

# Ki Aikido Taigi Listing

<b>Kitei Taigi</b>		110 seconds
1	Shomenuchi kokyunage	
2	Yokomenuchi shihonage irimi	
3	Munetsuki kote oroshi katameru	
4	Katatetori ikkyo tenkan	
5	Katatori nikyo irimi	
6	Ushiro tekubitori sankyo katameru	

<b>Taigi 1</b>		<b>Katatetori</b>	65 seconds
1	Kokyunage tenkan		
2	Kirikaeshi tenkan		
3	Zenpo nage tenkan		
4	Kaiten nage tenkan		
5	Shihonage tenkan		
6	Ikkyo tenkan katameru		

<b>Taigi 2</b>		<b>Katatetori Ryotemochi</b>	71 seconds
1	Kokyunage tenkan (jump in)		
2	Kokyunage tenkan en undo		
3	Kokyunage tenkan hachi-no-ji		
4	Zenpo nage tenkan katameru		
5	Nikyo tenkan katameru		
6	Kote oroshi tenkan katameru		

<b>Taigi 3</b>		<b>Yokomenuchi</b>	49 seconds
1	Sudori (slide in)		
2	Sudori (bow)		
3	Kokyunage irimi		
4	Shihonage irimi		
5	Kokyunage sudori nage		
6	Kokyunage tenkan hachi-no-ji		

<b>Taigi 4</b>		<b>Ryo-Katatori</b>	60 seconds
1	Kokyunage tenkan (turn & bow)		
2	Kokyunage tenkan kirikaeshi		
3	Kokyunage tenkan (bow & bow)		
4	Sudori		
5	Nikyo tenkan katameru		
6	Zenpo nage		

<b>Taigi 5</b>			77 seconds
1	Shomenuchi kokyunage		
2	Yokomenuchi shihonage irimi		
3	Munetsuki kote oroshi katameru		
4	Katatori ikkyo irimi katameru		
5	Kokyu dosa		

<b>Taigi 6</b>		<b>Ushiro Waza</b>	71 seconds
1		Ushirotori kokyunage	
2		Ushiro tekubitori uragaeshi kokyunage	
3		Ushiro tekubitori zenponage	
4		Ushiro tekubitori kote oroshi	
5		Ushiro tekubitori ikkyo katameru	
6		Ushiro tekubitori sankyo nage	

<b>Taigi 7</b>		<b>Munetsuki and kick</b>	66 seconds
1		Munetsuki kokyunagi (cut neck)	
2		Munetsuki ikkyo hantai tenkan katameru	
3		Munetsuki zenpo nage	
4		Maekeri kokyunage (front kick)	
5		Mawashikeri kokyunage (roundhouse kick)	
6		Munetsuki kotegaeshi	

<b>Taigi 8</b>		<b>Ryotetori</b>	50 seconds
1		Tenchi nage irimi	
2		Tenchi nage tenkan	
3		Kokyunage yurei nage	
4		Kokyunage sayu undo	
5		Kokyunage zenpo nage	
6		Kokyunage kirikaeshi	

<b>Taigi 9</b>		<b>Shomenuchi</b>	67 seconds
1		Ikkyo irimi katameru	
2		Ikkyo tenkan katameru	
3		Kokyunage	
4		Kotegaeshi	
5		Kokyunage Kirikaeshi	
6		Kokyunage zenpo nage	

<b>Taigi 10</b>		<b>Katatori Shomenuchi</b>	65 seconds
1		Kokyunage irimi (no touch)	
2		Kokyunage tenkan (circle)	
3		Kokyunage tenkan (figure 8)	
4		Nikyo tenkan katameru	
5		Kokyunage sankyo	
6		Kokyunage zenpo nage	

<b>Taigi 11</b>		<b>Katatetori</b>	56 seconds
1		Kokyunage irimi	
2		Kokyunage irimi tenkan	
3		Kosadori kokyunage tenkan	
4		Kosadori kokyunage makikaeshi	
5		Kosadori kokyunage irimi makikaeshi nage	
6		Kosadori kokyunage kirikaeshi	

<b>Taigi 12</b>		<b>Katatetori Ryotemuchi</b>	66 seconds
1		Kokyunage irimi	
2		Kokyunage tenkan	
3		Kokyunage nikyo katameru	
4		Kokyunage ikkyo irimi katameru	
5		Kokyunage zenpo nage	
6		Kokyunage (throw ball)	

<b>Taigi 13</b>		<b>Yokomenuchi</b>	61 seconds
1		Kokyunage irimi	
2		Kokyunagejuji irimi nage	
3		Kokyunage atemi	
4		Shihonage irimi tobikomi	
5		Kotegaeshi (circle)	
6		Kokyunage zenpo nage kirikaeshi	

<b>Taigi 14</b>		<b>Katatori</b>	85 seconds
1		Ikkyo tenkan katameru	
2		Nikyo irimi katameru	
3		Sankyo tenkan katameru	
4		Yonkyo irimi katameru	
5		Kokyunage ushiromuki	
6		Kokyunage ushiromuki furikaette yokomenuchi	

<b>Taigi 15</b>			89 seconds
1		Shomenuchi ikkyo irimi katameru	
2		Yokomenuchi kokyunage hachi-no-ji	
3		Munetsuki zenpo nage	
4		Katatori nikyo irimi katameru	
5		Ushirotori kokyunage zenpo nage	
6		Ushiro tekubitori sankyo nage	

<b>Taigi 16</b>		<b>Zagi</b>	60 seconds
1		Shomenuchi ikkyo irimi katameru	
2		Shomenuchi ikkyo tenkan katameru	
3		Katatori shomenuchi kokyunage	
4		Shomenuchi kokyunage	
5		Munetsuki kote oroshi katameru	
6		Yokomenuchi kokyunage	

<b>Taigi 17</b>		<b>Zagi Handachi</b>	54 seconds
1		Katatetori kokyunage	
2		Katatetori kokyunage kirikaeshi	
3		Shomenuchi kokyunage	
4		Ushiro katatori kokyunage	
5		Munetsuki kote oroshi	
6		Yokomenuchi kokyunage	

<b>Taigi 18</b>		<b>Ushiro Waza</b>	72 seconds
1	Hagaijime	kokyunage	
2	Katatori	kokyunage hikoki	
3	Katatori	kokyunage suikomi	
4	Katatori	kokyunage zenpo nage	
5	Tekubitori	kubishime uragaeshi kokyunage	
6	Tekubitori	kubishime zenpo nage	

<b>Taigi 19</b>		<b>Munetsuki</b>	52 seconds
1	Uchiwanage	kubikiri	
2	Zenpo nage	kubiuchi	
3	Uchiwanage	menuchi	
4	Irimi	sudori	
5	Shomenuchi		
6	Hantai tenkan	kotegaeshi	

<b>Taigi 20</b>		<b>Futari Sannin Waza</b>	82 seconds
1	Futari ryotemuchi	kokyunage zenpo nage	
2	Futari ryotemuchi	kokyunage senaka awase	
3	Futari ryotemuchi	kokyunage seiretsu	
4	Futari ryotemuchi	shihonage	
5	Sannin ryotemuchi	kokyunage seiretsu	
6	Sanningake (or goningake)	randori	

<b>Taigi 21</b>		<b>Tanto Tori</b>	131 seconds
1	Shomenuchi	kotegaeshi	
2	Shomenuchi	kokyunage	
3	Yokomenuchi	kokyunage gokyu katameru	
4	Yokomenuchi	irimi sakate	
5	Yokomenuchi	shihonage	
6	Munetsuki	kotegaeshi	
7	Munetsuki ikkyo	hantai irimi katameru	
8	Munetsuki	kokyunage zenpo	
9	Munetsuki	hijiuchi menuchi	
10	Munetsuki	kaiten nage	

<b>Taigi 22</b>		<b>Bokken Tori</b>	106 seconds
1	Shomenuchi	irimi sudori kokyunage katameru	
2	Shomenuchi	kotegaeshi (right)	
3	Shomenuchi	irimi dori (left)	
4	Yokomenuchi	kokyunage irimi	
5	Yokomenuchi	shihonage (left)	
6	Munetsuki	kotegaeshi (right)	
7	Munetsuki	kokyunage zenpo	
8	Munetsuki	kokyunage irimi sudori	
9	Douchi	kokyunage katameru	
10	Yokobarai	kokyunage katameru	

<b>Taigi 23</b>	<b>Jo Tori</b>	124 seconds
1	Shomenuchi irimi sudori kokyunage katameru	
2	Shomenuchi kotegaeshi (right)	
3	Shomenuchi irimi dori (left)	
4	Yokomenuchi shihonage (left)	
5	Yokomenuchi kokyunage zenpo nage	
6	Munetsuki kokyunage tsukikaeshi	
7	Munetsuki kokyunage zenpo	
8	Munetsuki kokyunage kirikaeshi	
9	Douchi kokyunage katameru	
10	Yokobarai kokyunage katameru	

<b>Taigi 24</b>	<b>Jo Nage</b>	68 seconds
1	Kokyunage	
2	Kokyunage zenpo nage	
3	Sakate mochi kokyunage zenpo	
4	Shihonage	
5	Nikyo	
6	Kotegaeshi	
7	Kokyunage kirikaeshi	
8	Kokyunage ashi sukui	

<b>Taigi 25</b>	Bokken Part 1	

<b>Taigi 26</b>	Bokken Part 2	

<b>Taigi 27</b>	Jo Part 1	

<b>Taigi 28</b>	Jo Part 2	

<b>Taigi 29</b>	<b>Tachi Uchi</b>	80 seconds
1	Koteuchi	
2	Migi douchi	
3	Hidari douchi	
4	Nodo tsuki	
5	Shomenuchi	
6	Hidari yokomen Migi yokomen	

<b>Taigi 30</b>	<b>Shinen kokoro no ken</b>	seconds
1	Shomenuchi	
2	Hidari ashi maeuchi ushirouchi	
3	Migi ashi maeuchi ushirouchi	
4	Hidari yokomenuchi rensoku – Migi yokomen rensoku	
5	Hidari kesa ashi barai	
6	Migi kesa ashi barai	