



# 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. And then hold your ankle and shake the foot. Repeat with right foot.

2. Massage knees

3. Legs forward en 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)



# Aikido Yuishinkai International

## Aikido Yuishinkai Kata



### 1. Kohotento Kata

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

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



### 2. Nikyo Kata

*count* *Hold left hand* 1-2-3-4  
*Hold right hand* 1-2-3-4  
*(perform twice)*

wrist bending exercise



### 3. Kotegaeshi Kata

*count* *Hold left hand* 1-2-3-4  
*Hold right hand* 1-2-3-4  
*(perform twice)*

wrist bending exercise



### 4. Sankyo Kata

*count* *Hold left hand* 1-2-3-4  
*Hold right hand* 1-2-3-4  
*(perform twice)*

wrist bending exercise, hold fingers

*count* *Hold left hand* 1-2-3-4  
*Hold right hand* 1-2-3-4  
*(perform twice)*

### 5. Tekubimawashi Kata

hands together and move towards yourself and away  
 from yourself

### 6. Tekubishindo Kata

wrist shaking exercise



### 7. Funakogi Kata

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

rowing exercise

# Aikido Yuishinkai International



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

## 8. Ikkyo Kata

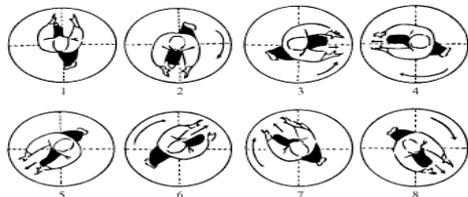
swing up arms, fingers straight up



count *1-2, turn 180°, 3-4*  
*(perform four times)*

## 9. Zengo Kata

swing up arms, to the front and the back



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)*

## 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



count *Left hand on top* 1-2-3-4  
*Right hand on top* 1-2-3-4  
*(perform twice)*

## 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  
*(perform twice)*

## 12. Tekubikosa Joho Kata

swing up arms in front of your face



count *Left side* 1-2  
*Right side* 3-4  
*(perform four times)*

## 13. Sayu Kata

arms to the side and bend knee, keep tanden within the middle 2/3 between the feet

# Aikido Yuishinkai International

## 14. Sayuido Chidori Kata

count *Left side* 1-2  
*Right side* 3-4  
 (perform four times)

arms to the side with step to the side, step foot in front



count *Left arm* 1  
*Right arm* 2  
 (perform four times)

## 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

count *Left side* 1-2 1-2 1-2 3-4  
*Right side* 1-2 1-2 1-2 3-4

## 16. Zenshin Koshin Kata

step to the front and back making a T-step, left and right



count *Forwards* 1-2-3-4  
*Backwards* 1-2-3-4  
 (perform twice)

## 17. Udemawashi Kata

swing both arms while bending knees

count *Right foot front* 1-2-3-4  
*Left foot front* 1-2-3-4  
 (perform twice)

## 18. Shomenuchi Iriminage Kata

start with right foot in front, step in, raise both hands (count 1), turn and swing arms down/up (count 2) and drop down (count 3), and without moving count 4



count *Left side* 1-2  
*Right side* 3-4  
 (perform four times)

## 19. Ushirodori Kata

start with empty step right and arms up, then big step left en turn to the front

# Aikido Yuishinkai International



*count Left side 1-2*  
*Right side 3-4*  
*(perform four times)*

## 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



*count Left side 1-2*  
*Right side 3-4*  
*(perform four times)*

## 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

Drawings from the Aikido Yuishinkai Student Handbook