

# AIKIDO SEISHIN KAI

## 8th 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.....

### ATEMI ( striking )

SHOMEN UCHI.....

YOKOMEN UCHI.....

TSUKI.....

### UKEMI (breakfalls )

BASIC FORWARD & BACKWARD UKEMI.....

### TERMINOLOGY

AI-HAMNI IKKYO.....

SHIHONAGE.....

IRIMINAGE.....

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

### GENERAL COMMENTS

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