



Aikido-Yoga

Knife (*Tanto* / *Tanken*)

Training Syllabus

Solo Practice:

1. Tachi Rei / Formal bowing methods – while standing with a wooden or live blade.
2. Za Rei / Formal bowing methods – while kneeling with a wooden or live blade.
3. Reigi / Etiquette – including weapons handling of wooden or live blade.
4. Tanto Suburi (Several) / Numerous basic knife movements
5. Tanto Makiwara tanren / Makiwara training methods
6. Shurikenjutsu / Throwing methods with tanto & shuriken

Partnered Practice:

1. Tanto Suburi-Awase / Basic blending movements
2. Tanto Awase / Basic blending exercises
3. Tanto-Tachi (Several) / Numerous drills plus variations
4. Ki-Musubi-no-Tanto / Ki blending exercises
5. Tanto Jutsu No Riai / Strategy against multiple attackers
6. **Tanken-dori** / **Basic knife-taking techniques**
7. **Jiyu-waza / Randori** / **Free style takemusu drill-sparring against single or multiple armed attackers**

**** Grading syllabus techniques in green**