

Aikido at the Center • 6th Kyu

Stance	Seiza Hidari hanmi Migi hanmi	seated position left stance right stance
Footwork	Irimi Tenshin Kaiten Single tenkan Double tenkan	
Pattern 1	Front-foot sidestep Back-foot sidestep	
Pattern 2	Back-foot front step Front-foot back step	
Solo Ukemi	Rocking back Ikkyo ukemi Front roll Back roll High fall position switching sides Seated roly-poly Standing back roly-poly Rowing exercise	
Attacks	Shomenuchi Yokomenuchi Shomen tsuki Mune tsuki Ryokatatori Katatetori Ryotetori Katatetori/shomenuchi Katatetori/tsuki Kosatori Kosatori/shomenuchi Kosatori/tsuki Gyaku yokomenuchi	front of head strike side of head strike high punch middle punch double shoulder grab same side single hand grab double wrist grab cross side single hand grab backfist
Centering	Push/pull katatetori	open and closed stance
Four Doorways Nage and Uke	Kosatori Ikkyo Omote Katatetori Shihonage Omote Kosatori Kotegaeshi Omote Katatetori Uzumaki Omote	

No minimum day requirement.

Candidate must present a practice demo prior to official demonstration.