

Rokyu (Yellow Belt) Practice Sheet

Exercise	Notes
Seiza	Bowing, Rise, Return
Shikko	Knee Walking
Hanmi	Migi (Right) and Hidari (Left)
Ukemi	Back fall with/without slap out
Ukemi	Kneeling roll front/back
Ukemi	Standing roll front/back
Funekogi Undo	Rowing
Ikkyo Undo	High Parry
Tai Sabaki	Ude Furi Undo, Pivot Parry, Tenkan, Push Parry
Hanmi and Ma-ai with a partner	Ai (same) Hanmi, Gyaku (opposite) Hanmi
Atemi with a partner	Yokomenuchi, Shomenuchi, Munetsuki
Tai No Henko	With a partner as both uke and nage
Kokyu Ho / Kokyudosa	Sitting with a partner
Q&A	See Below
10 Hours Minimum	Required

Question	General Answer
What does Aikido mean? Break down the word	The way of harmonizing with energy. ai is harmony/balance, ki is life/energy, do is the way.
What is the name of our school?	The Martial Way
Who is the founder of Aikido and what do we call him?	Morihei Ueshiba, O Sensei

Requirements and Other Notes
Falling and Rolling - prior to test for eligibility, and based on physical ability. Martial mindset is a component of eligibility and must be demonstrated during the test. Parries focus on the traditional bracket parry/block and the inside parry for this level. 10 Hours Minimum Required