

# AIKIDO SEISHIN KAI

## 6th KYU JUNIOR 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.....

**TERMINOLOGY**

**AI-HAMNI IKKYO**.....

    SHIHONAGE.....

    IRIMINAGE.....

**GYAKU-HAMNI**

    IKKYO.....

    SHIHONAGE.....

    IRIMINAGE.....

**ALL TECHNIQUES MUST BE PERFORMED OMOTE & URA**

**GENERAL COMMENTS**

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