

Aikido Yuishinkai International

Stretching

Sitting position

1. Sitting down with legs in front, take hold of the left foot and turn clockwise and anticlockwise. Then slide the right side of the right hand over the sole of the foot while holding the toes backwards with the left hand. Then hold toes downward and hit sole of foot. And then hold your ankle and shake the foot. Repeat with right foot.

2. Massage knees

3. Legs forward and bend forward, first move left side of the upper body (don't move only left side physically, just imagine it), then right side, then both

Forwards: left side of the body 1-2-3-4-5

Forwards: right side of the body 1-2-3-4-5

Forwards: centre of body 1-2-3-4-5



4. Spread legs, turn upper body to the left and look to the left in same direction of leg and bend forward 5x with imagining moving only left side upper body, bend to the right 5x with imagining moving only right side upper body, then the same to the left and right with imagining moving both sides of the upper body

Left side of the body: 1-2-3-4-5 *Right side of the body: 1-2-3-4-5*

Centre of the body: 1-2-3-4-5 *Centre of the body: 1-2-3-4-5*



5. Spread legs, bend forward, first imagine moving left side upper body, then imagine moving right side upper body, then imagine moving both sides

Forwards: left side of the body 1-2-3-4-5

Forwards: right side of the body 1-2-3-4-5

Forwards: centre of body 1-2-3-4-5



6. Feet touching each other, shake left knee up and down, shake right knee up and down and then shake both knees, then bend with imagining moving left side upper body forward, then imagine moving the right half, then imagine moving both sides

Forwards: left side of the body 1-2-3-4-5

Forwards: right side of the body 1-2-3-4-5

Forwards: centre of body 1-2-3-4-5



7. Sit in seisha and lean forward with forehead touching the ground, stretch arms forward, curve your lower back, then move forward and look up, open chest, arch your back (perform twice)



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Aikido Yuishinkai Kata

1. Kohotento Kata



roll backwards-forwards (8x left leg, 8x right leg)
roll backwards-forwards and stand up (8x left leg, 8x right leg)

count *Left leg front* 1-2 1-2 1-2 3-4
Right leg front 1-2 1-2 1-2 3-4

2. Nikyo Kata



wrist bending exercise

count *Hold left hand* 1-2-3-4
Hold right hand 1-2-3-4
Hold left hand 1-2-3-4
Hold right hand 5-6-7-8

3. Kotegaeshi Kata



wrist bending exercise

count *Hold left hand* 1-2-3-4
Hold right hand 1-2-3-4
Hold left hand 1-2-3-4
Hold right hand 5-6-7-8

4. Sankyo Kata



wrist bending exercise, hold fingers

count *Hold left hand* 1-2-3-4
Hold right hand 1-2-3-4
Hold left hand 1-2-3-4
Hold right hand 5-6-7-8

5. Tekubimawashi Kata

hands together, pink sides of hands touch, and move towards yourself and away from yourself, hands touch continuously while circling

count *Towards yourself* 1-2-3-4
Away from yourself 1-2-3-4
Towards yourself 1-2-3-4
Away from yourself 5-6-7-8

6. Tekubishindo Kata

wrist shaking exercise (no counting)

7. Funakogi Kata

rowing exercise, heels stay on the floor



count *Left leg front* 1-2 1-2 1-2 3-4
Right leg front 1-2 1-2 1-2 3-4

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8. Ikkyo Kata

swing up arms, fingers straight up, heels stay on floor



count *Left leg front* 1-2 1-2 1-2 3-4
Right leg front 1-2 1-2 1-2 3-4

9. Zengo Kata

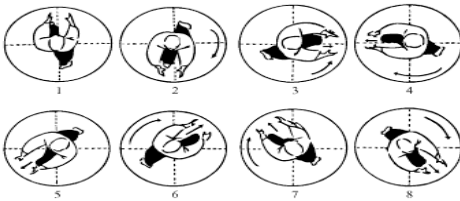
swing up arms, to the front and the back



count *Left leg front* 1-2, turn 180°, 3-4, turn 180°,
 1-2, turn 180°, 3-4, turn 180°,
 1-2, turn 180°, 3-4, turn 180°,
 5-6, turn 180°, 7-8, turn 180°

10. Happo Kata

eight directions, first four with T-step, last four without T-step, at the end of the movement stretch out front arm, hand of other arm in front of chest side that is in front, and stand in hitoue stance, heels stay on the floor



count
 1 turn 180°, 2 turn 90°, 3 turn 180°, 4 turn 45°,
 5 turn 180°, 6 turn 90°, 7 turn 180°, 8
 (perform four times)

11. Tekubikosa Kata

swing up arms to one point



count *Left hand on top* 1-2-3-4
Right hand on top 1-2-3-4
Left hand on top 1-2-3-4
Right hand on top 5-6-7-8

12. Tekubikosa Joho Kata

swing up arms in front of your face



count *Left hand in front* 1-2-3-4
Right hand in front 1-2-3-4
Left hand in front 1-2-3-4
Right hand in front 5-6-7-8




13. Sayu Kata

arms to the side and bend knee, keep tanden within the middle 1/3 between the feet



count *Left side* 1-2 *Right side* 3-4
Left side 1-2 *Right side* 3-4
Left side 1-2 *Right side* 3-4
Left side 5-6 *Right side* 7-8

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14. Sayuido Chidori Kata	arms to the side with step to the side, step foot in front																				
	<table> <tbody> <tr> <td><i>count</i></td> <td><i>Left side</i></td> <td><i>1-2</i></td> <td><i>Right side</i></td> <td><i>3-4</i></td> </tr> <tr> <td></td> <td><i>Left side</i></td> <td><i>1-2</i></td> <td><i>Right side</i></td> <td><i>3-4</i></td> </tr> <tr> <td></td> <td><i>Left side</i></td> <td><i>1-2</i></td> <td><i>Right side</i></td> <td><i>3-4</i></td> </tr> <tr> <td></td> <td><i>Left side</i></td> <td><i>5-6</i></td> <td><i>Right side</i></td> <td><i>7-8</i></td> </tr> </tbody> </table>	<i>count</i>	<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>		<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>		<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>		<i>Left side</i>	<i>5-6</i>	<i>Right side</i>	<i>7-8</i>
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15. Tenkan Kata	thrust out left wrist and pivot on front foot, after turn left foot is in front, then first thrust out right wrist, then step in and pivot on front right foot																				
	<table> <tbody> <tr> <td><i>count</i></td> <td><i>Left arm</i></td> <td><i>1</i></td> <td><i>Right arm</i></td> <td><i>2</i></td> </tr> <tr> <td></td> <td><i>Left arm</i></td> <td><i>1</i></td> <td><i>Right arm</i></td> <td><i>2</i></td> </tr> <tr> <td></td> <td><i>Left arm</i></td> <td><i>1</i></td> <td><i>Right arm</i></td> <td><i>2</i></td> </tr> <tr> <td></td> <td><i>Left arm</i></td> <td><i>3</i></td> <td><i>Right arm</i></td> <td><i>4</i></td> </tr> </tbody> </table>	<i>count</i>	<i>Left arm</i>	<i>1</i>	<i>Right arm</i>	<i>2</i>		<i>Left arm</i>	<i>1</i>	<i>Right arm</i>	<i>2</i>		<i>Left arm</i>	<i>1</i>	<i>Right arm</i>	<i>2</i>		<i>Left arm</i>	<i>3</i>	<i>Right arm</i>	<i>4</i>
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16. Zenshin Koshin Kata	step to the front and back making a T-step, left and right, finish in front in hitoue stance																				
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17. Udemawashi Kata	swing both arms while bending knees																				
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18. Shomenuchi Iriminage Kata	start with right foot in front, step in, raise both hands (count 1), turn and swing arms down/up, hand of front arm under arm pit (count 2) and drop arms down																				
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19. Ushirodori Kata	start with empty step right and arms up, then big step left and turn to the front																				
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20. Ushirotekubidori Zenshin Kata

start with left foot making one empty step forwards and arms up, then bend forwards, heels stay on the floor, back, head and arms are aligned



<i>count</i>	<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>
	<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>
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	<i>Left side</i>	<i>5-6</i>	<i>Right side</i>	<i>7-8</i>

21. Ushirotekubidori Koshin Kata

start with left foot making one empty step backwards and arms up, step straight back with right foot making a big step and bend forward, heels stay on the floor, back, head and arms are aligned



<i>count</i>	<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>
	<i>Left side</i>	<i>1-2</i>	<i>Right side</i>	<i>3-4</i>
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Drawings from the Aikido Yuishinkai Student Handbook