



Revised on 17-09-2023 - Marcel van den Berg



國際芦原空手道連盟

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AIKO Grading Syllabus Introduction

Ashihara International Karate Organisation

The AIKO organisation is established in 2005 by Dave Jonkers and its goal is to offer their students and instructors a realistic, effective fighting system which is based on the knowledge from Shihan's, Sensei's and other instructors, by training many years in various martial arts systems like Karate, Kickboxing and MMA.

The A.I.K.O. Drills & Combinations are designed in 2005 and reviewed in 2010 by Shihan Dave Jonkers, now the grading syllabus is aligned with the latest insights to teach the student's body movement and to give them an idea of how the individual techniques can be combined in Kumite. They are not intended to be optimal fighting combinations.

Individual instructors will always have their own individual way of teaching, depending on their specialities and backgrounds. The A.I.K.O. respects individuality and encourages its instructors to experiment. However, it is important that we have a basis to judge the standard of the students when we test them. That is the goal of this syllabus, and it's technical /physical requirements.

Grading to a higher grade means that techniques and Kata from previous obtained grades can be performed.

This syllabus is a combination of the former Kata and Grading Syllabus. In this we give you more overview and of the different exams. The goal is to have a more extensive repertoire of techniques which you can use to grade a student

The techniques from this syllabus that are not performed in kata can be implemented or requested during grading in various forms like single techniques training (Kihon), combination training or pads training

So in respect of the specialities or preferences of the A.I.K.O. instructors, the A.I.K.O. Drills & Combinations will form the basis of the promotional tests.



AIKO Kata Introduction

Ashihara International Karate Kata

The subject of kata in Martial Arts, particularly Full Contact Karate, can be a divisive subject. To all our fighters, it is often an aspect simply tolerated and adhered to in order to comply with grading requirements.

In other styles of Karate, it is all consuming and can often take over the art to the point of detriment. In both instances, these attitudes are incorrect.

In the Ashihara International Style, kata is viewed differently, which will be explained in this section/article.

Kata explanation

Very simply put, kata, a set of pre-arranged sequences made up of attacks and defence techniques, are designed to assist students to learn. Whether these sequences (kata) are designed for single or multiple opponents, they are in general designed to get a singular message across, to move parry and counter any attack.

Kata performed as a person on its own can often be misleading in that it can resemble shadow-boxing, but in a more structured manner, in that it is the same fight each time. Practitioners, and indeed Instructors, often get into considered and detailed debate regarding the meanings of the movements (Bunkai). While this exists, one cannot argue that these katas are in them distinct models for controlling the attacks of an opponent with a fixed set of combinations in return, while also including other aspects such as stance, breathing and timing.

Ashihara International kata differs from other kata in that its makeup is designed to engineer a direct core idea to its student. Its foundation is based on movement (Sabaki) which is the core principle or tenet behind the style. Attacks and defenses are based on these movement principles, and try to instill within the student instinctive and natural "reflex" action, based on movement to respond to attacks, not only to complete the kata, but also in a way which is practical and directly useful in either the competitive arena or in self-defense.

In our style, there are five Kata types

- 1: Kihon No Kata: Basic kata (2 katas)
- 2: Geiko No Kata: Training kata (4 katas)
- 3: Goshin No Kata: Self-defense kata (2 katas)
- 4: Nage No Kata: Throwing and Take-downs kata (1 kata)
- 5: Jissen No Kata: Full Fighting kata (1 kata)

Extension

We also have a separate training method called Kumite which is not a Kata but are Movements
6: Kumite movements (8 movements)

All these katas are explained in greater detail in the next pages:

Levels of Kata In Ashihara International Karate

It is important, before explaining the different levels of Ashihara Karate, that we understand the principles which lie behind them. Understanding these principles is something which is learned only through time spent with an instructor in class. These principles are based on types of movement, all the time and within this are continuously elevated levels of other aspects such as distance, timing, control and intent.



The relevant principles within our kata are

A) Nagashi: Using an angular movement from the rear foot, which takes you to the outside of an attack by moving the back foot to the rear. Similar to "Tenkan" in Aikido or Jiu Jitsu, yet not as deep. Nagashi allows the person being attacked to move off of the line of the attack before concentrating on the block and counter, which is one of the core principles of Ashihara International Karate. Kata using this type encourages the student to move outside of the attack instinctively. To "Avoid and Redirect"

B) Irimi: A movement requiring both feet, but it is more angular than Nagashi. The rear foot moves to the inside of the technique, with the other foot now creating momentum to envelope the initial attack. Where Nagashi "Avoids and Redirects", Irimi "Avoids and Weaves".

This requires more skill and does involve better understanding of "Sabaki"

Understanding these principles to now look at the kata in the Ashihara International Karate Style and how they are set:

Individual Kata / Kumite essence explanation

1: Kihon No Kata: Basic Kata: (2 katas)

This involves using the principles of Irimi and Nagashi to absorb the attack while disabling and enveloping. This requires greater skill and a better understanding of movement, but this is often reflected by the grade the student is trying to attain.

2: Geiko No Kata (4 katas)

These Kata are based on Full Contact Sparring techniques based on distances. These Kata are simply based on teaching people to fight at different distances.

3: Goshin No Kata (2 katas)

This Kata type differs in that this is a "straight line" kata, which could have multiple uke attacking from the same initial position. The attacks are more realistic with hooks and stamps included, leading to a greater emphasis on Focus and Speed.

4: Nage No Kata (1 kata)

Nage Kata is a throwing kata, the kata is in general very simple in techniques but very hard in the aspect of take-downs. The kata gives a base how the student takes down his opponent.

5: Jissen No Kata (1 kata)

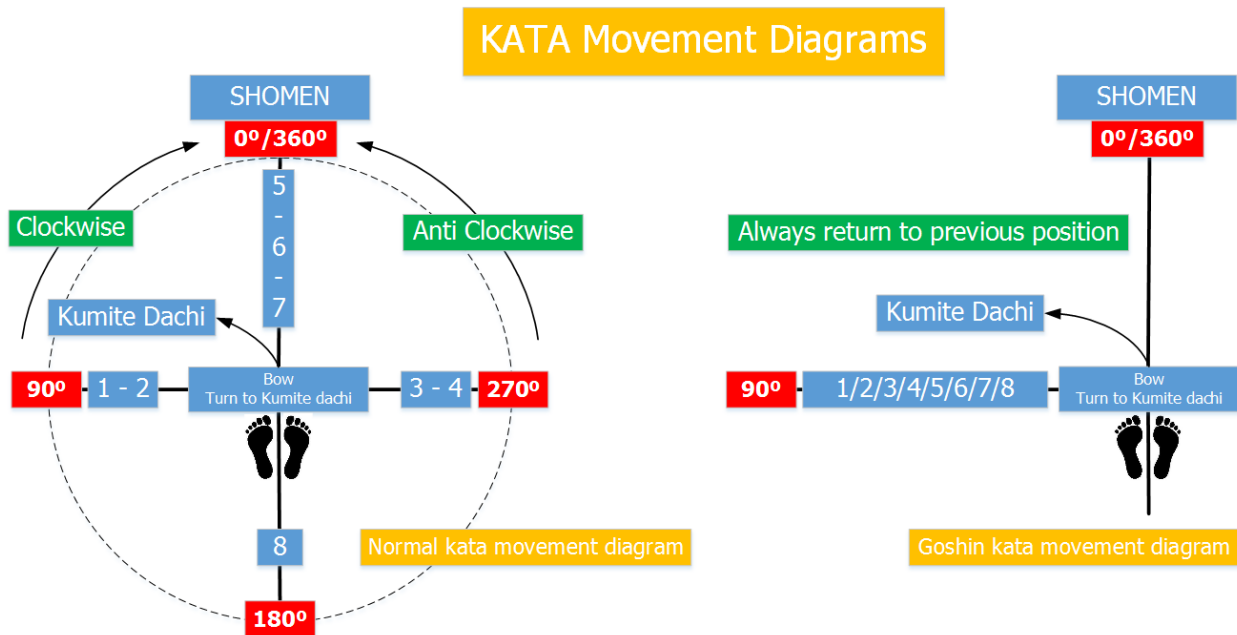
Jissen Kata is more dynamic, using combinations of elbows and knee strikes and more detailed punching combinations. Jissen meaning "Extreme Fighting" also includes "finishing techniques" to resemble a more "to the death" Kata.

6: A.I.K.O. Kumite (8 movements)

All students from a beginner taking his first belt to senior grade taking 3rd Dan will perform Kumite 1-8 as part of their grading requirements. This can be also performed as another "straight line" Kata simulating different Kumite or fighting scenarios, but also be performed as single Kumite in different angles and exercises/aspects for different grades.

Technical setup

All kata are using movement, sabaki or attack positions. This small paragraph gives a short overview of movement regarding a certain kata. Tori is the person who performs the techniques, Uke is designated as the trainings partner.



Normal Kata movement (Kihon, Geiko and Jissen kata)

Tori starts by facing towards the Shomen, the first movement in every kata is for the defender (Tori) turning towards the attacker (Uke) and assuming the fighting stance (Kumite Dachi).

During the kata Tori can take up different positions within this circle of movement, the positions are dictated by sabaki positions as mentioned within the different kata.

Movement can be done rotating clockwise or anti-clockwise, these movements are mentioned as such within the different kata.

End positions are taken up towards Shomen where Tori is facing Shomen and all Uke's are in Kumite Dachi on one knee towards Tori.

Goshin Kata, Kumite movement

Tori starts by facing towards the Shomen, the first movement in every kata is for the defender (Tori) turning towards the attacker (Uke) and assuming the fighting stance (Kumite Dachi).

During the course of the kata, Tori is returning to the previous position, this effectively means we return to the position the first attack was executed.

End positions are taken up towards Shomen where Tori is facing Shomen and all Uke's are in Kumite Dachi on one knee towards Tori.

For Kumite the prologue is slightly different. The Kata begins facing Shomen in Fudo Dachi moving left into Kumite Dachi, however this is repeated after each Kata movement.



A.I.K.O Grading guideline

Kata performance during examinations

For grading, the student needs to know the requirements regarding the grade they're going for. This means they need to know the kata for the grade, but they also need to know all kata from the past grading's. For lower Kyu grades, until 6th Kyu, during exams the grading commission can assign a kata to be shown during the grading. Higher Kyu grades have the same requirement, but can be extended to two katas requested on the day of examinations.

For Dan grades, the requirement is that they need to know all kata. For a Dan grade, two katas should be assigned up front for showing on the exam, also two other katas can be requested during the examinations. These should be disclosed a few hours before the examinations, so the student can have a small window to recap the kata.

For all kata and for all students in lower and higher grades, it should be known that simply performing the kata by the book is insufficient. The kata needs interpretation and the kata book is a guideline where it is possible to have a different interpretation.

For kata, focus must be on the essence of the kata as explained in the part **Individual Kata basics explanation** and in performance, agility, speed and movement.

Tameshiwara during examinations

As an extension on the grading within the A.I.K.O, there is Tameshiwara, which is the breaking of planks. These wooden planks preferably should have a dimension (Length, Width and Thickness) of 15 cm by 30 cm by 1.5 cm, but this is open to the discretion of the Grading commission.

Tameshiwara can be implemented in examinations from 4th Kyu until 3rd Dan. But note that for Kyu it is not mandatory to perform Tameshiwara.

4 th Kyu	– Green Belt	– 1 wooden board.
3 rd Kyu	– Green Belt, brown stripe	– 1 wooden board.
2 nd Kyu	– Brown Belt	– 2 wooden boards.
1 st Kyu	– Brown Belt, black stripe	– 2 wooden boards.
1 st Dan	– Black Belt, 1 golden stripe	– 3 wooden boards.
2 nd Dan	– Black Belt, 2 golden stripes	– 4 wooden boards.
3 rd Dan	– Black Belt, 3 golden stripes	– 5 wooden boards.

Sabaki during examinations

During grading, participants can be requested to perform Sabaki. Sabaki is executed in a straight line with multiple attackers (Uke's). The defender (Tori) is asked to show his or hers adaptation / improvisation on un-determent attacks using movement. The attacks are to be given as a single attack (one punch or one kick etc.).

What a grading commission is looking for is Sabaki, Countering or Go No Sen / Sen no Sen / Sen Sen No Sen, where these three terms refer to the different kinds of timing used in dealing with an attacker and Take-downs (Nage Waza).

4 th Kyu	– Green Belt	– 1 minute.
3 rd Kyu	– Green Belt, brown stripe	– 1 minute.
2 nd Kyu	– Brown Belt	– 2 minutes.
1 st Kyu	– Brown Belt, black stripe	– 2 minutes.
1 st Dan	– Black Belt, 1 golden stripe	– 3 minutes.
2 nd Dan	– Black Belt, 2 golden stripes	– 4 minutes.
3 rd Dan	– Black Belt, 3 golden stripes	– 5 minutes.



Closing statement

In Martial Arts there are differing levels of intent, and in Ashihara International this kata simply examines intent where the intent of the kata and the technique comes "to the death."

In its simplicity, Ashihara International kata is a sum of all its components. Between movement, control, distance, timing and intent we can break the kata into different aspects, which I can explain to you now.

To learn Ashihara International Karate kata is, simply, not something you can learn on your own. To learn it is to feel it. It is to train with your partner (Uke).

It is not like in many traditional Karate styles were in performing kata, there is no opponent.

Be aware that the kata is person-related and there is no law that prescribes how certain techniques/moves should be performed. The kata must be based on the physical properties of tori and attack form of uke and of more importance is the fact that counters should be implemented effectively.

We recommend training at home. Training at home means, to the instructor, that he simply re-adjusts the direct teaching to indirect teaching. But to the true Budoka, training at home in kata means that Karate is now part of your life. And that is all that kata should try to achieve.

Dave Jonkers Hanshi

As we train Ashihara International Karate, we need to have an open view on how we perform techniques. We should always strive to learn from differences and failures. In this book, the written word is a guideline on what we think how techniques should be performed. Although we ask you to keep as close to the stated techniques, we allow variation as long as they are as close to the original.

The way we should perform Kata is in the manner as we do battle, you push you move, and you pull. Staying stationary might be a good way to learn your position and techniques, but as you grow to become a shodan you need to learn how your movements need to be executed in light of different types of people in different types of circumstances.

Learn from your teacher and other teachers during training sessions, seminars and camps. Teach your level of technique to your fellow students, and learn from your fellow students. The more experience you receive, the more you grow as an individual. Don't get stuck in one place, it just gets boring, always train with a smile even when things get tough.

Marcel van den Berg, Shihan

Osu,



Dave Jonkers Hanshi



Marcel van den Berg Shihan



A.I.K.O.

Ashihara International Karate Organisation

Grading and Kata Guide

Revision date: September 2023





10th Kyu (white belt with one blue stripe)

KIHON NO KATA SONO ICHI (an understanding of the kata form)

How to wear and fold a Gi

A knowledge of Dojo etiquette and procedures.

The minimum active training period in this grade is at least 3 months.

Stances

1. Fudo Dachi
2. Kumite Dachi
3. Moro Ashi Dachi

Strikes

1. Oi Tsuki
2. Gyaku Tsuki
3. Jodan Hiji Uchi

Blocks

1. Soto Uke
2. Shotei Uke
3. Gedan Uke
4. Gedan Barai

Kicks

1. Mae Geri
2. Kinteki Geri
3. Mae Hiza Geri
4. Hiza Ganman Geri

Kihon Drills:

1. Oi Tsuki - Gyaku Tsuki.
2. Oi Tsuki - Gyaku Tsuki - L Hiji Uchi.
3. Oi Tsuki - Gyaku Tsuki - R Hiji Uchi.
4. Gyaku Tsuki - Oi Tsuki - R Hiji Uchi.

Kihon Drills Shortening & Lengthening the stance:

1. Moving in 4 directions.
2. Nihon Tsuki - moving in 4 directions.
3. Gedan Barai - Nihon Tsuki - moving in 4 directions.
4. Shotei Uke - Nihon Tsuki - moving in 4 directions.
5. Jodan Uke - Nihon Tsuki - moving in 4 directions.
6. Nihon Tsuki - Mae Hiza Geri.
7. Mae Geri - Nihon Tsuki.

Kumite - Maximum 5 man

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9th Kyu (white belt with two blue stripes)

KIHON NO KATA SONO ICHI

The minimum active training period in this grade is at least 3 months.

Strikes 1. Mawashi Uchi

Blocks 1. Jodan Uke
 2. Sune Uke
 3. Sune Kote Uke
 4. Juji Uke
 5. Mawashi Uke

Kicks 1. Mawashi Geri

Nagewaza 1. Makikomi Nage

Kihon Drills: (also performed moving).

1. Gyaku Tsuki - L Mawashi Uchi.
2. Oi Tsuki - R Mawashi Uchi.
3. Gyaku Tsuki - L Jodan Mawashi Uchi - R Chudan Mawashi Geri.
4. Oi Tsuki - R Jodan Mawashi Uchi - L Chudan Mawashi Geri.

Kumite - Maximum 5 man





9th Kyu (white belt with two blue stripes)

KIHON NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

L Shotei or Soto Uke while making Sabaki to the left
Jodan Gyaku Tsuki
Return to previous position

2. Attack: Jodan Gyaku Tsuki

L Shotei or Soto Uke while making Sabaki to the left
Jodan Gyaku Tsuki, push with your L hand
R Jodan Mawashi Geri placing foot down in front
Rotate to the opposite direction

3. Attack: Chudan Oi Tsuki

L Gedan Barai while making Sabaki to the right
Jodan Gyaku Tsuki
Return to previous position

4. Attack: Jodan Oi Tsuki

L Jodan Uke making Sabaki to the right and grab with L hand
Jodan Gyaku Tsuki, Pull your opponent's L arm down with R hand, switching your feet
L Jodan Mawashi Geri placing foot down facing the Shomen

5. Attack: R Mae Geri

L Soto Uke or Gyaku Gedan Barai while making Sabaki to the left
Push your opponent off balance with your L hand
R Jodan Mawashi Geri placing foot down behind returning to previous position

6. Attack: L Mae Geri

Gedan Barai while making Sabaki to the right
Push your opponent off balance with R hand, switching feet or step forward with R leg
L Jodan Mawashi Geri placing foot down in front

7. Attack: L Kerikomi Gedan Mawashi Geri

R Sune Uke
R/L Mawashi Uke while making Sabaki to the right
L Mawashi Hiza Geri placing foot down behind
Pull opponent moving to the opposite direction

8. Attack: R Gedan Mawashi Geri

L Sune Uke, L/R Mawashi Uke while making Sabaki to the left
R Gedan Mawashi Hiza Geri placing foot down behind
Maki Komi Nage
Push L knee on opponents (neck) body and turn in while making double Gyaku Tsuki
Return to Kumite Dachi facing the Shomen

Naotte!

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8th Kyu (blue belt)

GOSHIN NO KATA SONO ICHI

Goshin kata should basically be performed in one direction and preferable the attacks come from two Uke's!!

The minimum active training period in this grade is at least 6 months.

Strikes	1. Age Uchi 2. Shita Tsuki
Blocks	1. Age Hiji Uke
Kicks	1. Uchimomo Geri 2. Kansetsu Geri 3. Gedan Kakato Geri
Nagewaza	1. O Soto Gari
Kihon Drills:	1. Oi Tsuki - R Shita Tsuki - L Jodan Mawashi Uchi. 2. Gyaku Tsuki - Jodan Age Uchi - R Chudan Mawashi Uchi. 3. Oi Tsuki - Gyaku Tsuki - L Hiji Uchi - R Jodan Age Uchi. 4. Gyaku Tsuki - Oi Tsuki - R Hiji Uchi - L Jodan Age Uchi.
Shadowboxing	- Minimum 1 min
Bunkai Kumite	- Technique 1
Kumite	- Minimum 5 man

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8th Kyu (blue belt)

GOSHIN NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Jodan Gyaku Tsuki

L Sabaki, Soto Uke, Gyaku Tsuki
L/R Mawashi Uke, R Gedan Mawashi Hiza Geri, Maki Komi Nage
R Gedan Kakato Geri
Return to previous position

2. Attack: Jodan Oi Tsuki

R Sabaki, Jodan Uke, Grab L hand, R Gyaku Tsuki, R Hiji Uchi
R/L Mawashi Uke, L Gedan Mawashi Hiza Geri, Maki Komi Nage
R Gedan Kakato Geri
Return to previous position

3. Attack: L/R Chudan Nihon Tsuki

R/L Shotei or Soto Uke while making Sabaki backwards
L/R Mawashi Uke, R Chudan Mawashi Hiza Geri, R O Soto Gari
R Kakato Geri
Return to previous position

4. Attack: R Mae Geri

L Sabaki, R Gyaku Gedan Barai, L hand grab + L Sune Barai
R Kakato Geri
Return to previous position

5. Attack: L Mae Geri

R Sabaki, L Gedan Barai, R hand grab + R Sune Barai
R Kakato Geri
Return to previous position

6. Attack: R Mawashi Uchi

L Jodan Uke, L hand grab, R Shita Tsuki, Step back pull down, R Shuto Sakotsu Uchi
R Uchimomo Geri, pull forwards
R Kakato Geri
Return to previous position

7. Attack: R Gedan Mawashi Geri

L Sune Uke, L hand grab, R Hiji Uchi, pull back same time R Uchimomo Geri
R Kakato Geri
Return to previous position

8. Attack: L Gedan Mawashi Geri

R Sune Uke, R/L Mawashi Uke, L Chudan Mawashi Hiza Geri
L O Soto Gari, R Kakato Geri
Place foot down facing the Shomen in Kumite Dachi

Naotte!

Goshin kata should basically be performed in one direction and preferable the attacks come from two Uke's!!

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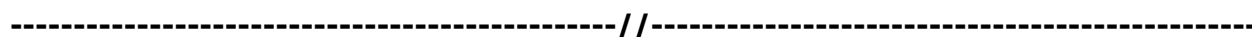


7th Kyu (blue belt with one yellow stripe)

KIHON NO KATA SONO NI

The minimum active training period in this grade is at least 6 months.

- | | | |
|----------------------|----|--|
| Strikes | 1. | Shuto Sakotsu |
| | 2. | Uchi Hiji Oroshi |
| Kicks | 1. | Mawashi Hiza Geri |
| | 2. | Sune Geri |
| | 3. | Sankaku Geri |
| | 4. | Ushiro Geri |
| Nagewaza | 1. | De Ashi Barai |
| | 2. | Sune Barai |
| | 3. | Hikkake |
| Kihon Drills: | 1. | Chudan Oi Tsuki - R Shuto Sakotsu Uchi - L Jodan Mawashi Hiza Geri. |
| | 2. | Gyaku Tsuki - L Chudan Mawashi Uchi - R Jodan Mawashi Hiza Geri. |
| | 3. | Gyaku Tsuki - L Jodan Mawashi Uchi - R Ushiro Geri. |
| | 4. | Gyaku Tsuki - Oi Tsuki - R Mae Geri - R foot in front - L Ushiro Geri. |
| | 5. | L Jodan Mawashi Uchi - Gyaku Tsuki - R Ushiro Geri. |
| Bunkai Kumite | - | Technique 2 |
| Kumite | - | Minimum 5 man |





7th Kyu (blue belt with one yellow stripe)

KIHON NO KATA SONO NI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

L Shotei or Soto Uke while making Sabaki to the left
Jodan Gyaku Tsuki, R Jodan Hiji Uchi
Return to previous position

2. Attack: Jodan Gyaku Tsuki

L Shotei or Soto Uke while making Sabaki to the left, grab with L hand
Jodan Gyaku Tsuki, R Jodan Hiji Uchi
Push with your L hand
R Jodan Mawashi Geri placing foot down in front
Rotate to the opposite direction

3. Attack: Chudan Oi Tsuki

L Gedan Barai while making Sabaki to the right
Jodan Gyaku Tsuki, R Jodan Hiji Uchi
Return to previous position

4. Attack: Jodan Oi Tsuki

L Jodan Uke while making Sabaki to the right, grab with L hand
Jodan Gyaku Tsuki, R Jodan Hiji Uchi
Push your opponent off balance with your R hand, switch feet or step R foot forward
L Jodan Mawashi Geri placing foot down facing the Shomen

5. Attack: R Mae Geri

L Shotei Uke or Gyaku Gedan Barai while making Sabaki to the left
Grab L hand, R Jodan Hiji Uchi
Push your opponent off balance with your L hand
R Jodan Mawashi Geri placing foot down behind, returning to previous position

6. Attack: L Mae Geri

L Gedan Barai while making sabaki to the right, grab L hand, R Jodan Hiji Uchi
Push your opponent off balance with your R hand, switching feet or step R leg forward
L Jodan Mawashi Geri, placing foot down in front

7. Attack: L Kerikomi Gedan Mawashi Geri

R Sune Uke, grab L hand, R Jodan Hiji Uchi, R/L Mawashi Uke while switching feet
L Gedan Mawashi Hiza Geri placing foot down behind
Pull opponent moving to the opposite direction

8. Attack: R Gedan Mawashi Geri

L Sune Uke, grab L hand, R Jodan Hiji Uchi, L/R Mawashi Uke while stepping to the left
R Gedan Mawashi Hiza Geri placing foot down behind
Maki Komi Nage
Push L knee on opponents (neck) body and turn in making double Gyaku Tsuki
Return to Kumite Dachi facing the Shomen

Naotte!

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6th Kyu (yellow belt)

GEIKO NO KATA SONO ICHI

The minimum active training period in this grade is at least 6 months.

Kicks

1. Yoko Geri
2. Ushiro Mawashi Geri

Blocks

1. Kakato Uke
2. Uchi Sune Uke

Kihon Drills:

1. L Kerikomi Jodan Mawashi Geri - R/L Nihon Tsuki - R Ushiro Geri.
2. R Jodan Mawashi Geri - R foot Forward - Gyaku Tsuki - R Mawashi Uchi - L Mae Hiza Geri.
3. L Yoko Geri - R Jodan Mawashi Geri - L Ushiro Mawashi Geri.
4. R Mae Geri - L Jodan Mawashi Geri - Gyaku Tsuki - L Jodan Mawashi Uchi - R Mae Hiza Geri.

Shadowboxing

- Minimum 2 min

Bunkai Kumite

- Technique 3

Kumite

- Minimum 5 man including

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6th Kyu (yellow belt)

GEIKO NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Mae Geri (placing foot down behind)

L Shotei Uke or Gyaku Gedan Barai retracting front foot
R Jodan Gyaku Tsuki extending stance
R Mawashi Uchi (shortening stance) push your opponent off balance with L hand
R Jodan Mawashi Geri, return to previous position

2. Attack: R Mae Geri (placing foot down in front)

L Gedan Barai moving to the right, R/L Chudan Nihon Tsuki
R Ushiro Geri, rotate to the opposite direction

3. Attack: L Kerikomi Mae Geri (placing foot down in front)

L Gedan Barai retracting front foot
Extend stance & grab opponent with L hand
R Chudan Mawashi Uchi, R Jodan Hiji Uchi and grab with R hand
R Sune Barai, push left knee on opponent's body, grab L arm and turn in while making double Gyaku Tsuki, return to previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front)

L Gedan Barai retracting front foot, grab with your R hand, extend stance L foot
L O Soto Gari, push left knee on opponent's body
turn in while making double Gyaku Tsuki moving facing the Shomen

5. Attack: R Jodan Gyaku Tsuki

L Jodan Shotei Uke retracting front foot, R Chudan Gyaku Tsuki extending stance
L Jodan Age Uchi, R Sankaku Geri, return to previous position

6. Attack: L Jodan Oi Tsuki

L Jodan Uke retracting front foot, R Jodan Gyaku Tsuki
Simultaneously R Gedan Mawashi Geri placing foot down in front
Pull your opponent off balance with your R hand
L Jodan Mawashi Geri placing foot down in front, return to previous position

7. Attack: R Jodan Mawashi Geri

L Kansetsu Geri to opponent's L knee placing foot down in front
R Jodan Mawashi Geri placing foot down in front
Rotate to opposite direction

8. Attack: L Kerikomi Jodan Mawashi Geri

R Jodan Uke & simultaneous R Jigu ashi geri (Slip in Lowkick)
R/L Mawashi Uke while moving to the right
L Chudan Mawashi Hiza Geri placing foot down behind
L Gedan Mawashi Hiza Geri placing foot down behind
Maki Komi Nage, push knee on opponents body and turn in while making double Gyaku Tsuki
Return to Kumite Dachi facing the Shomen

Naotte!

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5th Kyu (yellow belt with one green stripe)

GOSHIN NO KATA SONO NI

The minimum active training period in this grade is at least 6 months.

Goshin kata should basically be performed in one direction and preferable the attacks come from two Uke's!!

Strikes 1. Ushiro Mawashi Uchi

Kicks 1. Kake Geri
 2. Tobi Ushiro Geri

Nagewaza 1. O Uchi Gari

Kicking Drills: 1. L Kerikomi Kake Geri - R Ushiro Mawashi Geri.
 2. R Kake Geri - L Ushiro Mawashi Geri.
 3. L Mae Geri - R Tobi Ushiro Geri.
 4. R Mae Geri - L Tobi Ushiro Geri.
 5. L Mawashi Geri - L Ushiro Geri.
 6. R Mawashi Geri - R Ushiro Geri.

Kicking Drills Advanced: (making the first kick seemingly movement).

 1. L/R Mae Mawashi Geri.
 2. L/R Mawashi Mae Geri.

Bunkai Kumite - Technique 4

Kumite - Minimum 8 man including





5th Kyu (yellow belt with one green stripe)

GOSHIN NO KATA SONO NI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Jodan Gyaku Tsuki

L Soto Uke, L/R Mawashi Uke, R Hiza Geri
L hand push, R Jodan Mawashi Geri
Return to previous position

2. Attack: Jodan Oi Tsuki

R Sabaki / Jodan Uke, R Gedan Mawashi Geri
R/L Mawashi Uke, L Mae Hiza Geri, R hand push, L Jodan Mawashi Geri
Return to previous position

3. Attack: L/R Chudan Nihon Tsuki

R Shotei Uke, L Shotei Uke while doing L Sabaki, L Kansetsu Geri
R Ushiro Geri
Return to previous position

4. Attack: B: R Mae Geri

Sabaki Backwards / L Yoko Geri, R Jodan Mawashi Geri
Return to previous position

5. Attack: L Mae Geri

R Sabaki / L Gedan Barai, L Kansetsu
R Ushiro Mawashi Geri
Return to previous position

6. Attack: R Mawashi Uchi

L Jodan Uke extended stance, moving to the left
L hand grab, R Kakato Geri
R Jodan Mawashi Geri
Return to previous position

7. Attack: R Gedan Mawashi Geri

L Sune Uke, R Chudan Gyaku Tsuki, foot forward
L Chudan Mawashi Geri
Return to previous position

8. Attack: L Gedan Mawashi Geri

L Uchi Sune Uke, R leg forward, R/L Mawashi Uke
L Mawashi Hiza Geri Gedan, Maki Komi Nage
Push left knee on opponent's body and turn in while making double Gyaku Tsuki
Return to Kumite Dachi facing the Shomen

Naotte!

Goshin kata should basically be performed in one direction and preferable the attacks come from two Uke's!!

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4th Kyu (green belt)

NAGE NO KATA SONO ICHI

The minimum active training period in this grade is at least 6 months.

- Kicks**
1. L Kerikomi Gedan Mawashi Geri
 2. L Kerikomi Mae Geri

- Nagewaza**
1. Soto Otoshi
 2. Ura Nage

Kicking Drills: (performed as snap- & power kick).

1. L Kerikomi Mae Geri – L Kerikomi Jodan Mawashi Geri
2. R Kerikomi Mae Geri – R Kerikomi Jodan Mawashi Geri
3. Finish both techniques with a Gedan Mawashi Geri

Shadowboxing - Minimum 3 minutes continuous

Bunkai Kumite - Technique 5

Kumite - Minimum 10 Man including

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4th Kyu (green belt)

NAGE NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Gedan Mawashi Geri

L Sune Uke, Grab L/R Mawashi Uke and position yourself 45 degrees on your opponent
R Mawashi Hiza Geri Gedan, Maki komi Nage, rotating 180 degrees
Rotating through back to your starting position

2. Attack: R Mae Geri (placing foot down in front)

L Soto Uke, Position yourself 45 degrees on your opponent
Place your R foot behind your opponent, Grab with L hand (thumb down) the R arm and
Position your R hand under the chin pull your opponent backwards
L Mawashi Hiza Geri, Uranage, Rotate 180 Degrees

3. Attack: L Kerikomi Gedan Mawashi Geri

R Sune Uke, Grab R/L Mawashi Uke and position yourself 45 degrees on your opponent
L Mawashi Hiza Geri Gedan, Maki komi Nage, rotating 180 degrees
Rotating through back to your starting position

4. Attack: L Kerikomi Mae Geri (placing foot down in front)

L Gedan Barai, Position your L foot behind your opponent, Grab with R hand opponent's L arm
and Position your L hand under the chin pull your opponent backwards
R Mawashi Hiza Geri, Uranage, Rotate 180 Degrees

5. Attack: R Jodan Mawashi Geri

R Jodan Juji Uke, Pull the R leg through to the ground, Step R leg past your opponent's R leg
positioning yourself 45 degrees to your opponent's back, your R leg is now in front
L hand grabs opponents R arm, R hand under the chin and pull your opponent backwards
L Mawashi Hiza Geri, Uranage, Move through 360 degrees or move back to position

6. Attack: L Jodan Mawashi Geri

L Jodan Juji Uke, Pull the L leg in front, Step L leg in to opponents back
R hand grabs opponent's L arm (thumb down) and L hand goes under the chin and pull your
opponent backwards
R Mawashi Hiza Geri, Uranage, Move through 360 degrees or move back to position

7. Attack: R Kerikomi Mae Geri

R Gedan Barai, Pull the R leg through forward
L Mawashi Geri Gedan forcing a backward movement of your opponent Step through and
rotate 180 degrees, L hand grabs head and pushes it backwards, L leg sweeps Soto Otoshi
throw your opponent backwards, position back in Kumite dachi

8. Attack: L Mae Geri

L Gyaku Gedan Barai, Pull the L leg through forward
R Mawashi Geri Gedan forcing a backward movement of your opponent
Step through and rotate 180 degrees, R hand grabs head and pushes it backwards, R leg
sweeps throw your opponent backwards using Soto Otoshi, Pull your opponent on your L
thigh, Switch hands and Push the face away from you whilst Finishing with Oroshi Hiji Uchi

Naotte!

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3rd Kyu (green belt with one brown stripe)

GEIKO NO KATA SONO NI

The minimum active training period in this grade is at least 6 months.

Kicks

1. Uchi Geri
2. Tobi Ushiro Mawashi Geri

Nagewaza

1. 4 variations of take-downs and
2. Sweeps using hands or legs

Kicking Drills: (performed as snap- & power kick).

1. L/R Mae Geri.
2. L/R Mawashi Geri
3. L/R Ushiro Mawashi Geri.

Bunkai Kumite - Technique 5

Kumite - Minimum 15 Man including





3rd Kyu (green belt with one brown stripe)

GEIKO NO KATA SONO NI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Gedan Mawashi Geri

L Sune Uke, R/L Nihon Tsuki, R Gedan Mawashi Geri placing foot down in front
Push your opponent off balance with your R hand
L Jodan Mawashi Geri placing foot down in front, R Ushiro Mawashi Geri
Returning to previous position

2. Attack: R Mae Geri

L Shotei Uke or Gyaku Gedan Barai retracting front foot
L/R Mawashi Uke while moving to the left
R Mawashi Hiza Geri placing foot down behind
Rotate 45° clockwise pulling your opponent along
R Geri Mawashi Hiza placing foot down behind, Maki Komi Nage
Rotate to opposite direction

3. Attack: L Kerikomi Gedan Mawashi Geri

L or R Sune Uke, R/L Nihon Tsuki, R Gedan Mawashi Geri placing foot down in front
Push your opponent off balance with your R hand
L Jodan Mawashi Geri placing foot down in front
R Ushiro Mawashi Geri returning previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front, in a long stance)

L Gedan Barai retracting front foot, R/L Mawashi Uke moving to the right
L Chudan Mawashi Hiza Geri, L Gedan Mawashi Hiza Geri placing foot down
Maki Komi Nage
Facing the Shomen

5. Attack: R Jodan Mawashi Geri

L Kansetsu Geri to opponent's L knee placing foot down in front
L Kerikomi Kake Geri, return to previous position

6. Attack: L Kerikomi Mae Geri (placing foot down in front, in a long stance)

L Gedan Barai making Sabaki to the right
L Kansetsu Geri to opponent's L knee placing foot down in front
R (Tobi) Ushiro Geri returning to previous position

7. Attack: L Kerikomi Jodan Mawashi Geri

L Jodan Juji Uke while moving L, push Leg down in front
L Uchi Momo Geri, R Gyaku Tsuki, L Mawashi Geri
Turn to opposite direction

8. Attack: R Jodan Mawashi Geri

R Jodan Juji Uke while moving R, push leg down in front
R Uchi Momo Geri, L Shita Tsuki, R Oi Tsuki
L Mawashi Geri placing foot down behind
Return to Kumite Dachi facing the Shomen

Naotte!

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2nd Kyu (brown belt)

GEIKO NO KATA SONO SAN

The minimum active training period in this grade is at least 6 months.

Tameshiwara (Minimum 1 board with a hand or elbow technique)

- | | | |
|------------------------|----|------------------------------|
| Kicks | 1. | Oroshi Uchi Kakato Geri |
| | 2. | Oroshi Soto Kakato Geri |
| Nagewaza | 1. | Ura Nage |
| Kicking Drills: | 1. | L/R Oroshi Uchi Kakato Geri. |
| | 2. | L/R Oroshi Soto Kakato Geri. |
| Shadowboxing | - | Minimum 4 minutes continuous |
| Sabaki | - | 1 minutes continuous |
| Bunkai Kumite | - | Technique 6 |
| Kumite | - | Minimum 20 man |





2nd Kyu (brown belt)

GEIKO NO KATA SONO SAN

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: R Chudan Mawashi Geri

L Uchi Sune Uke, L/R Mawashi Uke making Sabaki to the left
R Mawashi Hiza Geri placing foot down behind
R O Soto Gari return to previous position

2. Attack: R Mae Geri (placing foot down in front)

L Shotei Uke or Gyaku Gedan Barai retracting front foot
Moving to opponent's back, pulling his arm R down with your L hand, R hand up under opponent's chin, L Mawashi Hiza Geri placing foot down behind
Ura Nage rotating to the opposite direction

3. Attack: L Kerikomi Chudan Mawashi Geri

L or R Sune Uke, R/L Mawashi Uke switching feet and rotate anticlockwise
L Mawashi Hiza Geri placing foot down behind, L O Soto Gari
Return to previous position

4. Attack: L Kerikomi Mae Geri (placing foot down in front, in a long stance)

L Gedan Barai retracting front foot
Moving to opponent's back, pulling his L arm down with your R hand, L hand up under opponent's chin, R Mawashi Geri placing foot down behind
Ura Nage rotating clockwise, facing the Shomen

5. Attack: R Jodan Mawashi Geri

R Jodan Juji Uke retracting front foot
Spring forward rotating clockwise behind your opponent, hook L hand up under opponent's chin, R Mawashi Hiza Geri placing foot down behind
Ura Nage rotating clockwise into previous position

6. Attack: L Jodan Mawashi Geri

L Jodan Juji Uke retracting front foot
Spring forward rotating anti-clockwise behind your opponent, hook R hand up under opponent's chin, L Mawashi Hiza Geri placing foot down behind
Ura Nage rotating anti-clockwise into previous position

7. Attack: L Kerikomi Mae Geri

L Gedan Barai sliding back
R Gedan Mawashi Geri, R/L Mawashi Uke rotate anticlockwise
L Mawashi Hiza Geri placing foot down behind, rotate anticlockwise pull opponent with you
R Hiji Uchi to the back of your opponent neck

8. Attack: L Kerikomi Mae Geri

R Gyaku Gedan Barai sliding back
L Gedan Mawashi Geri, L/R Mawashi Uke rotate clockwise
R Mawashi Hiza Geri placing foot down behind
R O Soto Gari, Double Gyaku Tsuki
Return to Kumite Dachi facing the Shomen

Naotte!

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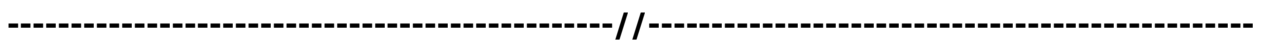
1st Kyu (brown belt with one black stripe)

GEIKO NO KATA SONO YON

The minimum active training period in this grade is at least 6 months.

Tameshiwara (Minimum 2 boards with a hand or elbow technique)

- | | | |
|------------------------|----|---------------------------|
| Kicks | 1. | Tobi Hiza Geri |
| Kata | 1. | Goshin No Kata Sono San |
| Kicking Drills: | 1. | Tobi Ushiro Geri. |
| | 2. | Tobi Ushiro Mawashi Geri. |
| | 3. | Tobi Hiza Geri. |
| Sabaki | - | 2 minutes continuous |
| Bunkai Kumite | - | Technique 7 |
| Kumite | - | Minimum 25 man including |





1st Kyu (brown belt with one black stripe)

GEIKO NO KATA SONO YON

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

L Chudan Shotei Uke making Sabaki to the left, grab your opponent's R arm with your L hand
Gyaku Jodan Tsuki
R Jodan Hiji Uchi pulling your opponent towards you
Return to previous position

2. Attack: R Mae Geri & Jodan Gyaku Tsuki

Gyaku Gedan Barai retracting front foot
L Shotei Uke making Sabaki to the left, R Hiji Uchi
Jodan Gyaku Tsuki, push your opponent off balance with your L hand
R Jodan Mawashi Geri placing foot down in front and move to the opposite direction

3. Attack: Chudan Oi Tsuki

L Gedan Barai making Sabaki to the right, grab your opponent's L arm with your L hand
Jodan Gyaku Tsuki
Pulling your opponent towards you, R Jodan Hiji Uchi
Return to previous position

4. Attack: L Kerikomi Mae Geri & Jodan Oi Tsuki

L Gedan Barai, L Jodan Uke making Sabaki to the right, R Hiji Uchi
Jodan Gyaku Tsuki, pull your opponent's L arm down with your R hand while switching feet
L Jodan Mawashi Geri, return to position facing the Shomen

5. Attack: R Mae Geri (placing foot down in front)

L Shotei Uke making Sabaki to the left, then grab opponent's R arm with your L hand
R Jodan Hiji Uchi, push opponent off balance with your L hand
R Gedan Mawashi Geri placing foot down behind, returning to previous position

6. Attack: L Kerikomi Mae Geri

L Gedan Barai making Sabaki to the right, then grab opponent's L arm with your L hand
R Jodan Hiji Uchi, push opponent off balance with R hand
L Kerikomi Gedan Mawashi Geri placing foot down in front
Returning to previous position

7. Attack: L Kerikomi Jodan Mawashi Geri

L Jodan Juji Uke, R Jodan Hiji Uchi, R/L Mawashi Uke
L Hiza Geri placing foot down behind, Maki Komi Nage
Rotating to the opposite direction

8. Attack: R Jodan Gyaku Tsuki

Move body left out of attack line while simultaneously L/R Mawashi Uke rotating clockwise
R Mawashi Hiza Geri placing foot down behind
R Uchi Momo Geri placing foot down behind
R Oroshi Hiji Uchi, return to Kumite Dachi facing the Shomen

Naotte!

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1st Kyu to Shodan

Students should have trained constantly for a minimum of **12 months** from the date of obtaining the grade of 1st Kyu. It is expected that the student must have trained for at least eight years continuously and be over **18 years** of age. However, the technical board can decide differently in this matter.

1st Dan – Shodan (black belt with one golden stripe)

JISSEN NO KATA SONO ICHI

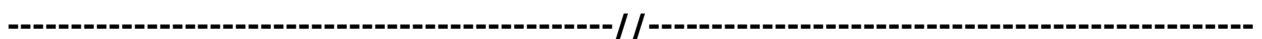
The minimum active training period in this grade is at least 12 months.

Tameshiwara (Minimum 3 boards with a hand or elbow technique)

Bunkai Kumite - Technique 8

Sabaki - 3 minutes continuous

Kumite - Minimum 30 man including





1st Dan (black belt)

JISSEN NO KATA SONO ICHI

Fudo Dachi facing the Shomen: Move to your left into Kumite Dachi

1. Attack: Chudan Gyaku Tsuki

L Soto Uke while making Sabaki to the left
L hand grab opponent's R shoulder and pull in
R Hiji Uchi, L hand push, R Jodan Mawashi Geri

2. Attack: Jodan Gyaku Tsuki

L Jodan Soto Uke while making Sabaki to the left
L hand grab opponent's R shoulder and pull in
R Hiza Geri, L hand push, R Jodan Mawashi Geri
Step down in front and turn the opposite direction

3. Attack: Chudan Oi Tsuki

L Gedan Barai while making Sabaki to the right
L hand, grab opponent's L shoulder and pull in
R Hiji Uchi, switch feet, L Jodan Mawashi Geri
Return to previous position

4. Attack: L Jodan Oi Tsuki

L Shuto Uke while making Sabaki to the right
L hand, grab opponent's L shoulder and pull in
R Hiji Uchi, switch feet, R/L Mawashi Uke
L Hiza Geri, R hand push, L Jodan Mawashi Geri
Placing foot down facing the Shomen

5. Attack: R Mae Geri

L Soto Uke, while moving backwards
L hand push opponent's R hand away while moving L leg forward
R Age Uchi, L Mawashi Uchi, Gyaku Tsuki
L Chudan Mawashi Geri, return to previous position

6. Attack: L Mae Geri

L Gedan Barai while making Sabaki to the right
R Mawashi Uchi, L Mawashi Uchi, Gyaku Tsuki
L Mawashi Geri, return to previous position

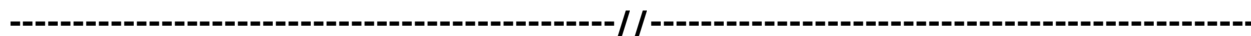
7. Attack: L Chudan Mawashi Geri

R Sune Kote Uke, R hand grab opponent's L shoulder and push
R Gedan Mawashi Geri, L Gedan Mawashi Hiza Geri
Maki Komi Nage, return to opposite direction

8. Attack: R Chudan Mawashi Geri

L Sune Kote Uke, L/R Mawashi Uke, R Gedan Mawashi Hiza Geri
Turn to the Shomen and push opponent's R shoulder down
Gyaku Tsuki, pull opponent in, R Hiji Oroshi
Return to Kumite Dachi

Naotte!





Shodan to Nidan

Students should have trained constantly for a minimum of **3 years** from the date of obtaining the grade of Shodan. It is expected that the student must have trained for at least ten years continuously and be over **22 years** of age.

* The techniques / kata and further requirements **after Shodan** will be appointed by the technical board of AIKO.

For the subsequent exams more extensive repertoire should be expected, therefore showing an increase in ability

2nd Dan - Nidan (Black belt with two golden stripes)

All Kata's

The minimum active training period in this grade is at least 3 years.

Tameshiwara (Minimum 4 boards with a hand or elbow technique)

- | | | |
|-----------------|---|---|
| Nagewaza | - | 6 variations of and sweeps using hands or legs. |
| Kata | - | All katas should be known – 3 katas are assigned on the day |
| Sabaki | - | 4 minutes continuous, 1 attack per time (Can be in a circle or in line) |
| Kumite | - | Minimum 40 man, including |

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Nidan to Sandan

Students should have trained constantly for a minimum of **5 years** from the date of obtaining the grade of Nidan. It is expected that the student must have trained for at least fifteen years continuously and be over **28** years of age.

* The techniques / kata and further requirements **after Shodan** will be appointed by the technical board of AIKO.

For the subsequent exams more extensive repertoire should be expected, therefore showing an increase in ability

3rd Dan - Sandan (Black belt with three golden stripes)

All Kata's

The minimum active training period in this grade is at least 5 years

Tameshiwara (Minimum 5 boards with a hand or elbow technique)

Nagewaza - 6 variations of and sweeps using hands or legs.

Kata - All katas should be known – 3 katas are assigned on the day

Sabaki - 5 minutes continuous, 1 attack per time (Can be in a circle or in line)

Kumite - Minimum 50 man, including

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Sandan to Yondan and higher

This grade or subsequent grades are **on the recommendation of Shihan Dave Jonkers** or elected by him.

- Promotion

- The minimum active training period in this grade is at least 5 years.

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Please take note of the rules and regulations as stated on the AIKO Webpage, these might change during the years

<http://ashiharainternational.world/aiko-kyu-and-dan-grading-prerequisites/>

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A.I.K.O. KUMITE (For all Grades)

Kumite movements are performed as individual movements, so these movements are not a kata. Skill level needed is from Low in the first, to High for the last.

Start every Kumite movement by facing the Shomen in Fudo Dachi

Move to left into Kumite Dachi. After each Kumite movement, return from Kumite Dachi to Fudo Dachi, facing the Shomen.

1. Attack: L/R Chudan Nihon Tsuki

Sabaki Backwards, R Gedan Barai, L Gedan Barai, Chudan Gyaku Tsuki, Chudan Oi Tsuki, R Gedan Mawashi Geri, L Jodan Mawashi Geri

Naotte!

2. Attack: Oi Tsuki Jodan, R Mae Geri.

Sabaki backwards, R Shotei Uke simultaneously L Gedan barai, R Gedan Mawashi Geri, R/L Mawashi Uke turn 180 degrees anti-clockwise, L Hiza Mawashi Geri, Maki komi Nage, R Gedan Tsuki

Naotte!

3. Attack: L/R Jodan Nihon tsuki

Sabaki backwards R Shotei Uke, Sabaki L simultaneously L Shotei Uke, L/R Mawashi Uke turn 90 degrees clockwise, R Hiza Mawashi Geri, R O Soto Gari, R Gedan Tsuki

Naotte!

4. Attack: R Jodan Mawashi Geri

Sabaki to the right, R Jodan Juji Uke, L Gedan Mawashi Geri, L/R Mawashi Uke turn 180 degrees clockwise, R Hiza Mawashi Geri, push opponent with L hand, R Mawashi Geri

Naotte!

5. Attack: Oi Tsuki, R Gedan Mawashi Geri.

Sabaki backwards simultaneously R Shotei Uke, R or L Sune Uke, L/R Nihon Tsuki, L Uchi Momo Geri, R Ushihiro Geri

Naotte!

6. Attack: Oi tsuki, R Mawashi Uchi Jodan

R Shotei Uke, L Jodan Uke, R Shita Tsuki, R Jodan Hiji Uchi, L/R Mawashi Uke turn 180 degrees clockwise, R Mawashi Hiza Geri, push opponent down, R Shuto Sakotsu Uchi, R Hiji Oroshi Uchi

Naotte!

7. Attack: Gyaku Tsuki, L Jodan Mawashi Geri

Sabaki backwards simultaneously L Shotei Uke, L Jodan Juji Uke, R Gedan Mawashi Geri, R/L Mawashi Uke turning 180 degrees anti-clockwise, L Hiza Geri, push opponent backwards making L Jodan Mawashi Geri, R Ushiro Mawashi Geri

Naotte!

8. Attack: R Ushiro Geri

Step L foot forward simultaneously L hand grabbing opponent's R shoulder and turning 180 degrees clockwise moving with the attack, L/R Mawashi Uke, R Hiza Geri, turning 180 degrees clockwise, R Hiza Geri, R O Soto Gari, pull opponent's head on your L thigh while moving in Kiba Dachi, R Hiji Oroshi

Naotte!

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A.I.K.O.
Ashihara International Karate Organisation
Dictionary

Revision date: September 2023





Stances

Fudo Dach	Ready Stance
Kumite Dach	Fighting Stance, weight positioned on front leg
Kake dachi	Foot passes front foot
Neko ashi dachi	Short fighting stance, front foot closes to back foot
Moro ashi dachi	Short fighting stance, back foot closes to front foot
Kokutso dachi	Like kumite dachi, weight positioned on back leg

Strikes

Oi Tsuki	Front hand Punch
Gyaku Tsuki	Rear hand Punch
Jodan Hiji Uchi	High Elbow Strike
Hiji Oroshi Uchi	Downwards Elbow Strike
Mawashi Uchi	Hook
Age Uchi	Uppercut (strike under the chin)
Shita Tsuki	Close Punch (solar plexus)
Shuto Sakotsu Uchi	Open hand Strike
Ushiro Mawashi Uchi	Back Fist

Kicks

Mae Geri	Front Kick
Mawashi Geri	Roundhouse Kick
Mae Hiza Geri	Front Knee Kick
Kinteki Geri	Groin Kick
Hiza Ganman Geri	Knee Kick to the Head
Uchi Momo Geri	Inside Low Kick
Kansetsu Geri	Knee Joint Kick
Gedan Kakato Geri	Low Heel Strike
Mawashi Hiza Geri	Roundhouse Knee kick
Sune Geri	Roundhouse Shin Kick
Sankaku Geri	Diagonal Kick
Ushiro Geri	Back Kick (Horse Kick)
Yoko Geri	Sideways Kick
Ushiro Mawashi Geri	Spinning Back Kick

Kicks continued



Kake Geri	Reverse Hook Kick
Tobi Ushiro geri	Flying Back Kick
Jigu ashi geri	Slip in Lowkick
Uchi Geri	Reverse Roundhouse Kick
Tobi Ushiro Mawashi Geri	Flying Spinning Back Kick
Oroshi Uchi Kakato Geri	Outward Axe Kick
Oroshi Soto Kakato Geri	Inward Axe Kick
Tobi Hiza Geri	Flying Knee Kick
Komi Kakato Geri	Forward Rolling Kick (Rolling Thunder Kick)

Blocks

Soto Uke	Inward Block
Shotei Uke	Open hand Block
Gedan Uke	Low Block
Gedan Barai	Low Parry
Jodan Uke	High Block
Sune Uke	Shin Block
Sune Kote Uke	Shin Forehand/arm Block
Juji Uke	Cross Block
Morote Uke	Double Hand Block
Mawashi Uke	Roundhouse Block
Age Hiji Uke	Elbow Block
Kakato Uke	Heel Block
Uchi Sune Uke	Rear leg Shin Block

Nage waza

Maki komi Nage	Forward rolling throw
O Soto Gari	Outside Leg Hook
O Uchi Gari	Inside Leg Hook
O Soto Otoshi	Leg Throw (over your fixed leg)
Sune Barai	Shin Sweep
De Ashi Barai	Foot / Leg Sweep
Ura Nage	Backwards Throw



A.I.K.O.
Ashihara International Karate Organisation
Combination Drills

Revision date: September 2023





Combination Drills: 1.

1. Attack: L/R Nihon Tsuki.
 Defense: R/L Shotei or Soto Uke.

2. Attack: R/L Nihon Tsuki.
 Defense: L/R Shotei or Soto Uke.

3. Attack: L/R Nihon Tsuki - R Leg Forward - L Hiza Geri.
 Defense: R/L Shotei or Soto Uke - R Gedan Uke.

4. Attack: R/L Nihon Tsuki - R Hiza Geri.
 Defense: L/R Shotei or Soto Uke - L Gedan Uke.

5. Attack: R Mae Geri.
 Defense: L Gedan Barai - L Mae Geri - R/L Nihon Tsuki.

6. Attack: L Mae Geri.
 Defense: Gyaku Gedan Barai - R Mae Geri - L/R Nihon Tsuki.



Combination Drills: 2.

1. Attack: R Gedan Mawashi Geri.
 Defense: L Sune Uke - Gyaku Tsuki - L Chudan Mawashi Uchi - R Jodan Mawashi Geri.

2. Attack: R Chudan Mawashi Geri.
 Defense: L Sune Kote Uke - L/R Mawashi Uke - R Mae Hiza Geri.

3. Attack: R Jodan Mawashi Geri.
 Defense: Jodan Juji Uke - Push leg down with RH - LH Push - R Jodan Mawashi Geri.

4. Attack: L Gedan Mawashi Geri.
 Defense: Gyaku Sune Uke - R/L Mawashi Uke - L Hiza Geri - RH Push - R leg forward
 - L Jodan Mawashi Geri.

5. Attack: L Jodan Mawashi Geri.
 Defense: Juji Uke - Push leg down with LH - R Gedan Mawashi Geri - RH Push
 - R leg forward - L Jodan Mawashi Geri.

6. Attack: R Jodan Mawashi Uchi.
 Defense: L Jodan Uke - R Jodan Tsuki - L Chudan Mawashi Uchi - R Gedan Mawashi Geri



Combination Drills: 3

1. Attack: R Mae Geri.
Defense: L Gedan Barai - Gyaku Tsuki - R Uchimomo Geri.
2. Attack: R Mae Geri.
Defense: L Gedan Barai - Gyaku Tsuki - L Jodan Age Uchi - R Kakato Geri.
3. Attack: L Mae Geri.
Defense: L Gedan Barai - L Kansetsu Geri - R Chudan Mawashi Uchi - L Jodan Hiji Uchi.
4. Attack: L Mae Geri.
Defense: Gyaku Gedan Barai - Oi Tsuki - R Jodan Age Uchi - L Uchimomo Geri.
5. Attack: R Jodan Mawashi Uchi.
Defense: L Age Hiji Uke - R Age Uchi - L Jodan Mawashi Uchi - R Mae Hiza Geri.
6. Attack: L Jodan Mawashi Uchi.
Defense: R Age Hiji Uke - L Age Uchi - Jodan Gyaku Tsuki - Kerikomi Chudan Mawashi Geri.

Combination Drills: 4

1. Attack: L Gedan Mawashi Geri.
Defense: R Sune Uke - Gyaku Tsuki - L Chudan Mawashi Uchi. - R Ushiro Geri.
2. Attack: R Gedan Mawashi Geri.
Defense: L Sune Uke - Oi Tsuki - R Mawashi Hiza Geri - RH push - L Sankaku Geri.



Combination Drills: 5

1. Attack: R Gedan Mawashi Geri.
Defense: L Sune Uke - Oi Tsuki - R Chudan Gyaku Tsuki
- L Tobi Ushiro Geri / L Tobi Ushiro Mawashi Geri.
2. Attack: L Gedan Mawashi Geri.
Defense: Gyaku Sune Uke - Gyaku Tsuki - L Chudan Mawashi Uchi
- R Tobi Ushiro Geri / R Tobi Ushiro Mawashi Geri.
3. Attack: R Jodan Mawashi Geri.
Defense: L Morote Uke - L Uchimomo Geri - L/R Mawashi Uke - R Tobi Mae Hiza Geri.
4. Attack: L Jodan Mawashi Geri.
Defense: R Jodan Juji Uke - R Gedan Mawashi Geri - R/L Mawashi Uke - L Tobi Mae Hiza Geri.

Extended Combination Drills: 1

1. Attack: Oi Tsuki - R Jodan Mawashi Geri.
Defense: Gyaku Soto Uke - L Jodan Juji Uke - Oi Tsuki
2. Attack: R Mae Geri.
Defense: Gyaku Soto Uke - L Gedan Uke/Barai - RH Push - L Jodan Mawashi Geri.
3. Attack: Gyaku Tsuki - L Jodan Mawashi Geri.
Defense: L Soto Uke - R Jodan Juji Uke - Gyaku Tsuki
4. Attack: L Mae Geri.
Defense: L Soto Uke - Gyaku Gedan Uke/Barai - LH Push - R Jodan Mawashi Geri.



Extended Combination Drills: 2

1. Attack: Oi Tsuki - R Jodan Mawashi Geri.

R Soto Uke - Morote uke - R Mae Geri.

Based on the last attack: Gyaku Gedan Barai - R Jodan Mawashi Geri.

Based on the last attack: L Jodan Juji Uke - L Gedan Mawashi Geri

Based on the last attack: L/R Mawashi Uke - R Hiza Geri.

2. Attack: Gyaku Tsuki - L Jodan Mawashi Geri.

Based on the last attack: L Soto Uke - Morote Uke - L Mae Geri.

Based on the last attack: L Gedan Barai - Switch/RH Push

Based on the last attack: L Jodan Mawashi Geri.

Based on the last attack: R Jodan Juji Uke - R Gedan Mawashi Geri

Based on the last attack: R/L Mawashi Uke - L Hiza Geri.

3. Attack: Oi Tsuki -R Jodan Mawashi Geri.

Based on the last attack: R jodan shotei Uke - Morote uke - R Mae Geri.

Based on the last attack: R Gyaku Gedan Barai - R Jodan Mawashi Geri.

Based on the last attack: L Jodan Juji Uke - R Uchimomo Geri - LH Grab, Push

Based on the last attack: R Jodan Mawashi Geri



Combination Kicking Drills in which a Uke participates: 1

1. Attack: L Mae Geri - R Chudan Uchi Geri - L Jodan Mawashi Geri.
2. Attack: R Mae Geri - L Chudan Uchi Geri - R Jodan Mawashi Geri.
3. Attack: L Mae Geri - L Jodan Mawashi Geri.
4. Attack: R Mae Geri - R Jodan Mawashi Geri.
5. Attack: L/R Tobi Ushiro Mawashi Geri.

Combination Kicking Drills in which Uke participates: 2

1. Attack: R Jodan Mawashi Geri.
Defense - R Oroshi Uchi Kakato Geri.
2. Attack: L Kerikomi Jodan Mawashi Geri.
Defense - L Oroshi Uchi Kakato Geri.
3. Attack: R Jodan Mawashi Geri.
Defense - L Tobi Ushiro Mawashi Geri.
4. Attack: L Kerikomi Jodan Mawashi Geri.
Defense - R Tobi Ushiro Mawashi Geri.