

Ikkyu (Red Belt) Practice Sheet

Attack	Defense
Traditional Weapons	Kumitachi (1-3)
Traditional Weapons	Kumijo (1-5)
Kata Tori	Rokyo (2 step)
Kata Menuchi	Jujinage (back sitfall)
Yoke/Sho (barehand)	Aikiotoshi
Sho/Yoke	Udegarame (low or high)
Mune Tsuki	Kotegaeshi
Yoke/Sho	Shihonage Omote/Ura
Sho/Yoke	Sumiotoshi
Yoke/Sho	Ikkyo Omote/Ura
Sho/Yoke	Koshinage (load only)
Evaluator Choice	Nikyo, Sankyo, Yonkyo
Evaluator Choice	Irimi, Kaiten, Hijinage
Running Front Grabs	Free Play (6)
Yokomen Uchi	Free Play (6)
Shomen Uchi	Free Play (6)
Mune Tsuki	Free Play (6)
Ushiro Waza	-Rear Choke Kotegaeshi -Ryotetori Iriminage -Ryotetori Jujinage -Ryokatatori Kokyunage (coil) -Waistlock Nikyo
Ushiro Waza	Free Play (5)
Hanmi Handachi	Free Play (4)
Randori (2 Uke)	Controlled 15 (start separate)
Q & A	Prior to Test
60 Hours Minimum & Sponsor Required	Kokyu Ho

Question	General Answer
What is the symbolism of the WAY?	Warrior of aikido in you. More on web site. Open ended.
What is your favorite technique and why?	na
What is the center/one point, why is it important, and how does it relate to technique?	The physical one point for a person is located just below the naval. It is important because all movement and technique is driven from the one point, and moving from one's center drives the entire body to create effective technique.. Physically, due to the circular nature of aikido, any momentum generated by technique has its minimum in the center of the circle, and maximum at the boundary of the circle. Therefore, to generate the most effective technique, nage must be at the center of the circle, with the physical center of the technique located at their one point. Philosophically, nage can focus on their one point allowing them to stay calm, and generate technique around them, much like a hurricane has a calm center.
What are the 7 virtues of budo?	Honor, benevolence, rectitude/justice, sincerity, courage, loyalty, respect

KEY to Comments
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

Requirements and Other Notes
<p>Falling and Rolling - prior to test for eligibility, and based on physical ability. Martial mindset must be demonstrated.</p> <p>One-hand grabs, uke threatens with other hand, brown belt & up attack after 2 secs, shodan & up attack after 1 sec.</p> <p>Kata menuchi is a shoulder/lapel grab with a straight punch to the face. Back sitfall for uke ideally.</p> <p>Ude: Sho - low shoulder pin; yoke - high is like a kamura throw. Koshi is load up. Aikiotoshi is full but static throw.</p> <p>Ryokatatori kokyunage is coil/uncoil version and waistlock grab is bear hug under the arms.</p> <p>Evaluator choice is listed with recommendations but could be any technique from a prior test.</p> <p>Parries focus on the over under parry/block from the Sankyu level (brown belt) and forward. Outside parries included.</p> <p>60 Hours minimum required. Sponsor required. Q & A prior to test.</p>