

Gokyu (Green Belt) Practice Sheet

Attack	Defense
Traditional Weapons	Ken Kamae & Cut (r/l)
Traditional Weapons	Jo Kamae & Thrust (r/l)
Katatetori	Shihonage Omote
Katatetori	Shihonage Ura
Shomen Uchi	Ikkyo Omote
Shomen Uchi	Ikkyo Ura
Shomen Uchi	Iriminage
~ Q & A ~	
30 Hours Minimum Required	Kokyu Ho

Question	General Answer
Where does aikido come from?	Morihei Ueshiba from Japan, who studied daito-ryu jujitsu and blended it with other arts. At one point the art was aiki-jitsu and O'Sensei transformed it to aikido with do being the way.
Translate a technique. i.e. What does Ikkyo mean?	See your instructors for translations.
What are the three planes of attack?	Vertical, horizontal, and direct thrust
What are they, where do they strike?	Yokomenuchi (side of head), Shomenuchi (top of head), and Tsuki (direct midsection)

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 the traditional bracket parry/block and the inside parry for this level. 30 Hours minimum required.