

# Hikari Aikidoklubb

## Ken

### Kamae

1. Chudan no kamae
2. Jodan no kamae
3. Hasso no kamae
4. Wakigamae
5. Gedan no kamae
6. Hodoku no kamae

### Suburi

(enl Honto Iaidoklubb)

- Joge-buri
- Naname-buri

### Kihon

(enl Honto Iaidoklubb)

- Zenshin men
- Zenshin kote men
- Zenshin kotai men
- Zenshin kotai kote
- Tsuki

### Ken Suburi

(enl Iyasaka Aikidoklubb)

1. Kihon uchikomi
2. Jodan kamae uchikomi
3. Wakigamae uchikomi
4. Fumikae uchikomi
5. Kirikaeshi uchikomi
6. Kirikaeshi uchikomi tsuki
7. Kirikaeshi fumikomi uchikomi tsuki



**HIKARI**  
AIKIDOKLUBB

# Hikari Aikidoklubb

## Jo

### Kamae

(enl jodo inom Japanska Kendoförbundet)

1. Tsune no kamae
2. Honte no kamae
3. Gyakute no kamae
4. Hikiotoshi no kamae
5. Tsuki zue no kamae
6. Hissage no kamae
7. Ichimonji no kamae
8. Monomi no kamae
9. Kasumi no kamae

### Kihon

(enl jodo inom Japanska Kendoförbundet)

1. Honte uchi
2. Gyakute uchi
3. Hiki otoshi uchi
4. Kaeshi tsuki
5. Gyakute tsuki
6. Maki otoshi
7. Kuri tsuke
8. Kuri hanashi
9. Tai atari
10. Tsuki hazushi uchi
11. Do barai uchi
12. Tai hazushi uchi (Yu)
13. Tai hazushi uchi (Sa)

### Jo Kihon

(enl Iyasaka Aikidoklubb)

Tsuki no bu

1. Choku tsuki
2. Kaeshi tsuki
3. Ushiro tsuki
4. Tsuki gedan gaeshi
5. Tsuki jodan gaeshi

Men no bu

6. Shomen uchikomi
7. Renzoku uchikomi
8. Menuchi gedan gaeshi
9. Menuchi ushiro tsuki
10. Gyaku yokomen ushiro tsuki

Hasso no bu

11. Hasso gaeshi menuchi
12. Hasso gaeshi tsuki
13. Hasso gaeshi ushiro tsuki
14. Hasso gaeshi ushiro uchi
15. Hasso gaeshi ushiro barai

Katate no bu

16. Katate gedan gaeshi
17. Katate toma uchi
18. Katate hachi no ji gaeshi

Nagare no bu

19. Hidari nagare gaeshi uchi
20. Migi nagare gaeshi tsuki



## Hikari Aikidoklubb

# Toho

### Shofukai Toho

1.	Hagyō	Shinonome	(Mae)	Sunrise
2.	Gyōko	Ukenagashi	(Hidari)	Aihanmi ikkyō
3.	Tanikaze		(Migi)	Shomen uchi ikkyō
4.	Hien	Yoko ichimonji	(Sayu)	Aihanmi nikyō
5.	Raisetsu	Zengo		Shihonage
6.	Rakuyo	Tsuka gaeshi		Morote & Gyakuhanmi nikyō
7.	Seirei			Sankyo

