



## Shuyokan Martial Arts Center

Chief Instructor – Shodai David Dye

### Testing Techniques

Shuyokan Ryu Aikijutsu

# Shuyokan Shodan Techniques

## Empty Handed Techniques (16)

Two Handed Straight Shoulder Grab – Lua Hikua – 1

Single Wrist Grab – Kote Gaeshi

Cross Wrist Grab – (Nikajo with Kick to Chest) Lua Hikua – 2

Single Hand Chest Push – Yubi Jutsu – Aiki Nage

Face Punch (Outside Parry Block – Inside Arm Strike Take Down) – Lua Hikua – 3

Face Punch (Inside Parry Block Elbow Strike to Face) – Lua Hikua – 4

Face Punch – (Tai Sabaki Take Down) – Lua Hikua – 5

Cross Wrist Grab – (Irminage) – Lua Hikua – 6

Front Strike – (Ippon Seionage) Lua Hikua – 7

Rear Bear Hug – Ippon Seionage

Two Handed Shoulder Grab with Pull – Osoto Gari

Side Headlock – Osoto Gari

Rear Choke – Osoto Gari

Single Hand Shoulder Grab with Face Punch – Kote Gaeshi

Single Hand Shoulder Grab with Roundhouse Punch – Ippon Seionage

Face Punch – (Lay Block with Rotary Throw) – Lua Hikua – 8

## Weapon Defense Techniques (12)

### **Knife (3)**

Front Shoulder Grab with Knife to Throat – Kote Gaeshi

Knife To Outside of Throat – Soto Makikomi

Knife To The Face – Hard Style Disarming

### **Club (3)**

Front Strike – Kote Gaeshi

Back Hand Strike – Irimi Nage

Side Strike – Soto Makikomi

### **Hand Gun (6)**

Hand Gun Under Chin – Kote Gaeshi

Hand Gun to Face – Hard Style Disarm – Irimi Nage

Hand Gun to Face (Two Handed) – Hard Style Disarm Take Down

Hand Gun to Back (Right Hand) – Kote Gaeshi

Hand Gun to Back (Left Hand) – Soto Makikomi

Rear Shoulder Grab (Hand Gun in Right Hand at Hip) – Kote Gaeshi

## Shodan Form – Demonstrated Two Times (Soft and Hard)

Hula O Pohaku Koa – Walu

## Free Style : One on One – Two on One : Minimum 30 Seconds Each

