

7th KYU Test Requirements (20 days)

4/27/2010

Objectives:

- Understand Aikido etiquettes.
- Able to do Aikido basic movements such as Irimi, Tenkan, and Irimi Tenkan.
- Able to execute Aikido basic techniques such as Ikkyo, Shihonage, Kotegaeshi, and Iriminage.
- Understand Aikido basic stances such as Ai hanmi and Gyaku hanmi.

Technique in Japanese	Meaning
<i>Attack</i> Ai hanmi Katatetori	Same Foot Forward One-hand Grab (Cross hand Grab)
1. IKKYO (Omote & Ura)	Number one technique (front & back)
2. SHIHONAGE (Omote & Ura)	Four-directional throw (front & back)
3. KOTEGAESHI (no tenkan)	Wrist twist
4. IRIMINAGE	Slide in and throw
<i>Attack</i> Gyaku Hanmi Morotetori	Opposite Foot Forward Two hands grab one
5. Morotetori-KOKYUNAGE (Omote)	Breath Throw Move back foot first

6th KYU Test Requirements (20 days)

Objectives:

- Follow proper Aikido etiquettes.
- Able to execute Aikido basic techniques from Shomenuchi. Attack.
- Able to execute Aikido basic techniques from Gyaku hanmi Attack.
- Able to do proper Tenkan and Tenshin.
- Able to improve Kokyu Ryoku(Breathing Power) using Kokyunage and Kokyuhō.
- Able to satisfy a half of the 5th KYU requirements.

Technique in Japanese	Meaning
1. Ai hanmi Katatetori KOTEGAESHI (after tenkan)	Same Foot Forward One-hand Grab Tenkan first and then wrist twist
2. Shomenuchi IKKYO (Omote & Ura)	Straight Frontal Strike Number one technique (front & back)
3. Gyaku hanmi Katatetori Katatetori SHIHONAGE (Omote & Ura)	Opposite Foot Forward One-hand Grab Four-directional throw (front & back)
4. Shomenuchi IRIMINAGE	Straight Frontal Strike Slide in and throw
5. Morotetori KOKYUNAGE (ura)	Opposite Foot Forward Two hands grab one Breath Throw Tenkan first
6. Suwariwaza KOKYUHO	Seiza(sit down) Practice Breathing Power