



Aikido-Yoga

Sword vs Staff (*Ken-tai-jo*)

Training Syllabus

Basic Stances / Postures (*Kamae*)

- > Half-forward triangular stance (Hanmi)
- > Upper stance (Jodan no kamae)
- > Middle stance (Chudan no Kamae)
- > Lower stance (Gedan no kamae)
- > Side stance - sword held to rear (Waki gamae)
- > Stance in which sword held above head (Hasso no kamae)

Partnered Practice:

1. Ken-tai-Jo Suburi-Awase / Basic blending exercises
2. Kumi-Ken-tai-Jo 1 – 7 / Formal Kata plus variations
3. Ki-Musubi-no-Tachi / Ki blending exercises
4. Jiyu-waza / Randori / Free style takemusu drill-sparring against single or multiple armed attackers

** Grading syllabus techniques in green