

KOBUDO CLUB KEIKO GUIDE

-TAIJUTSU-

PART I – QIGONG SET

1. KOKYU-HO

- (1) Heaven Form
- (2) Earth Form

PART II – STRETCHING SETS

1. STANDING STRETCHES

- (1) Triangle, left & right
- (2) Bowing Crane, left & right
- (3) Tree, left & right

2. SEATED STRETCHES

- (1) Squat
- (2) Half-Lotus, left & right
- (3) Cow Face, left & right
- (4) Cobra
- (5) Extended Bow
- (6) Butterfly
- (7) Side Stretch, left & right
- (8) Straddle Stretch or Wall Stretch

3. HALF-STANDING STRETCHES

- (1) Hip Stretch, left & right
- (2) Hamstring Stretch, left & right
- (3) Front Splits, left & right

4. SUPINE STRETCHES

- (1) Lying Spinal Twist. left & right
- (2) Plow
- (3) Shoulder Stand

5. SUPINE NECK STRETCHES

- (1) Fish
- (2) Pull head to right side
- (3) Pull head to left side
- (4) Pull head to forward

6. SEATED WRIST STRETCHES

- (1) Bend wrists with Omotegyaku
- (2) Bend wrists with Uragyaku
- (3) Bend wrists with Omotetakeori

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PART III – TAISABAKI SET

1a. TAIHENJUTSU (JUJUTSU)

- (1) Zenpo Kaiten
- (2) Koho Kaiten
- (3) Sokuho Kaiten
- (4) Zenpo Ukemi
- (5) Koho Ukemi
- (6) Sokuho Ukemi
- (7) Zenpo Kaiten Ukemi
- (8) Tobi Komi Zenpo Kaiten Ukemi
- (9) Oten

1b. TAIHENJUTSU (TAIJUTSU)

- (1) Zenpo Kaiten
- (2) Koho Kaiten
- (3) Tachi Nagare
- (4) Sokuho Kaiten
- (5) Yoko Nagare
- (6) Jun Nagare
- (7) Gyaku Nagare
- (8) Tobikomi Zenpo Kaiten
- (9) Oten

PART IV – STRENGTHENING SETS

1a. UPPER BODY EXERCISES (JUJUTSU)

- (1) Dip Push-ups
- (2) Triceps Pause Push-ups
- (3) Wide-grip Push-ups

1b. UPPER BODY EXERCISES (TAIJUTSU)

- (1) Oshu
- (2) Fudo-ken
- (3) Shuto-ken
- (4) Shuko-ken
- (5) Gyaku Shuko-ken
- (6) 5-finger
- (7) 4-finger
- (8) 3-finger
- (9) 2-finger
- (10) 1-finger (Boshi-ken or Shikan-ken)

2. ABDOMINAL EXERCISES

- (1) Crunches
- (2) Leg Raises
- (3) Bicycle Crunches
- (4) Seated Russian Twist
- (5) Plank

3a. LEG EXERCISES (JUJUTSU)

- (1) Half-Stand L Front Kicks
- (2) Half-Stand R Front Kicks

3b. LEG EXERCISES (TAIJUTSU)

- (1) Happo Geri
- (2) Mawashi Geri

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PART V – DAKEN KIHON SET

1a. DAKEN KIHON (JUJUTSU)

- (1) Chdan-uke, Fudo-ken
- (2) Gedan-uke, Sokutei-geri
- (3) Chudan-uke, Omote-shuto
- (4) Gedan-uke, Sokushi-geri
- (5) Chudan-uke, Ura-shuto
- (6) Gedan-uke, Sokuto-geri
- (7) Chudan-uke, Tsui-ken

1b. DAKEN KIHON (TAIJUTSU)

- (1) Jodan-uke, Shikan-ken
- (2) Gedan-uke, Sokuyaku-geri
- (3) Jodan-uke, Omote-shuto
- (4) Gedan-uke, Sokugyaku-geri
- (5) Jodan-uke, Ura-shuto
- (6) Gedan-uke, Sokuto-geri
- (7) Jodan-uke, Boshi-ken

PART VI – KYU GATA SETS

1a. KIHON GATA (JUJUTSU)

Review the basic *waza* from your next *kyu* level.

2a. KOSHIKI GATA (JUJUTSU)

Review the Koshiki Gata (Takagi Ryu) you have learned, in the proper sequence:

- (1) Kasumi Dori
- (2) Do Gaeshi
- (3) Karamé Dori
- (4) Koto
- (5) Kata-mune Dori
- (6) Ryo-mune Dori

1b. KIHON GATA (TAIJUTSU)

Review the basic *waza* from your next *kyu* level.

2b. KOSHIKI GATA (TAIJUTSU)

Review the Gyokko Ryu Kiri-gami you have learned, in the proper sequence:

- (1) Ko-Ku
- (2) Ren-Ko
- (3) Dan-Shu
- (4) Dan-Shi
- (5) Gyaku-Nagare
- (6) Ke-Oh