

Examination program for 9th KYU

→ A minimum of 6 months training since the successful passing of 10th Kyu, 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 "...".

Rules of behavior		1. Bowing before entering and leaving the tatamis 2. Always watch and listen to what Sensei is showing 3. Treat everybody with respect
Seiza ("sitting properly")		Sitting on the knees
Ideas to understand	O'Sensei	The founder of Aikido
	Dojo	Name of the space given to where we practice "place of awakening"
	Tatami	The mats where we practice on
Dai En Kokyu Ho ("Breathing in big circles")	1 st form	Form YANG, hand palm faces outwards
	2 nd form	Form YIN, hand palm faces inwards
Keiko: Torifune ("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
Tai / Ashi Sabaki ("Movement of body and feet")	Irimi	Take a step forward
	Irimi tenkan	Take a step forward and rotate on the front foot
	Kaiten	Turn on the spot
Ukemi ("Rolling")	Mae Kaiten Ukemi	Forward roll
	Ushiro Kaiten Ukemi	Backward roll
	Yoko Ukemi	Sideward roll
Attacks	Shomenuchi Kiawase	Attack the chin of the partner
TACHI WASA		"Standing techniques"
Attacks¹		Techniques
Shomenuchi Kiawase	1	Ikkyo Ura Take the elbow while making Irimi tenkan kaiten
	2	Iriminage Take the neck while making irimi tenkan kaiten
Katatetori Ai Hanmi	3	Ikkyo Ura Take the elbow while making irimi tenkan kaiten

¹ 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.