIREMENTS

Supplement to Basic Promotion Examination Requirements

- 2nd Kyu-** **Jo Suburi** (5 Tsuki & 5 Menuchi)
Choku tsuki, Kaeshi tsuki, Ushiro tsuki, Tsuki gedan gaeshi, Tsuki jodan gaeshi uchi
Shomen uchikomi, Renzoku uchikomi, Menuchi gedan gaeshi, Menuchi ushiro tsuki, Gyaku yokomen ushiro tsuki
Boken Suburi (7)
- 1st Kyu-** **Jo Suburi** (5 Hasso)
Hasso gaeshi uchi, Hasso gaeshi tsuki, Hasso gaeshi ushiro tsuki, Hasso gaeshi ushiro uchi, Hasso gaeshi ushiro barai
Jo Kata (13 Movements)
Boken Kata (13 Movements)
- 1st Dan-** **Jo Suburi** (3 Katate & 2 Nagare gaeshi)
Katate gedan gaeshi, Katate to mawashi, Katate hachi no ji gaeshi
Hidari nagare gaeshi uchi, Migi nagare gaeshi tsuki
Jo Awase (13 Movements)
Ki Musubi no Tachi
- 2nd Dan-** **Jo Kata** (31 Movements)
Kumitachi #1, #2, #3

Note: above requirements are based on the “Iwama Style” weapons curriculum