

Examination Program 7th KYU


→ A minimum of 6 months practice, at the rate of once per week since passing the 8th KYU

Intended for children 8 to 14 years

Rules of Behavior		Bowing on entering and leaving tatami and knowledge of the 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
	Tori	"The one that executes the technique"
	Uke	"The one who receives the technique", the attacker
Kokyu Ho ("Breathing exercises")	Dai En Kokyu Ho, 1 st form	"Breath in large circles": YANG form, hands (palm) turned outwards
	Dai En Kokyu Ho, 2 nd form	"Breath in large circles": YIN form, hands (palm) turned inwards
	3 rd short form	Raise the arms when breathing in, lower the arms when breathing out
Keiko ("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 / Ashi Sabaki ("movement of the body / feet")	Irimi	To make a step forward
	Tenkan	Remove the front leg of the line and rotate the body around the front foot
	Irimi tenkan	To make a step forward + rotate around the front foot
	Kaiten	Rotate on the spot
Ukemi ("Falls")	Ushiro Ukemi and Hantachi (1 st , 2 nd , 3 rd and 4 th 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
	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)
	Katatetori Gyaku Hanmi	Attack or seizing the wrist opposite the partner (right hand grabs the left hand, or left hand grabs the right hand)

Examination programs are built according to a systematic teaching of Aikido whose basis were laid by Master Masatomi Ikeda, 7[°] Dan, then technical director of ACSA.

Eric Graf, 29/03/2015

Eric A. Graf 

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, while moving irimi tenkan kaiten tenchin
	3	Iriminage	Take the neck, while moving irimi tenkan kaiten
	4	Sumi Otoshi	Take the wrist from under, while moving irimi tenkan tenshin and enter irimi while pushing in the elbow
Katatetori Ai Hanmi	5	Ikkyo Ura	Take the elbow, while moving irimi tenkan kaiten
	6	Kotegaeshi	"Bear Paw" : take the wrist while moving irimi tenkan kaiten tenchin
	7	Iriminage	Take the neck while moving irimi tenkan kaiten
	8	Udekimenage Ura	Go under the shoulder with the free arm, while moving irimi tenkan
Ryotetori	9	Tenchinage	Projection "heaven-earth"
Katatetori Gyaku Hanmi	10	Tenchinage	Projection "heaven-earth"

¹ 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