

## Sandan (3rd Degree Black Belt) Practice Sheet

Attack	Defense
Traditional Weapons	Ken Tai Jo 1-7
Traditional Weapons	Jo Dori x4
Static Grabs	Freeplay (10)
Grab Punch	Freeplay (10)
Back Grab & Stab	5 each (10)
Static Knife & Gun	5 each (10)
Henka Waza	5 - One Switch / 5 - Two Switch
<b>CHOOSE 4 of the Following</b>	
Free Demo	Freeplay (10)
Two Man Front Grabs	Freeplay (10)
Jiyu Waza (1 Uke)	Freeplay (10)
Variations	Freeplay (10)
Kaeshi Waza	Freeplay (10)
Ushiro Waza	Freeplay (10)
Kicks	Freeplay (10)
Hanmi Handachi	Freeplay (10)
Tackles	Freeplay (10)
Teaching	Submit Seminar Plan
Randori (4 Uke)	Freeplay (15)
2 Years Minimum Required	Kokyu Ho
Sponsor Required	Q & A prior to Test

Question	General Answer
How do the seven virtues of budo apply to our training in both the physical and philosophical aspects of aikido?	<p><b>Honor</b> - physically, we must perform technique with integrity, full focus, and full intention. <b>Benevolence</b> - we should be of the mind that it is right to help others in need, whether a student struggling with technique, or someone who asks for our help, and do our best to help, whether it is in the dojo or in our private lives.</p> <p><b>Rectitude/Justice</b> - a warrior must have a solid conscience and sense of right and wrong. <b>Courage</b> - we must be able to face our fears without hesitation, whether it be trying new techniques, testing, practicing break falls, or encountering a troublesome situation during practice or in our personal lives.</p> <p><b>Loyalty</b> - we must remain loyal to ourselves and our own conscience. <b>Respect</b> - in our practice of aikido, we must respect the humanity of our partners. We should not see them as less than us, and we should always keep them safe during training, as well as valuing constructive feedback.</p>
Where are you taking your martial arts training?	Open
Pick a technique and explain how you make it most effective.	Open

KEY to Comments
<p>NT = NO TURN, PP = POSTURE, GW = GRABBED WEAPON,  R = ROUGH, XX = CRISS CROSS, NP = NO PARRY, M = MA-AI  MG = MAT GENERALSHIP, NB = NAGE BALANCE, UB = UKE BALANCE</p>

Requirements and Other Notes
<p>Falling and Rolling - prior to test for eligibility, and based on physical ability.</p> <p>One-hand grabs, uke threatens with other hand, brown belt &amp; up attack after 2 secs, shodan &amp; up attack after 1 sec.</p> <p>Martial mindset is a component of eligibility and must be demonstrated during the test.</p> <p>Seminar plan should include different aikido styles where possible. Candidate will teach after passing.</p> <p>Free Demo is encouraged to include some other form/style/art and blend into aikido and self defense.</p> <p>Kicks and tackles are standing but nage may elect to defend from hanmi/ground as well.</p> <p>Static knife may include blade at, across or side of the throat, under chin, at stomach, lower back, etc.</p> <p>Static gun may include gun at forehead, back of head, side of head from front or back, to the chest, etc.</p> <p>2 Years minimum required. Sponsor required. Q &amp; A prior to test.</p>