

AIKIDO SEISHIN KAI

5th KYU GRADING SYLLABUS (min 60 hrs)

NAME..... DATE..... CLUB.....

INSTRUCTOR..... GRADE..... HOURS PRACTICED.....

MAT ETIQUETTE

SHOW CORRECT PROCEDURE IN THE DOJO.....

KAMAE (posture without partner)

MIGI HANMI & HIDARI HANMI.....

KAMAE (posture with partner)

AIHANMI - ADOPT SAME POSTURE.....

GYAKUHANMI - ADOPT OPPOSITE POSTURE.....

KIHON DOSA (fundamental movement)

WITH PARTNER, TURN TENKAN.....

WITH PARTNER, ENTER IRIMI.....

WITHOUT PARTNER, TURN TENKAN.....

WITHOUT PARTNER, TURN IRIMI TENKAN.....

TAI SABAKI (body evasion)

IRIMI ASHI.....

TSUGI ASHI.....

IRIMI.....

TENKAN.....

IRIMI TENKAN.....

KUZUSHI (balance taking)

JODAN.....

CHUDAN.....

GEDAN.....

ATEMI (striking)

SHOMEN UCHI.....

YOKOMEN UCHI.....

TSUKI.....

UKEMI (breakfalls)

BASIC FORWARD & BACKWARD UKEMI.....

WEAPONS

BOKKEN SUBURI 1.....

JYO KATA 1 - 6.....

SHOMENUCHI (STRIKE TO THE HEAD) IKKYO (OMOTE & URA).....

SHOMENUCHI IRIMINAGE.....

KATATETORI SHIHONAGE (OMOTE & URA).....

RYOTETORI (GRAB BOTH WRISTS) TENCHINAGE.....

TSUKI (STRIKE CHEST) KOTEGAESHI.....

USHIRO TEKUBITORI KOTEGAESHI.....

MOROTETORI (TWO HANDS ON ONE WRIST) KOKYUHO.....

GENERAL COMMENTS

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