

## Exam program 6<sup>th</sup> KYU

**Prerequisites:**

- ✓ A minimum of 6 months practice twice a week since beginning aikido (enrolment in the dojo),
- ✓ Consent of the dojo's technical director.





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

<b>Dojo behaviour</b>		Bow when entering and leaving the mats. Bow when entering and leaving the Dojo. Read the Dojo's etiquette rules.	
<b>Za Ho</b> "manners of sitting"		<b>Seiza</b>	"correct sitting": sitting on the knees
		<b>Anza</b>	"sitting in peace": sitting with crossed legs
<b>Notions to understand / know</b>		<b>O'Sensei</b>	founding master of Aikido
		<b>Dojo</b>	name of the place where we practice, means "place of awakening"
		<b>Tatami</b>	the mats on which we practice
		<b>Onegai shimasu</b>	"I humbly ask of you", said at the first bow at beginning of training. The basic connotation is the feeling of exchanging "good will" towards the "future" of the two meeting parties.
		<b>Domo arigato gozaimashita</b>	"thank you very much", said at the last bow at the end of training
		<b>Tori</b>	"the one who performs the technique", the person attacked
		<b>Uke</b>	"the one who receives the technique", the person attacking
<b>Kokyu ho</b> "breath exercises"	<b>Dai en kokyu ho</b> "breathing in large circles"	<b>Yo no te kokyu, 1<sup>st</sup> form</b>	YANG breathing form, palms facing outwards
		<b>In no te kokyu, 2<sup>nd</sup> form</b>	YIN breathing form, palms facing inwards
		<b>Ki mussubi no te kokyu: 3<sup>rd</sup> form</b>	breathing corresponding to the 5 <sup>th</sup> element
		<b>A UN no kokyu</b>	"A UN" or OM breathing
<b>Keiko</b> "exercises"		<b>Torifune undo</b>	"rowing movement": 1. left foot in front, HEY-HO 2. FURITAMA (shake your hands) 3. right foot in front, HEY-SA 4. FURITAMA (shake your hands) 5. (optional) left foot in front, HEY-HEY 6. (optional) FURITAMA (shake your hands)
		<b>Ikkyo undo</b>	throw your hands energetically forward to shoulders' height, draw your hands back to the hips clenching your fists
		<b>Tai no henko</b>	move tenkan, both hands in front, palms directed upwards
<b>Tai / ashi sabaki</b> "moving of the body / the legs (feet)"		<b>Irimi</b>	make one step forward, enter with the body
		<b>Tenkan</b>	place your front foot off the line and turn
		<b>Irimi tenkan</b>	make a step forward and turn your body around the front leg/foot
		<b>Kaiten</b>	pivot on the spot without making any steps
<b>Ukemi</b> "falls & rolls"		<b>Ushiro ukemi (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> form)</b>	roll backwards, roll forwards with 4 different arrival positions
		<b>Mae kaiten ukemi</b>	rolling fall forwards
		<b>Ushiro kaiten ukemi</b>	rolling fall backwards

### Technical program

TACHI WASA			"standing practice"
Attacks		Techniques	Explanations, theoretical complement
Kiawase shomen uchi	1	Kotegaeshi	bear's paw(!): catch the wrist while moving <i>irimi tenkan tenshin kaiten</i>
	2	Iriminage	counterattack to the neck while moving <i>irimi tenkan kaiten</i>
Katatetori ai hanmi	3	Ikkyo omote	counterattack to the face, then seize the elbow, then zigzag, immobilisation on the floor
	4	Ikkyo ura	counterattack to the face then seize the elbow while moving <i>irimi tenkan kaiten</i> , immobilisation on the floor
Ryotetori	5	Tenchinage	"projection heaven-earth", YANG technique
	6	Genkei kokyu nage <sup>1</sup>	the most important of all techniques! YIN technique
Katatetori gyaku hanmi	7	Shiho nage omote	step in front of <i>uke</i> pass under his/her arm and cut
	8	Shiho nage ura	step behind <i>uke</i> pas under his/her arm and cut

### Theoretical knowledge

The 4 important techniques of AIKIDO	IKKYO "first principle"	KOTE GAESHI	IRIMI NAGE	SHIHO NAGE
Directions / associated fundamental movements	Top-down (or bottom-up) 	Lateral (from the left to the right or from the right to the left) 	Forwards (or backwards) 	Spiral form or circle form 
Associated natural elements	WATER	EARTH	AIR	FIRE

### Omote ("the front") and ura ("the rear")

Every Aikido technique can be performed in an *omote* version and in an *ura* version. However, certain techniques are in their essence rather *omote* techniques (e. g. *kotegaeshi*), others are rather *ura* techniques (e. g. *alki goshi*). Still others can be executed in *omote* as well as in *ura* (e. g. *ikkyo*, *shiho nage*, ...).

Often, in the *omote* versions the partner is in front of us or we are stepping in front of him, whereas with *ura* we go behind the partner. Another difference between *omote* and *ura* is that with *omote* we will mostly divert the force-energy of the partner and we try to impose ourselves, whereas with *ura* we rather let the partner pass and we absorb his force-energy.

Typically, if the partner is much stronger and heavier, one will choose to work in *ura*.

The concept *omote/ura* is not to be mixed up with the concept of yin/yang. The two concepts are not mutually exclusive, both can be present at the same time.

<sup>1</sup> For more insights about this technique, have a look the articles "Genkei kokyu nage" in San Shin Kai Letter No. 1 & 2 available for download at [www.dojo-ne.ch](http://www.dojo-ne.ch) under the heading San Shin Kai Letter.