

## Examination Program 6<sup>th</sup> KYU

→ A minimum of 1 Year of practice at the rate of once per week since passing 7<sup>th</sup> Kyu.

Intended for children ages 10 to 14 years

<b>Rules of Behavior</b>		Bowing on entering and leaving the tatami and knowledge of the rules of the Dojo
<b>Za Ho</b> ( "Ways to keep sitting")	Seiza	"Correct Sitting": sitting position on his knees
	Anza	"Sitting in peace": seating position of the tailor
<b>Concepts to understand / know</b>	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
	Tori	"The one that executes the technique "
	Uke	"The one who receives the technique", the attacker
<b>Kokyu Ho</b> ( "Breathing exercises")	Dai En Kokyu Ho, 1 <sup>st</sup> form	"Breath in large circles": YANG form, hands (palm) turned outwards
	Dai En Kokyu Ho, 2 <sup>nd</sup> form	"Breath in large circles": YIN form, hands (palm) turned inwards
	3 <sup>rd</sup> short form	Raise the arms when breathing in, lower the arms when breathing out
	3 <sup>rd</sup> long form	5 <sup>th</sup> Element
<b>Keiko</b> "Exercises"	Torifune ( "Rowing movement")	1. Left foot forward, HEY-HO 2. Shake the hands 3. Right foot forward, HEY-SA 4. Shake the hands
	Ikkyo Undo (+Kiawase)	Raise the hands (fingers open) vigorously up and forward to the height of the shoulders, then back to the hips with closed fists
	Tai no Henko	On tenkan, both hands in front of you, palms facing upwards
<b>Tai / Ashi Sabaki</b> ( "movement of the body / feet")	Irimi	Make a step forward
	Tenkan	Remove the front leg of the line +rotate the body around the front foot
	Irimi tenkan	Make a step forward + rotate around the front foot
	Kaiten	Rotate on the spot
<b>Ukemi</b> ( 'Falls')	Ushiro Ukemi and Hantachi (1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> forms)	4 different positions of arrival in front
	Mae Kaiten Ukemi	Forward Roll
	Ushiro Ukemi Kaiten	Backward Roll
	Mae Ukemi	Forward Fall (hand slap, leg slap)
	Gyaku Mae Kaiten Ukemi	Forward Roll, rolling on the opposite shoulder of the leg that is forward
<b>Attacks</b>	Yoko (Kaiten) Ukemi	Roll to the side
	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)
	Katatetori Gyaku Hanmi	Attack or seizing the wrist opposite the partner (right hand grabs the left hand, or left hand grabs the right hand)
	Shomen Uchi	Strike to the top of the head
	Yokomen Uchi	Diagonal strike to the temple
Chudan Tsuki	Punch to the stomach	

Examination programs are built according to a systematic teaching of Aikido whose basis were laid by Master Masatomi Ikeda, 7<sup>th</sup> Dan, then technical director of ACSA.

Eric Graf, 11/04/2015

Eric A. Graf 

<b>SUWARI WASA</b>			"Practice to its knees "
<b>Tai / Ashi Sabaki</b> (“movement of the body / feet”)		Mae Shikko Ho	"Moving forward on the knees"
		Ushiro Shikko Ho	"Moving backward on the knees"
<b>TACHI WASA</b>			“standing practice”
<b>Attacks<sup>1</sup></b>		<b>Technical</b>	
Shomenuchi Kiawase	1	Ikkyo Omote	Take the elbow and move zig zag,, immobilization to the ground
	2	Ikkyo Ura	Take the elbow, while moving irimi tenkan kaiten
	3	Kotegaeshi	"Bear Paw" : take the wrist, while moving irimi tenkan kaiten tenshin
	4	Iriminage	Take the neck, while moving irimi tenkan kaiten
	5	Sumi Otoshi	Take the wrist from under, while moving irimi tenkan tenchin and return to take the elbow
Katatetori Ai Hanmi	6	Ikkyo Omote	Take the elbow and move zig zag,, immobilization to the ground
	7	Ikkyo Ura	Take the elbow while moving irimi tenkan kaiten, immobilisation to the ground
	8	Kotegaeshi	"Bear Paw" : take the wrist while moving irimi tenkan kaiten teschin
	9	Iriminage	Take to the neck while moving irimi tenkan kaiten
	10	Udekime Nage Ura	Go under the shoulder with the free arm while moving irimi tenkan
Ryotetori	11	Tenchinage	Projection “heaven-earth”, technical YANG
	12	Genkei Kokyu Nage	The most important of all the techniques! Technical YIN
Katatetori Gyaku Hanmi	13	Shiho Nage Omote	Move in front of uke, under his arm and cut
	14	Shiho Nage Ura	Move behind uke, under his arm and cut

### Theoretical knowledge

The 4 important techniques of AIKIDO	IKKYO	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	<b>WATER</b>	<b>EARTH</b>	<b>AIR</b>	<b>FIRE</b>

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