

## Examination program for 10<sup>th</sup> KYU

→ Minimum of 4 months training, in the rhythm of at least once per week

For children aged 5 to 7 years

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

<b>Rules of the Dojo</b>		1. Bowing before entering and leaving the Tatamis 2. Always watch and listen what the Sensei is showing 3. Treat everybody with respect
<b>Seiza</b> ("sitting correctly")		Position of sitting on the knees, hands on knees, shoulders relaxed, back straight and eyes forward
<b>Kokyu ho</b> "Breathing exercises"	1 <sup>st</sup> form	palm of hand facing outwards
	2 <sup>nd</sup> form	palm of hand facing inwards
<b>Keiko: Torifune</b> ("exercise: rowing exercise")		1. Left foot forward, HEY-HO 2. Join hands and shake 3. Right foot forward, HEY-SA 4. Join hands and shake
<b>Tai / Ashi Sabaki</b> ("Movement of the body and the feet")	Irimi	Make a step forward
	Irimi tenkan	Make a step forward and rotate on the front foot
	Kaiten	Turn on the spot
<b>Ukemi</b> ("Rolling")	Mae Kaiten Ukemi	Forward Roll
	Ushiro Kaiten Ukemi	Backward Roll
<b>Attacks</b>	Shomenuchi Kiawase	Attack to the chin of the partner
<b>SUWARI WAZA</b>		"Techniques on the knees"
<b>Tai Sabaki</b> ("Movement of the body")	Mae Shikko Ho	"Walking forward on the knees"
	Ushiro Shikko Ho	"Walking backward on the knees"
<b>TACHI WAZA</b>		"Standing techniques"
<b>Attack<sup>1</sup></b>		<b>Techniques</b>
Shomenuchi Kiawase	1	Ikkyo Ura Accept the attack with irimi tenkan kaiten

<sup>1</sup> Drawings defining and explaining the principal attacks of the Aikido as well as footwork (Ashi Sabaki) are downloadable on <http://www.aikido-ne.ch> website under the topic San Shin Kai Letter.