

Sankyu (Brown Belt) Practice Sheet

| Attack | Defense |
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| Traditional Weapons | Boken Shihogiri / Awase 1,5,7 |
| Traditional Weapons | Jo Suburi 11-20 |
| Yoke/Sho | Shihonage Omote/Ura |
| Sho/Yoke | Yonkyo |
| Yoke/Sho | Ikkyo Omote |
| Sho/Yoke | Ikkyo Ura |
| Yoke/Sho | Kaitennage |
| Sho/Yoke | Iriminage |
| Yoke/Sho | Nikyo |
| Sho/Yoke | Kotegaeshi |
| Yoke/Sho | Sankyo |
| Mune Tsuki | Kotegaeshi |
| Mune Tsuki | Kaitennage |
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| Ushiro Waza | -Ryotetori Sankyo -Hook Elbows Iriminage -Ryotetori Kotegaeshi -Kubishime Ikkyo Omote -Ryokatatori Sokumen Iriminage |
| Katatori | Ikkyo Omote/Ura |
| Katatetori | Sankyo (throw, pin) |
| Ryotetori | Tenchinage |
| Katatori | Nikyo |
| Katatetori | Yonkyo |
| Katatetori | Shihonage Omote/Ura |
| Q & A | Prior to Test |
| 50 Hours Minimum & Sponsor Required | Kokyu Ho |
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| Question | General Answer |
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| <p>Who is the founder of aikido? What does Doshu mean?</p> | <p>Morihei Ueshiba is the founder of aikido. Doshu means Leader of the Way and for all of aikido that refers to Moriteru Ueshiba who is O'Sensei's grandson. Doshu also means keeper of the way so it also refers to the leaders of a martial arts dojo.</p> |
| <p>What are the four guiding principles of the martial way and our training?</p> | <p>Correct posture Purposeful and decisive movement Awareness and connection Positive mind</p> |
| <p>What is aikido?</p> | <p>The way of harmonizing energy. The rest of the answer should include examples such as blending with the energy of an attack as opposed to fighting against or resisting it, initiating energy in a self-defense situation, some mention of the center. Generally, an acceptable answer would include a more concrete understanding of blending energy, and save more of the philosophical concepts to shodan.</p> |

| KEY to Comments |
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| <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 |
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| <p>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. One-hand grabs, uke threatens with other hand, brown belt & up attack after 2 secs, shodan & up attack after 1 sec. Parries focus on the over under parry/block from the Sankyu level (brown belt) and forward. Outside parries included. 50 Hours minimum required. Sponsor required. Q &A prior to test.</p> |