

## Yonkyu (Blue Belt) Practice Sheet

Attack	Defense
Traditional Weapons	Boken Suburi 1-7
Traditional Weapons	Jo Suburi 1-10
Katatetori	Shihonage Omote
Katatetori	Shihonage Ura
Katatori	Ikkyo Omote
Katatori	Ikkyo Ura
Shomen Uchi	Ikkyo Omote
Shomen Uchi	Ikkyo Ura
Shomen Uchi	Iriminage
Yokomen Uchi	Shihonage
Shomen Uchi	Nikyo
Ushiro Ryotetori	Ikkyo Omote
Ushiro Ryotetori	Ikkyo Ura
Ushiro Ryotetori	Shihonage Omote
Ushiro Ryotetori	Shihonage Ura
~ Q & A ~	
40 Hours Minimum Required	Kokyu Ho

Question	General Answer
What is the significance of the triangle, circle, square in aikido?	Symbol of self defense movement and technique. Enter on an angle, apply technique in a circle, pin with a square.
Where is the one-point, and why is it important?	The one point is located just below the belly button. It is important because all movement and technique originates at the one point.
Name two of O'Sensei's direct students	Tohei, Yamada, Saito, Shioda, Shimizu, Kisshomaru.

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
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 EITHER the traditional bracket or the over under parry/block. Preference is the inside parry. 40 Hours minimum required.