

Lillsved Aikido Seminar

Jan Nevelius 6th Dan

Jorma Lyly 5th Dan

Sunday July 21, 2013 through Saturday July 27, 2013

Aikido Techniques as shown in each Class

Sunday 1530-1630 with Jan

- Tachi Waza
 - Katatedori Tai no Henko – “exchange”
 - Katatedori Shiho Nage
 - Katatedori “uchi entry” Kokyu Nage (lower both hands) with seated Nikyo pin
 - Chudan Tsuki “uchi entry” Kokyu Nage with seated Nikyo pin

Sunday 1630-1730 with Jorma

- Tachi Waza
 - Katatedori Tai no Henko
 - Katatedori “soto entry” Kokyu Nage (hand to shoulder and wrist, lower both hands)
 - Katatedori “lead behind then turn entry” Ikkyo
 - Hand change, lead to the rear, pivot hips to “Ai-hanmi”, then Ikkyo
 - Katatedori “lead behind then turn entry” Jiyu Waza

Monday 1030-1200 with Jan

- Tachi Waza
 - Morotedori Tai no Henko – “exchange”
 - Morotedori Ikkyo
 - Morotedori Sumi Otoshi
 - Morotedori “turn around then lead in front” Ikkyo
 - Pivot hips, touch rear center, lead to front, then Ikkyo
 - Morotedori “turn around then lead in front” Kokyu Ho (Sokumen Irimi Nage)

Monday 1530-1630 with Jorma

- Hanmi Handachi
 - Morotedori Kokyu Nage – “down”
- Tachi Waza
 - Morotedori Kokyu Nage – “down”
 - Morotedori Kokyu Ho (Sokumen Irimi Nage)

Monday 1630-1730 with Jan

- Tachi Waza
 - Aidori soto tenkan Sankyo
 - Aidori soto tenkan Nikyo
- Suwari Waza
 - Shomenuchi Nikyo
- Tachi Waza
 - Shomenuchi Nikyo
 - Shomenuchi “uchi kaiten entry” Sankyo then Kokyu Nage
 - Shomenuchi Randori / Jiyu Waza

Tuesday 1030-1200 with Jorma

- Tachi Waza
 - Katatedori “soto entry” Kokyu Nage with 1 person bracing behind Uke
 - Katatedori Irimi Nage

Tuesday 1530-1630 with Jorma

- Tachi Waza
 - Katatedori Tai no Henko
 - Katatedori soto tenkan Gedan Kokyu Nage – “down”
 - Katatedori soto tenkan Jodan Kokyu Nage – “up then down”
 - Lead Uke slowly down into a deep back “limbo” stretch
 - Katatedori uchi tenkan Kokyu Nage – “down”
 - Katatedori uchi tenkan Nikyo

Tuesday 1630-1730 with Jan

- Tachi Waza
 - Shomenuchi Shiho Nage
 - Katadori Menuchi Ikkyo – “dive hand down deeply”
 - Uke takes full step
 - Katadori Menuchi Nikyo – “exchange the meeting in front”
 - Uke takes half step
 - Ushiro Katatedori Sankyo “Propeller” Kokyu Nage
 - Hold Sankyo and the collar and SPIN Uke!

Wednesday 1030-1200 with Jan

- Tachi Waza
 - Katatedori Tai no Henko

- Katatedori kaeshi waza Kokyu Nage – “cut kesa giri”
- Katadori kaeshi waza Kokyu Nage – “cut kesa giri”
- Morotedori kaeshi waza Kokyu Nage – “cut kesa giri”
- Katadori Nikyo
 - Let Uke pull, then uchi tenkan entry, then Nikyo
- Yokomenuchi “exchange entry” Shiho Nage
- Yokomenuchi “exchange entry” Jiyu Waza
- Suwari Waza
 - Ryotedori Kokyu Dosa

Wednesday 1530-1630 with Jan

- Tachi Waza
 - Katadori Ikkyo – “meridian stroke inside arm”

Wednesday 1630-1730 with Jorma

- Tachi Waza
 - Katadori Kokyu Ho (Sokumen Irimi Nage) – “arm comes over from outside”
 - Katadori Tenchi Nage
 - Katadori Kokyu Nage – “bend over and down”
 - Katadori Kokyu Nage – “with action” (sumi otoshi)

Thursday 1030-1200 with Jorma

- Hanmi Handachi
 - Ryotedori Kokyu – “down”, warm up exercise
 - Katatedori Kokyu – hand to ankle, warm up exercise
- Tachi Waza
 - Katatedori Kokyu Nage – “down”
 - Katatedori walking, forward, backward, tankan, uchi tenkan exercise
 - Katatedori tenkan Ikkyo
 - Katatedori uchi tenkan Ikkyo
 - Katatedori walk forward 3 steps to Irimi Nage Omote
 - Katatedori tenkan Ude Kime Nage – “change hands”

Thursday 1530-1630 with Jan

- Hanmi Handachi
 - Shomenuchi “escape” exercise
- Tachi Waza
 - Shomenuchi “escape” exercise
 - Uchi, soto, tenkan

- Shomenuchi tenkan, then lower to seiza, arm under Uke's arm
- Shomenuchi tenkan Sankyo
- Shomenuchi soto Ude Garami on Uke's striking arm
- Shomenuchi uchi tenkan Shiho Nage
- Shomenuchi block, then Ude Garami on Uke's rear arm
- Shomenuchi no block, then Ude Garami on Uke's rear arm
- Shomenuchi uchi irimi shoulder atemi Shiho Nage

Thursday 1630-1730 with Jorma

- Tachi Waza
 - Yokomen "direct outside" entry Kokyu Nage – "soft hands down", #1
 - Yokomen "direct outside" entry Kokyu Nage – "Bam!"
 - Yokomen "direct outside" entry hanmi change Ikkyo, #2
 - Yokomen "direct outside" entry "zombie arm" Ikkyo, #3
 - Katatedori Kokyu Nage, #1
 - Katatedori Ikkyo #2
 - Katatedori Ikkyo #3
 - Yokomen "inside" entry Kokyu Nage – "walk through" and lead/cut Uke down to the rear
- Suwari Waza
 - Ryotedori Kokyu Dosa – "turn hands in a small circle"

Friday 1030-1200 with Jan

- Tachi Waza
 - Katatedori Tai no Henko – "blueberry" in lead hand
 - Katadori Kokyu Nage – "blueberry" in rear hand takedown
 - Jodan Tsuki Ikkyo – static, start with fist on jaw
 - Jodan Tsuki Hiji Kime Osae (Rokkyo)
 - Jodan Tsuki uchi entry Kokyu Ho Omote – no block, walk straight through
 - Jodan Tsuki Ikkyo – "Meridan Stroke"

Friday 1530-1630 with Jorma

- Suwari Waza
 - Ryotedori Kokyu Nage – lift up Uke to Hanmi Handachi and throw
- Tachi Waza
 - Ryotedori Kokyu Nage – "turn hands in small circle"
 - Ryotedori Tenchi Nage

Friday 1630-1730 with Jan

- Tachi Waza
 - Katatedori Tai no Henko – “Lingonberry” in lead hand
 - Chudan Tsuki Ikkyo
 - Chudan Tsuki uchi shoulder atemi entry Shiho Nage
- Hanmi Handachi
 - Katatedori Ukemi exercise
 - Step forward backfall, turn over to Ikkyo, front roll to supine, get up and walk around Nage to front roll disengage

Saturday 1030-1200 with Jorma

- Suwari Waza
 - Shomenuchi Nikyo
 - Yokomenuchi Nikyo, direct entry
 - Uke attacks with front knee up
- Tachi Waza
 - Shomenuchi Nikyo
 - Yokomenuchi Nikyo, direct entry
 - Ushiro Ryokatatedori Nikyo
 - Ushiro Ryohijidori Yonkyo
 - Ryotedori Nikyo