

Shodokan Aikido UK syllabus for 6th kyu (rokkyu)

Category	Ukemi	Foot work	Handwork	Kihon no tsukuri - kansetsu waza	Suwari waza
Rokkyu 6 20H	<ul style="list-style-type: none"> • Koho • Yoko • Zenpo kaiten 	Unsoku	Tegatana dosa	<ul style="list-style-type: none"> • Jodan tegatana no kuzushi - • Gedan tegatana no kuzushi 	Shikko

Ukemi

- koho ukemi
- yoko ukemi - done right and left side
- zenpo kaiten ukemi - done right and left side

Unsoku

Tegatana dosa

Shikko

Kihon no tsukuri - kansetsu waza

- Jodan tegatana no kuzushi - aigamae + gyakugamae katate dori - migi + hidari
- gedan tegatana no kuzushi - aigamae + gyakugamae katate dori - migi + hidari

Uke grasps *Tori's* right wrist with the right hand (*migi aigamae katate dori*, ie right cross grip), then with the left hand (*migi gyakugamae katate dori*, ie right straight grip) thus concluding work on *Tori's* right hand.

Then *Uke* grasps *Tori's* left hand with the left hand (*hidari aigamae katate dori*, ie left cross grip), then with the right hand (*hidari gyakugamae katate dori*, ie left straight grip) thus concluding work on *Tori's* left hand. This way, *Tori* works the right side then the left.