



# Powered By El Helaly Team



Taijutsu Basics																		
Technique	Katame Waza						Nage Waza											
	Ikkyu (OU)	Nikkyu (OU)	GOKKYU	ROKKYU	Sankyu (OU)	Yonkyu (OU)	Irimi Nage (OU)	Shiho Nage (OU)	Kote Gaeshi (OU)	Sumi Utushi	Kokyu	Keiten Nage (OU)	Tempen Nage	Aiki Otoshi	Juji Nage	Tenshi Nage	Koshi Nage	
kosa Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Kata-te Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Kata Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Ryutu Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Moroto Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Shomen Uchi	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Shudan Tsuki	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	
Yokmen Ushi	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	AI	
Ushiro Ryutu Dori	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	K	
Evaluation Factors	Tai-Sabaki		Hand Work		Balance		Stability		Kozoshi		Timing		control		Effect		ki	Harmony
Boki-Waza																		
Aiki JO	Tsuki Gohon		Kata 6 (Rokku No Jo)		Uchikomi Gohon		Kata 8		kata te Sonbon	Hasso Gaeshi Gohon		Nagare Gaeshi Nihon		Kata 10	Kata 31	Jo Awase (1-7)		kata 13
Aiki Ken	Ken Suburi Nanahon (1,2,3)		Zango Giri	Ken Suburi Nanahon (4,5,6,7)		Shiho Giri	Happo Giri No Subury (5,6,7)		Ken no Awase ( Migi , Hidari )			Ken No Awase ( Go , Chichi )						
Evaluation Factors	Tai-Sabaki		Hand Work		Kamal		Balance		Stability		Timing		Weapon Puth		Distance		Awase	Harmony
Street Fight																		
Technique	Ryutu Dori Koshi Nage		Kata Dori Ude Osaie		Kata Dori Ude Gramme		Shoman Ushi Sankyu Ashi Barai ( Tanto )				Shoman Ushi Osoto Giri							
	Shoman Ushi Ude Gramme																	
	Yokmen Ushi Ude Gramme		Yokmen Ushi Kubi Shim Nage		Yokmen Ushi Sankyo O (Takimusu)			Yokmen Ushi Higi kim Osaie			Yokmen Uchi Koshi Nage							
	Yokmen Ushi Tenshi Nage ( Real )			Shudan Tsuki Irimi Nage ( Real )			Shudan Tsuki Rokkyu ( Tanto / Real )				Shudan Tsuki Kote Gaeshi U ( Tanto )							
	Shoman Uchi Ryo Ashi Nage			Shudan Tsuki Nikkyu ( Real )			Shudan Tsuki Ode Osaie											
	Uraken Ikkyu U		Ushiro Ryoto Dori Sankyu		Ushiro Ryoto Dori Men Nage		Judan Tsuki Kote Gaeshi O ( With Arm Bar )				Judan Tsuki Shiho Nage O							
	Maie Geri Osoto Geri		Maie Geri Kokyu Nage		Moashi Geri Ashi Geashi		Moashi Geri Men Nage		Ushiro Ryo Shodan Dori Nage		Ryo Kata Dori Kokyu Nage		Ryo Kata Dori Ude Gramme					
	Kata-te Dori Ude Gramme ( N - Iгоре )				Gun Face To Face Kote Gaeshi U			Ushiro Gun Ude Gramme			Kata Dori With Tanto Rokkyu ( With Leg Attame )							
	Kata Dori With Tanto Shiho Nage																	