

session\_start() [function.session-start]: open(C:\Windows\Temp\sess\_gmgc26t01ba5onkiucec971nv0, O\_RDWR) failed: Invalid argument (22)

## AIKIKAI Ryushinkan Teaching Syllabus

6 kyu	4 kyu	3 kyu	2 kyu	1 kyu	
<p><b>Katatedori</b> T - shihonage</p> <p><b>Ryotemochi ryotedori</b> S - kokyū-ho T - haishin-undo</p> <p><b>Shomenuchi</b> T - iriminage T, S - ikkyo</p> <p><b>Basics</b></p> <ul style="list-style-type: none"> <li>• basic dojo etiquette</li> <li>• junbi-taiso (warming up exercises)</li> <li>• torifune, furitama, kamae</li> <li>• ukemi (mae, ushiro, yoko)</li> <li>• shikko</li> <li>• shutouchi (shomen, yokomen)</li> <li>• tai-sabaki</li> <li>• irimi ashi (ayumi-ashi), tsugi ashi</li> <li>• tenkan (tankai-ashi)</li> <li>• irimi tenkan (tenkan-ashi)</li> </ul>	<p><b>Katatedori</b> T, H - shihonage T, S - ikkyo T, S - nikkyo T - iriminage T - kaitenage T - kokyunage T - tenchinage T - sumiotoshi</p> <p><b>Morotedori</b> T - ikkyo T - iriminage T - kotegaeshi</p> <p><b>Yokomenuchi</b> T - shihonage T - iriminage T - ikkyo T - nikkyo T - sankyo T - yonkyo T - kotegaeshi</p> <p><b>Tsuki (chudan)</b> T - kotegaeshi T - iriminage</p> <p><b>Ryotemochi ryotedori</b> T, H - shihonage T - tenchinage T - ikkyo T - nikkyo</p> <p>T, H - iriminage T, H - kokyunage</p> <p><b>Katadori</b> T, S - ikkyo T, S - nikkyo</p> <p><b>Shomenuchi</b> T, S - iriminage T, S - ikkyo T, S - nikkyo T, S - sankyo T, S - yonkyo T - shihonage T - kaitenage</p> <p><b>Basics</b></p> <ul style="list-style-type: none"> <li>• ryotemochi ryotedori tenkan-ho</li> <li>• ushiro dori tenkan-ho</li> <li>• chudan and jodan choku tsuki and furizuki</li> <li>• morotedori kokyū ryoku yosei-ho (omote, ura)</li> <li>• suwariwaza tekubi tanren-ho</li> </ul>	<p><b>Katatedori</b> T, H - kotegaeshi (jo, chu, ged) T, H - udekimenage S, T, H - kokyunage T, H - sankyo T, H - yonkyo</p> <p><b>Morotedori</b> T - nikkyo T - shihonage T - udekimenage</p> <p><b>Yokomenuchi</b> H - shihonage H - ikkyo H - kotegaeshi T - udekimenage T - kaitenage T - kokyunage</p> <p><b>Tsuki (chudan)</b> T - ikkyo T - nikkyo</p> <p><b>Tsuki (jodan)</b> T - ikkyo T - nikkyo</p> <p><b>Ryotemochi ryotedori</b> T - uchi-kaiten kokyunage T, H, S - sankyo T, H, S - yonkyo</p> <p><b>Katadori</b> T, H, S - sankyo T, H, S - yonkyo T, H, S - kokyunage T, H, S - shihonage</p> <p><b>Shomenuchi</b> T - gokyō T - sumiotoshi T - uchi kaiten sankyo T - kokyunage T - udekimenage</p> <p><b>Ushiro ryotedori</b> H, T - ikkyo T - shihonage T - kokyunage</p> <p><b>Ushiro katatedori kubijime</b> T - ikkyo</p> <p><b>Basics</b></p> <ul style="list-style-type: none"> <li>• shutouchi shomen and yokomen</li> </ul>	<p><b>Katatedori</b> T - uchi-kaiten sankyo H - uchi-kaitenage T - udegaraminage T - udehishigi T - soto-kaiten katagatami</p> <p><b>Morotedori</b> T - advanced kokyunage T - sankyo T - yonkyo T - udegarami jujinage</p> <p><b>Yokomenuchi</b> T - uchi-kaiten kokyunage T - katagatame S, T - gokyō H, T - advanced kokyunage</p> <p><b>Tsuki (chudan)</b> T - udehishigi T - soto-kaitenage T - sankyo T - yonkyo T - gokyō T - shihonage T - tenchinage</p> <p><b>Tsuki (jodan)</b> H, T - kokyunage H, T - kotegaeshi H, T - shihonage</p> <p><b>Basics</b></p> <ul style="list-style-type: none"> <li>• basic bokken suburi</li> <li>• basic jo suburi taisabaki against shomenuchi yokomenuchi and bokken, jo and tanto</li> </ul> <p>T - tachiwaza S - suwariwaza H - hanmi handachiwaza</p> <p>U/I/T - uchi/irimi/tenkan</p>	<p><b>Ryotemochi ryotedori</b> T - advanced kokyunage H, T - sumiotoshi T - kotegaeshi (jo, chu, ged) T - soto-kaiten kokyunage</p> <p><b>Katadori</b> T - katagatami T - kotegaeshi T - udekimenage T - advanced kokyunage</p> <p><b>Shomenuchi U/I/T</b> T - shihonage T - kotegaeshi T - kokyunage T, H - advanced kokyunage</p> <p><b>Ushiro ryotedori</b> T - nikkyo T - sankyo T - yonkyo T - kotegaeshi</p> <p><b>Ushiro katatedori kubijime</b> T - sankyo T - yonkyo</p> <p><b>Ushiro ryo katadori</b> H, T - kokyunage H, T - ikkyo H, T - nikkyo H, T - sankyo H, T - yonkyo T - iriminage T - shihonage T - kotegaeshi T - udekimenage</p> <p><b>Ushiro munedakijime</b> T - shihonage T - kotegaeshi T - ikkyo</p>	<p><b>Aihanmi Katatedori U/I/T</b> T, H - shihonage T, H - kotegaeshi T, H - iriminage T, H - udekimenage T, H - kokyunage</p> <p><b>Gyakuhanmi Katatedori U/I/T</b> T - kotegaeshi T - iriminage</p> <p><b>Katatedori</b> T, H - uchi-kaiten katagatami T, H - advanced kokyunage</p> <p><b>Katadori yokomenuchi</b> T - shihonage T - udekimenage T, H - ikkyo</p> <p><b>Shomenuchi</b> T - koshinage S, T - gokyō</p> <p><b>Tsuki (jodan)</b> T - ikkyo T - nikkyo T - sankyo T - iriminage</p> <p><b>Ryotemochi ryotedori</b> H, S - tenchinage H - sumiotoshi T - koshinage</p> <p><b>Katadori Shomenuchi</b> T - ikkyo T - sankyo T - yonkyo T - shihonage T - kotegaeshi T - iriminage T - udekimenage</p> <p><b>Katadori Tsuki (jodan)</b> T - ikkyo T - iriminage</p> <p><b>Yokomenuchi</b> T - koshinage</p> <p><b>Ushiro ryotedori</b> T - koshinage T - iriminage T - kaitenage</p> <p><b>Ushiro katatedori kubijime</b> T - shihonage T - kotegaeshi</p> <p><b>Ushiro munedakijime</b> T - kokyunage</p> <p><b>Ushiro eri dori</b> T - iriminage T - kokyunage</p>
<b>5 kyu</b>					

Unknown: open(C:\Windows\Temp\sess\_gmgc26t01ba5onkiucec971nv0, O\_RDWR) failed: Invalid argument (22)

Unknown: Failed to write session data (files). Please verify that the current setting of session.save\_path is correct (C:\Windows\Temp)