

AIKIDO SEISHIN KAI

7th 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.....

ATEMI (striking)

SHOMEN UCHI.....

YOKOMEN UCHI.....

TSUKI.....

UKEMI (breakfalls)

BASIC FORWARD & BACKWARD UKEMI.....

TERMINOLOGY

AI-HAMNI IKKYO.....

SHIHONAGE.....

IRIMINAGE.....

GYAKU-HAMNI

IKKYO.....

SHIHONAGE.....

ALL TECHNIQUES MUST BE PERFORMED OMOTE & URA

GENERAL COMMENTS

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