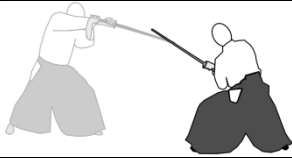
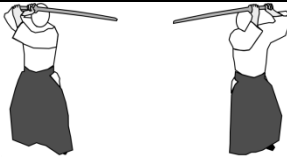
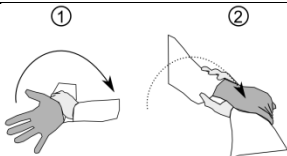


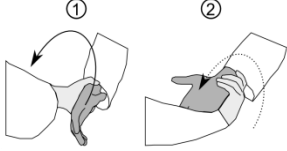
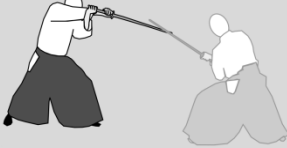



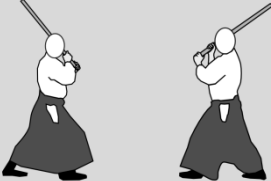
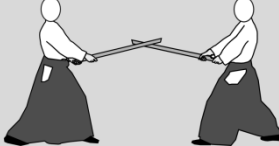


Exam program 3rd KYU

Prerequisites:

- ✓ A minimum of 8 months practice three times a week since the last exam (4th KYU)
- ✓ Knowledge of the techniques and theory required for 6th, 5th and 4th KYU exams
- ✓ Consent of the dojo's technical director.

The literal translation of some Japanese terms is placed between quotation marks "...".

Dojo behavior (Continuation)	<p><i>Etiquette/behavior rules with weapons:</i></p> <ul style="list-style-type: none"> • Acknowledge respect to the weapon in direction of the kamiza when you take it for training (<i>jo, bokken, hojo, shinai, tanto,...</i>). Repeat this at the end of the training before you put it back. • While sitting in <i>seiza</i>, the weapon has to be laid on the right side (exception: the <i>hojo bokken</i> and <i>shinai</i> has to be laid on the left side), (the edge of the blade pointed at you) the handle not further than your knee. • If the weapon has to be laid on the side of the <i>tatami</i>, observe the following rules: <ul style="list-style-type: none"> ✓ No weapon, except the one of the Sensei, has to be laid on the side of the <i>kamiza</i> wall ✓ For swords, knives and other weapons with a sharp tip/blade, they never point in direction of the <i>kamiza</i> when they are laid on the side of the <i>tatami</i>. The edge of the blade points always to the outer side of the training surface. ✓ On the side in front of the <i>kamiza</i>, beginning in the middle of the <i>tatami</i>, the weapons are pointed at the lateral direction. ✓ One never walks over a weapon. Either one avoids it, or one takes it, acknowledges it, passes and puts it down again. 	
Notions to understand / know	bakken no ken migi hidari uchidachi shidachi haru no tachi tai atari	"draw the sword" "sheath the sword" "right" "left" role of the "father" in the <i>hojo kata</i> role of the "son" in the <i>hojo kata</i> "sword of spring" "body check"
Suburis ("exercises") with weapons bokken and jo	shomen uchi cut kiri oroshi cut yokomen uchi cut kessagiri cut defence ikkyo defence uke nagashi attack tsuki movement makiotoshi	vertical cut to <i>chudan</i> level vertical cut to <i>gedan</i> level diagonal cut at <i>jodan</i> level diagonal cross cut from <i>hasso</i> to <i>gedan</i>  similar movement to <i>ikkyo omote</i>  protection of the head, tip directed towards the partner, <i>tai sabaki: tenshin</i> to stab: <i>bokken</i> and <i>jo</i> , <i>chudan</i> and <i>jodan</i>  <i>shimohanen</i> (the drawing at left is based on the grip <i>katate tori gyaku hanmi</i>)

	movement tekubigaeshi	 <p><i>kamihanen</i> (the left drawing is based on the grip <i>katate tori gyaku hanmi</i>)</p>
Kamae ("positions") with weapons bokken, jo, hojo	tenchinage	 <p>position tip in front, hands higher than the point</p>
	genkei kokyu nage	 <p>position tip in front, hands lower than the point</p>
	jodan no kamae	 <p>position weapon over the head</p>
	waki gamae	 <p>position yang, weapon horizontal pointed backwards; <i>migi, hidari</i></p>
	hasso kamae	 <p>position yin ; weapon holding near the temple; <i>migi, hidari</i></p>
	chudan no kamae (or seigan pointing to third eye)	 <p>position weapon in front pointed direction the throat of the partner</p>
	naname or gedan no kamae	 <p>position weapon diagonal downwards; <i>migi, hidari</i></p>
Specific movement in hojo	unpo	 <p>specific way of walking with the feet parallel, synchronized with the breathing, the gaze straight ahead, sink in the knees, the hands open around the center (hara)</p>

Technical program

Attacks		Techniques	Explanations, theoretical complement	
SUWARIWAZA			"practice on the knees"	
Shomenuchi kiawase	1	Ikkyo omote / ura	For <i>ura</i> : basic and variation	
	2	Nikyo omote / ura	For <i>ura</i> : through <i>hijikime osae</i>	
	3	Iriminage	until <i>osae</i>	
Katatetori gyakuhanmi	4	Shihonage	<i>hanmi hantachi</i> : 2 forms, 1. <i>tori</i> stays in <i>suwari waza</i> , 2. <i>tori</i> stands up after the attack	
TACHIWAZA			"standing practice"	
Shomenuchi kiawase	5	Iriminage	basic and variation	
	6	Kotegaeshi		
	7	Sumiotoshi	basic (with <i>atemi</i>)	
	8	Aikigoshi		
	9	Shihonage	entry counter-attack <i>yokomen uchi</i>	
	10	Udekimenage		
	11	Uchikaitennage	enter <i>irimi tenkan</i> , like for <i>sumiotoshi</i>	
	12	Ikkyo ura	<i>kakarigeiko</i> (3 <i>uke</i>): <i>gyaku!</i>	
Katatetori aihanmi	13	Ikkyo omote / ura	<i>omote</i> : enter with little <i>tenkan tenshin</i>	
	14	Nikyo omote / ura	<i>ura</i> : <i>irimi tenkan</i>	
	15	Sankyo omote / ura	<i>omote</i> : enter with little <i>tenkan tenshin</i> <i>ura</i> : <i>irimi</i> with cutting <i>kiri oroshi</i>	
	16	Shihonage	<i>jodan kuzushi!</i> 1. direct, 2. <i>tenkan tenshin</i> (<i>shimohanen</i> and <i>kamihanen</i>), 3. <i>irimi tenkan tenshin</i>	
	17	Uchikaitensankyo	<i>irimi tenkan sabaki</i>	
Katatetori gyakuhanmi	18	Uchikaitensankyo	<i>tenkan sabaki</i> , liberation <i>chudan yang</i> → take <i>sankyo</i>	
Ryotetori	19	Shihogirikokyunage	enter <i>irimi tenkan sabaki</i>	
	20	Torifunekokyunage	enter <i>irimi tenkan sabaki</i> , 2 forms	
Katate ryotetori	21	Genkeikokyunage	<i>tanren tenkan sabaki</i>	
	22	Kiritoshi	<i>kigata</i> : 1. intial contact <i>chudan yin omote</i> , <i>irimi tenkan</i> 2. intial contact <i>chudan yang ura</i> , <i>tenkan</i>	
	23	Maeotoshi	<i>ushiro ashi tenkan</i> : 1. intial contact <i>jodan yang omote</i> 2. intial contact <i>chudan yin ura</i> (<i>tai no henko</i>)	
	24	Hikiotoshi	<i>mae ashi tenkan</i> : 1. intial contact <i>chudan yang omote</i> 2. intial contact <i>chudan yang ura</i>	
	25	Kotegaeshi	<i>kigata</i> , <i>irimi tenkan</i> , intial contact <i>chudan yin omote</i>	
Ushiro ryotetori	26	Tenchinage	enter <i>mae ashi tenshin</i> : on the first and second hand (<i>tate ichi monji</i>)	
	27	Genkeikokyunage		
Katatori menuchi	28	Iriminage	<i>tenkan sabaki</i> : 1. <i>shimohanen kata no te</i> 2. <i>kamihanen uchi no te</i>	
	29	Ikkyo (omote)		
Yokomenuchi	30	Kotegaeshi	enter <i>ushiro ashi Irimi tenkan kirioroshi sankakutai</i>	basic and variation
	31	Ikkyo		
	32	Ipponseoi		

<i>Buki waza</i> "weapons practice"	<i>katas</i> ¹	<i>Explanations, theoretical complement</i>
Kumi tachi		"work with <i>bokken</i> "
1	Ichi no tachi "father" & "son"	1 st <i>bokken kata</i>
2	Ni no tachi "father" & "son"	2 nd <i>bokken kata</i>
Kumi jo		"work with <i>jo</i> "
3	1 st kata of Ikeda Sensei	<i>omote kata</i>
4	2 nd kata of Ikeda Sensei	<i>ura kata</i>
5	3 rd kata of Ikeda Sensei	<i>hiki otoshi kata</i>
6	4 th kata of Ikeda Sensei	<i>mae otoshi kata</i>
Hojo		From Kashima Shinden Jikishinkage-ryū
7	haru no tachi "father" & "son" ²	"spring sword"

Theoretical knowledge: Aikido systematic

Table 1: *Kumi jo*, 1st kata from Ikeda Sensei (*omote*)

	Movement of the <i>kata</i>	<i>tai / ashi sabaki</i>	Corresponding entry of the basic techniques to the attack <i>kiawase</i>	Corresponding to the <i>otoshi</i> techniques to the attack <i>katate ryote tori</i>	The whole <i>kata</i> corresponds to
1	<i>tsuki</i>	<i>mae ashi tenkan linear, kaiten</i>	<i>iriminage</i>	<i>hiki otoshi omote</i>	<ul style="list-style-type: none"> ○ <i>uchi kaiten nage</i> with <i>gyakuhanmi</i> ○ <i>iriminage</i> on <i>kiawase</i> ○ <i>kimussubi no te kokyū</i>
2	<i>uke nagashi</i>	<i>irimi</i>	<i>ikkyo ura</i>	-	
3	<i>kiri oroshi</i>	<i>(ushiro ashi) tenkan</i>	<i>kotegaeshi</i>	<i>mae otoshi omote</i>	
4	<i>shomen uchi</i>	<i>Irimi</i>	<i>shihō nage</i>	-	
5	Return to <i>chudan</i> position	<i>mae okuri ashi</i> or <i>mae tsugi ashi</i>	-	-	

Table 2: *Kumi jo*, 2nd kata from Ikeda Sensei (*ura*)

	Movement of the <i>kata</i>	<i>tai / ashi sabaki</i>	Corresponding to the <i>otoshi</i> techniques to the attack <i>katate ryote tori</i>	The whole <i>kata</i> corresponds to
1	<i>tsuki</i>	<i>(ushiro ashi) tenkan, mae okuri ashi</i>	<i>mae otoshi ura</i>	<ul style="list-style-type: none"> ○ <i>soto kaiten kaiten nage</i> with <i>gyakuhanmi</i>
2	<i>uke nagashi</i>	<i>irimi</i>	-	
3	<i>tsuki (jodan)</i>	<i>mae ashi tenkan, kaiten</i>	<i>hiki otoshi ura</i>	
4	<i>shomen uchi</i>	<i>irimi</i>	-	
5	Return to <i>chudan</i> position	<i>mae okuri ashi</i> or <i>mae tsugi ashi</i>	-	

The 3rd kata is made up of half of the 1st kata (movements 1-2) and the second half of the 2nd kata (movements 3-4-5). The 4th kata is made up of half of the 2nd kata (movements 1-2) and the second half of the 1st kata (movements 3-4-5).

Table 3: correspondences

Element	<i>otoshi</i> techniques	Fundamental principles
Water	<i>mae otoshi</i>	<i>ikkyo / sumiotoshi</i>
Earth	<i>hiki otoshi</i>	<i>nikyo / kotegaeshi</i>
Air	<i>kiri otoshi</i>	<i>sankyo / iriminage</i>
Fire	<i>kaiten otoshi</i>	<i>yonkyo / shihonage</i>

¹ The exact detailed descriptions of the katas required in the exam are described in the book "Aikido Sanshinkai: Buki Waza, the practice of weapons in Aikido". This book can be obtained directly from *Dojo de Neuchâtel - Espace Culturel* or ordered over the internet.

² This kata is the subject of an article in the SSKL N°7 in which it is detailed step by step. This article can be downloaded free of charge on the site www.dojo-ne.ch in section San Shin Kai Letter.