

Kihon Aiki Taigi (Doug Wedell)

Rise: Turn to your left, letting the right hand rise to head height, blade hand forward, while the left hand guards low, palm down.



Scoop: Point your right fingertips down and draw a circle as if scooping up sand at waist level. Finish the movement with your hands together, palms toward you, chin height and facing left.



Scan: Turn slowly 180° to your right, keeping the high-low defense.



Orbit: Keep your hands together and let them describe an arc over your head as you turn 180° to your right. You should end up facing right with your hands at chin level and palms toward you.



Drop and Blossom: Drop your right hand down to your left hand, both palms down. When your hands touch, quickly invert them toward you and then rapidly raise them together, fingertips up and positioned chin high.



Push: Invert your hands, keeping them together, until palms are away from you and push away using your center.



Sweep: With hands together, palms toward you, sweep out an 180° arc to your left.



Draw: Now shift back, drawing your left hand back across your chest, palms facing to the right.



Push: Invert your hands, keeping them together, until palms are away from you and push away using your center.



Scoop: Point your left fingertips down and draw a circle as if scooping up sand at waist level. Finish the movement with your hands together, palms toward you, chin height and facing right.



Draw: Invert your hands, keeping them together, until palms are away from you and push away using your center.



Rise and Return: Extend hands overhead and turn palms out. Then bring them down in front of you chest high. Rotate both hands inward so palms face up and return hands to center position at your one point.



Katatekosadori Ikkyo Tenkan:



Katatedori Nikyo



Katatekosadori Ushiro Maware Sankyo



Katatedori Tenkan Shihonage



Munetsuki Kotegaeshi



Shomenuchi Kokyunage



Yokomenuchi Makiotoshi



Shomenuchi Tenkan Irimi



Katatedori Enkei Nage



Ryotedori Tenkan Tenchinage



Ryotedori Zenponage



Return

