

Examination Program 8th KYU

→ A minimum of 6 months practice of once per week since passing the 9th Kyu or after the start of Aikido practice.

Intended for children 8 to 14 years

Rules of Behaviour		Bowing on entering and leaving tatami and knowledge of rules of the Dojo
Za Ho ("Ways to keep sitting")	Seiza	"Correct sitting": sitting position on his knees
	Anza	"Sitting in peace": seating position of the tailor
Concepts to understand / know	O'Sensei	Master founder of Aikido
	Dojo	Name of the location where the practice takes place, translates as "place of awakening"
	Tatami	The mats on which we practice
Kokyu Ho ("Breathing exercises")	Dai En Kokyu Ho, 1 st form	"Breathing in wide circles": form YANG, hands to outward-oriented
	Dai En Kokyu Ho, 2 nd form	"Breathing in wide circles": form Yin, hands turned toward the interior
	3 rd short form	Lift the arms while breathing in. Drop the arms while breathing out.
Keiko: Torifune ("Exercises: rowing movement")		1. Left foot forward, HEY-HO 2. Shake the hands 3. Feet right forward, HEY-SA 4. Shake the hands
Tai / Ashi Sabaki ("Movement of the body / of the legs")	Irimi	To make a step forward
	Tenkan	Remove the front leg of the line and rotate the body around the foot
	Irimi tenkan	To make a step forward + rotate around the front leg
	Kaiten	Rotate on the spot
Ukemi ("Falls")	Ushiro Ukemi and Hantachi (1 st , 2 nd and 3 rd forms)	"Ding dong" in rear with 3 different positions of arrival in front
	Mae Kaiten Ukemi	Forward Roll
	Ushiro Kaiten Ukemi	Backward Roll
	Mae Ukemi	Forward Fall (hand slap, leg slap)
	Yoko (Kaiten) Ukemi	Roll to the side
Attacks	Shomenuchi Kiawase	The hand attacks the chin of the partner
	Katatetori Ai Hanmi	Attack or seizing the wrist of the partner diagonally (right hand grabs the right hand, or left hand grabs the left hand)
	Ryotetori	Attack or grab both wrists of the partner (from the front)
TACHI WASA		"standing practice"
Attacks¹		Technical
Shomenuchi Kiawase	1	Ikkyo Ura Take the elbow, while moving irimi tenkan kaiten
	2	Kotegaeshi "Bear Paw": take the wrist by moving irimi tenkan kaiten tenshin
	3	Iriminage Take the neck, while moving irimi tenkan kaiten
Katatetori Ai Hanmi	4	Ikkyo Ura Take the elbow, while moving irimi tenkan kaiten
	5	Kotegaeshi "Bear Paw" : take the wrist by moving irimi tenkan kaiten tenshin
	6	Iriminage Take the neck, while moving irimi tenkan kaiten
Ryotetori	7	Tenchinage Projection "heaven-earth"

¹ Drawings defining and explaining the main attacks of Aikido as well as foot movements (Ashi Sabaki) are downloadable on our website <http://www.aikido-ne.ch> in the topic San Shin Kai Letter