



Aikido at the Center

Collierville Arts Academy
aikidomemphis.com • facebook.com/aikidoatthecenter



Yellow Belt (15 Training Days)	Yellow Belt with a Stripe (20 Training Days)
<p>Terminology and Tradition <i>Aikido</i>: Roughly translated as “the way of harmony” <i>Onegai Shimasu</i>: Said at the beginning of class, a request to start practice <i>Domo Arigato Gozaimashita</i>: Thank you <i>Suwari Waza</i>: Techniques done in a seated position <i>Respect</i>: Treating others the way you want to be treated</p> <p>Demonstrate Belt tying and gi folding Attention Seated and standing bows Seiza</p> <p>Ukemi Koho tento undo, rocking back</p> <p>Tachi Waza Migi hanmi, right side forward Hidari hanmi, left side forward Inside and outside spirals</p> <p>Suwari Waza Ryote dori kokyu ho</p>	<p>Terminology and Tradition <i>Sensei</i>: Teacher <i>Dojo</i>: The place where we train <i>Katate Dori</i>: Same side wrist grab <i>Irimi</i>: Entering <i>Tenkan</i>: Turning Counting: See bottom of page What is your home address and phone number?</p> <p>Ukemi Koho tento undo, rocking back Ground rolls, forward and backward Shikko</p> <p>Tachi Waza Rowing exercise Push/pull centering Patterns 1 and 2, with inside and outside spirals Katate dori irimi and tenkan, static</p> <p>Suwari Waza Ryote dori kokyu ho</p>
Orange Belt (25 Training Days)	Orange Belt with a Stripe (30 Training Days)
<p>Terminology and Tradition <i>Uke</i>: The person attacking or being thrown <i>Nage</i>: The person being attacked or throwing <i>Ukemi</i>: Falling skills or the art of falling <i>Ki no nagare</i>: flowing energy or moving attack</p> <p>Ukemi Koho tento undo, rocking back Ground rolls, forward and backward Shikko, forward and backward Roly poly</p> <p>Tachi Waza Rowing exercise Push/pull centering 4 directions, shomen and yokomen strikes Katate dori irimi and tenkan, static and ki no nagare</p> <p>Suwari Waza Ryote dori kokyu ho</p>	<p>Terminology and Tradition <i>Omote</i>: Stepping in front of your partner <i>Ura</i>: Turning or stepping behind or to the rear of your partner <i>Ryote dori</i>: Double wrist grab <i>Munetsuki</i>: Punch <i>Kokyu nage</i>: Breath throw</p> <p>Ukemi Ground rolls, forward and backward Roly poly Shikko, forward, backward and spins</p> <p>Tachi Waza 4 Directions, shomen, yokomen, and munetsuki Katate dori irimi and tenkan, static and ki no nagare Katate dori kokyu nage</p> <p>Suwari Waza Ryote dori kokyu ho</p>



Aikido at the Center

Collierville Arts Academy
aikidomemphis.com • facebook.com/aikidoatthecenter



Green Belt (35 Training Days)	Green Belt with a Stripe (Adult 6th kyu, 40 Training Days)
<p>Terminology and Tradition <i>Morihei Ueshiba or O Sensei:</i> founder of Aikido <i>Morote dori:</i> Uke holds nage's arm with both hands</p> <p>Ukemi Standing front and back rolls Roly poly Shikko, forward, backward, and spins</p> <p>Tachi Waza 4 Directions, shomen, yokomen, and munetsuki Katate dori irimi and tenkan, static and ki no nagare Katate dori kokyu nage, 2 variations Morote dori kokyu ho Shomen uchi ikkyo, omote and ura</p> <p>Suwari Waza Ryote dori kokyu ho</p>	<p>Terminology and Tradition Describe and demonstrate awareness</p> <p>Ukemi Standing front and back rolls Standing back roly poly Shikko, forward, backward, and spins</p> <p>Tachi Waza 4 Directions, shomen, yokomen, and munetsuki Katate dori irimi and tenkan, static and ki no nagare Katate dori kokyu nage, 3 variations Morote dori kokyu ho Shomen uchi ikkyo, omote and ura Shomen uchi iriminage</p> <p>Suwari Waza Ryote dori kokyu ho</p>
Purple Belt (Junior 5th Kyu, 45 Training Days)	Purple Belt with a Stripe (Adult 5th Kyu, 50 Training Days)
<p>Terminology and Tradition <i>Shihonage:</i> Four corner throw <i>Suburi:</i> Practice movements with jo or bokken <i>Jo:</i> Wooden staff <i>Bokken:</i> Wooden sword</p> <p>Ukemi Standing forward and back rolls and roly poly Shikko, forward, backward, and spins Ukemi with adult nage</p> <p>Tachi Waza 4 Directions, shomen, yokomen, and munetsuki Katate dori irimi and tenkan, static and ki no nagare Katate dori kokyu nage, 3 variations Morote dori kokyu ho Shomen uchi ikkyo, omote and ura Shomen uchi iriminage Katate dori shihonage, omote and ura</p> <p>Suwari Waza Ryote dori kokyu ho</p> <p>Jo Suburi Happo giri, 8 direction sword cuts</p>	<p>Terminology and Tradition <i>Tenchi nage:</i> Heaven/earth throw</p> <p>Ukemi Standing forward and back rolls and roly poly Shikko, forward, backward, and spins Ukemi with adult nage</p> <p>Tachi Waza 4 Directions, shomen, yokomen, and munetsuki Katate dori irimi and tenkan, static and ki no nagare Katate dori kokyu nage, 3 variations Morote dori kokyu ho Shomen uchi ikkyo, omote and ura Shomen uchi iriminage Katate dori shihonage, omote and ura Ryote dori tenchi nage</p> <p>Suwari Waza Ryote dori kokyu ho</p> <p>Jo Suburi Happo giri, 8 direction sword cuts 1-5 Thrust series</p>