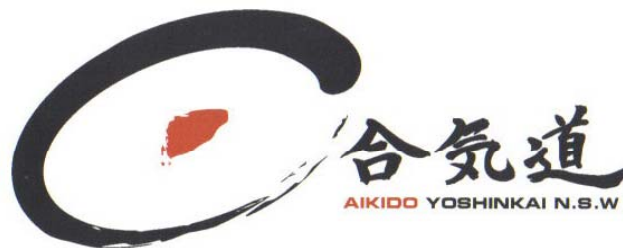


合気道養神会 NSW

Aikido Yoshinkai NSW

Student Handbook
&
Code of Ethics 2012



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Introduction

This booklet is designed to help you ease your way into aikido training. Martial arts is not just a sport or exercise program, it is an activity that will give you the benefits of exercise, provide you with defensive skills and introduce you to a different culture filled with its own traditions and customs.

The style of aikido that we practice, Yoshinkan Aikido, is famous for its dynamic technique and strong adherence to budo. The name Yoshinkan means "house for cultivating the spirit". At Aikido Yoshinkai NSW (AYNSW) we aim to stay true to the methods taught in Japan and build a dojo with students who have both strong spirit and dynamic technique.

Throughout this booklet we will lay out some guidelines for training, glossary of aikido terms, and hints on how to get the most out of your training. The instructors and staff are here to assist you, feel free to approach them anytime should you have questions. Aikido is a learning experience, we learn about aikido, the traditions of Japanese budo, we learn about physiology, about our partners and about ourselves. Be open to new things and you will learn through the process. Most importantly enjoy your training and don't be afraid to ask questions.

- *AYNSW* Instructors.

Darren Friend

Peggy Woo

Dojo Etiquette

When you come to the dojo leave your problems at the door. Try to come with a free and clear mind. Aikido is a time to concentrate on something different to your regular life.

Arriving at the dojo:

1. Please try to arrive at the dojo at least 15-20 minutes before class to allow time for warm-ups/stretching.
2. Upon entering the reception area, bow to the instructor and "*Osu!*" strongly. If no one is at reception you should still "*Osu!*" to let your presence be known.
3. Take off shoes and outerwear (jacket, hat, sunglasses, etc.) and put shoes away neatly in shoe box.
4. Upon entering the main dojo area bow once to the *shomen* (front) before going to change room.
5. When stepping onto the mat, sit in *seiza* (kneel) and bow to the *shomen*.

When on the mat:

1. Please do not lie down/lounge around/sleep on the tatami. While stretching before/between classes is fine, lounging/lying around is not.
2. While we aim to do warm-ups before class, stretching on your own is encouraged.
3. About 5 minutes before class the instructor or senior student calls "*Seirestu!*" (Line up!) and everyone lines up to face *shomen*, heels together and toes on the line, with the most senior students on the right side of the line.

4. The most senior student or instructor (on far right of the line) calls "*Seiza!*" in a loud voice and all students sit down in *seiza* in unison.
5. The few minutes of *seiza* before class is a quiet time for students to clear their minds in preparation for the *keiko* (training). Please refrain from talking during *seiza*.
6. When the instructor comes onto the tatami and sits facing the *shomen*, the person on the far right calls "*Shomen ni rei!*" (*Bow to the front!*) in a loud clear voice. Then everyone bows.
7. When the *sensei* turns to face the students, the caller then says "*Sensei ni rei!*" (Bow to the teacher!) and everyone bows.
8. The sensei then says "Osu!" to greet the students and then students reply with "Osu!" in unison.
9. The instructor then calls "*Kiritsu!*" (*Stand up*) to start the class.

During class:

1. Always bow to your partner at the start of your training before going into *kamae* (basic stance) and at the end when coming out of *kamae* as a sign of respect and showing thanks to your partner for training.
2. Follow the instructor's directions and move **quickly** to positions when instructed.
3. Never walk between partners facing each other as this is bad etiquette.
4. Whenever the instructor is showing a technique or explaining something students should sit in *seiza*.
5. Students should "Osu!" whenever the sensei explains a point or corrects their mistakes.
6. You may ask questions but class is for training, not discussion time. Please keep talking to a minimum. When the sensei is teaching it is time to listen and absorb, not add one's own viewpoint to the technique. **Do not** interrupt the teacher when they are instructing.
7. **Do not** try to teach your training partner, especially if they are a senior rank to you. Everyone is a different level but they have all worked hard to attain their rank and that deserves respect. Students are at the dojo to train and learn, not to teach.
8. The instructor should be addressed as *Sensei* or (name) *Sensei*.
9. When lining up at the end of class the person on the far right calls "*Seiza!*" in a loud clear voice and everyone sits down in unison.
10. That person then calls "*Shomen ni rei!*" (*Bow to the front!*) in a loud clear voice. Then everyone bows.
11. When the *sensei* turns to face the students, the caller then says "*Sensei ni rei!*" (Bow to the teacher!) and everyone bows.
12. The sensei then says "Osu!" and students reply with "Osu!" in unison.

Other points:

- Please try to be on time for class. If you are late, make sure to bow to the sensei immediately after coming onto the mats.
- If you have to leave class early please let the instructor know and make sure you bow to your training partner and the instructor before leaving the class.
- For your safety/comfort and the safety of others please remove watches, rings, bracelets, earrings, etc. before training.
- Try to drink plenty of water before the class to avoid dehydration. This is especially true during the summer months.
- Food/drink is not permitted on the training mats. Consumption of food/drink is permitted in change rooms or reception/front area. Please help us keep the dojo clean and dispose of trash accordingly.
- Smoking and consumption of alcohol is strictly prohibited.
- Anyone who comes to the dojo showing signs of intoxication will not be permitted to train and may be asked to leave the premises.
- No swearing or lewd behavior will be tolerated at the dojo.

Hygiene

We aim to provide a safe and clean environment for training. To ensure that we ask that students make a note of the following:

- Please wash your dogi regularly. The more you train the more frequently it will need washing, especially in the summer months. Be considerate of your training partners and keep your dogi clean.
- To avoid scratching others as well as injuring yourself, finger/toe nails should be kept trim and clean.
- In consideration of others please maintain good personal hygiene when coming to train and ensure that any cuts, scrapes, open wounds are properly bandaged up.
- If at any time during class you feel unwell or start to bleed, inform the instructor, excuse yourself to bandage the cut and clean the blood off the mats. Gloves and bandages are available in the first aid kit near reception.

Wearing your dogi

The dogi (uniform) is something that we should wear with pride. Just as the Samurai looked after their weapons so should we the dogi.

Make sure it is clean. The dogi is white as this represents purity of purpose.

Fold neatly when placing in your bag both before and after training.

Air it out if you don't wash it.

Make sure the knee patches in the pants are worn at the front.

The dogi jacket is always worn left side over right as per Japanese custom.

When tying your belt make sure that both ends are even, representing balance.

Language & Useful Phrases

*The following is a list of Japanese words and phrases you may hear used in Yoshinkan Aikido. Don't be afraid to try them out; have fun learning a bit of the language. Over time you will become more familiar with the Japanese terminology through training. Special thanks to **Robert Mustard Sensei of Aikido Yoshinkai Burnaby** in Canada for letting us use his list of vocabulary and also for his article on "Osu!"*

Ai: Harmony/blend/match

Ai hanmi: Both partners assume the same stance, both right or both left

Aiki nage: Special throw involving timing and Breathing

Aite: Partner

Anza: Sitting cross-legged

Arigatou Gozai Mashita: Thank you very much.

Ashi kubi: Ankle

Atemi: Strike/punch

Bokken: Wooden sword

Budo: The martial way

Buki waza: Weapons techniques

Chigau: Wrong/incorrect

Chikara o nuku: Let go of strength/tension(relax)

Chotto: a little

Chushin: Centre

Dame: Wrong/bad/not permitted

Do: Way/Path

Dogi: Training uniform

Dosa: Movement

Embu: Demonstration

En: Circle

Encho suru: Extend

Eri mochi: Collar grasp

Fukuso o naoshite: Fix your uniform.

Gambatte: Give it your all!/Good luck.

Gomenasai: I'm sorry.

Gamen tsuki: Face thrust/punch

Gawa: Side

Gorei: Command

Gyaku: Reverse

Gyaku hanmi: Both partners assume opposite stances, one right, the other left

Hairu: Enter

Hajime: Begin

Hajime kara: From the beginning

Hakama: a traditional training skirt

Hanmi: Standing position with one foot forward

Hanmi handachi: Shite seated, uke standing

Hantai: Opposite

Hayaku: Quickly

Hidari: Left

Hiji: Elbow

Hiji mochi: Elbow grasp

Hiji-shime: Elbow lock

Hiji osae: Elbow control

Hiriki no yosei: Elbow power

Hiza: Knee

Hojo dosa: Supplementary movement

Ichi ni tsuke: Everyone to their place.

Ikkajo osae: First control

Irimi: Entering movement

Irimi nage: Entering throw

Irimi tsuki: Entering/Step-in thrust

Itai!: Ouch! It hurts!

Jiku: Axis/pivot point

Jiyu waza: Free-style techniques

Jo: Wooden Staff

Jodan: Upper level

Juji nage: Arm cross throw

Jushin: Centre of weight

Jushin no ido: Weight change/shifting

Kagami Gawa: Mirror side

Kaiten: Pivot

Kaiten nage: Pivoting throw

Kakari geiko: Group training

Kakato: Heel

Kamae: Basic stance

Kangeiko: Period of intensive training on winter's coldest days to build spirit

Kata: Shoulder

Katate aya mochi: Cross wrist grasp

Katate mochi: One-handed grab

Keiko: Training

Ken: Sword

Kenshu: Intensive/Research training

Kenshusei: Students practicing intensive training

Keru: Kick

Ki: Unified energy of all of one's powers, mental, physical and spiritual

Kiai: Strong shout utilising ki

Kihon: Basic

Kihon dosa: Basic movements

Kihon waza: Basic techniques

Kime waza: Fixing/locking techniques

Kiriorosu: Cut down

Kiritsu: Stand up

Koho kaiten ukemi: Backward roll

Koho ukemi: Back breakfall

Kokyu ho: Breathing method

Kokyu nage: Breath throw

Kokyu ryoku: Breath power

Koshi: Hips

Kotai: Take turns

Kotegaeshi: Outward wrist turn

Kubi: Neck

Kurikaesu: Repeat

Kuzusu: Break the balance

Kuzushi: Balance breaking

Maai: Distance between partners
Mado gawa: Window side
Me: Eye
Me o akette: Open your eyes
Me o tsubutte: Close your eyes
Metsuke: Visual focus point
Migi: Right
Migi hanmi kamae: Basic right stance
Mina: Everyone
Mo ichi do: Once again
Mo ikkai: Once more
Mochi: Grasp
Mokuso: Meditate
Motto: More
Motto mageru: Bend more
Mukai atte: Face each other
Mune: Chest

Nage: Throw
Naname: Diagonally
Nikajo osae: Second control
Nobasu: Stretch/straighten

Onaji: Same
Onajiku: Same(on the other side)
Osae: Control
Osoi: Late
Otagai ni rei: Bow to each other
Oyo waza: Advanced techniques
Obi: Belt
Owari: Finished/the end

Rei: Bow
Rei-ho: Etiquette
Renshu: Practice
Renzoku: Continuation/series
Riai: Theoretical basis; logical structure
Ryo hiji mochi: Both elbows grasp
Ryo hiza tsuki: Both knees down
Ryote mochi: Both wrists grasp

Saisho kara: From the beginning
Saigo ni: Lastly
Sankajo osae: Third control
Sankaku: Triangle
Sayuu: Right and left
Seiretsu: Line up
Seiza: Kneeling position
Seiza chumoku: Kneel and pay attention
Sekkin: Advance forward?Move in
Sempai: Senior
Senaka o nobasu: Straighten your back.
Sensei: Instructor
Sensei ni rei: Bow to the teacher.
Shiho nage: Four directional throw
Shikkari: Firmly
Shikko ho: Way of knee walking
Shime waza: Locking techniques
Shisei: Posture
Shite: Person performing technique
Shite uke kotai: Change roles

Shochugeiko: Period of intensive training during height of summer heat to build spirit
Shomen: Front
Shomen ni rei: Bow to the front
Shomen tsuki: Front thrust
Shomen uchi: Front strike

Shoukaki Gawa: Fire extinguisher side

Shuchu: Concentration

Shumatsu dosa: Finishing movement. Traditionally this exercise was performed at the end of class, hence "finishing."

Sokumen irimi nage: Side step in throw

Sotai dosa: Movement with partner
Sumasaki: Ball of foot

Sumimasen: Excuse me/ I'm sorry.

Suri ashi: Sliding step

Suwari waza: Kneeling techniques

Tachi waza: Standing techniques

Tai no henko: Turning, body change

Tai sabaki: Body movement

Tandoku: Solo

Tandoku dosa: Solo movement

Tanto: Dagger

Tatami: Rice straw mats, usually used as flooring in martial arts training halls

Tatsu: Stand up

Tegatana: Literally "sword-hand", hand blade

Tekubi: Wrist

Tenchi nage: Heaven and Earth throw

Tokei Gawa: Clock side

Toshite hajime: Start/Do(the technique) just as before

Tsuki: Thrust/punch from entering sliding motion

Tsumasaki: Ball of foot

Tsuyoi(Tsuyoku): Strong(Strongly)

Uchi: Strike

Udegarami: Arm lock

Ude osae: Arm control

Uke: Person receiving the technique or who is being thrown

Ukemi: Breakfalls

Undo: Exercises

Ushiro: Back/behind

Ushiro nage: Throw from behind

Ushiro waza: Techniques initiating from behind Shite

Utsu: Strike/Hit

Waza: techniques

Yame: Stop

Yarinaosu: Do it again correctly

Yoi: Prepare

Yoko: Side

Yokomen uchi: Strike to side of head

Yonkajo osae: Fourth control

Yubi: Finger

Yudou suru: Lead out

Zanshin: Alert and ready manner maintained after completing each technique

Zenpo kaiten ukemi: Forward roll

Zenpo hiyaku ukemi: Jumping forward roll

Numbers

Ichi: 1

Ni: 2

San: 3

Shi: 4

Go: 5

Roku: 6

Shichi: 7

Hachi: 8

Kyu: 9

Ju: 10

Hyaku: 100

Sen: 1000

What is "Osu!" ?

"Osu!" is a shortened form of "Ohayo gozaimasu" (Good morning) but it has a much deeper meaning than that when used with feeling and sincerity. It is used to convey gratitude, humility, comprehension. A more in-depth explanation of "Osu!" is given by **Robert Mustard Sensei** of **Aikido Yoshinkai Burnaby** in an article he wrote for AYI:

All of us who practice Yoshinkan [style] Aikido are familiar with the word "Osu". We use it when we enter the dojo, when we start class, when the Sensei show us a technique, when we pour beer for each other at parties and especially when [the] Sensei yell at us and we don't know what they're talking about! I even use it when I receive my dry cleaning or get my change at the 7-11, which usually results in strange looks from the respective cashiers. But what does "Osu" really mean? Does it have a deeper meaning?

In Japan, the only people who use "Osu" are usually the sports teams of the high schools and universities, and most karate styles. In most companies you will hear "Osu", but it is usually a lazy man's way of saying "Ohayo Gozaimasu" (Good Morning). As far as I know, the only style of Aikido that uses this word is the Yoshinkan style of Gozo Shioda.

Kancho Sensei attended Takushoku University, which has a strong reputation for its hard training in Budo, and it also has a reputation as a stronghold for far right-wing sentiments. My former Kendo teacher was the captain of the Takushoku Kendo team, and he told me training stories that made my hair stand on end. In order to continue the Takudai and old style tradition of hard training (Shugyo), Yoshinkan Aikido continues the use of "Osu" while other styles do not.

If you look at the word "Osu" written in the original Chinese, it is comprised of two characters. The first character is "Osu", which the dictionary defines as "push". The second character is "Nin", which the dictionary defines as "Shinobu", which means endure, persevere, put up with. If you put them together you get - to push ourselves to endure any hardship, in training or in our daily lives.

Also, in the field of Budo it is used as a greeting or reply with the connotation as a sign of your willingness to follow a particular teacher or way of training.

The most important aspect of the word "Osu" is that we must not let the word, through repeated overuse with no feeling, lose its meaning of reminding ourselves to always train as hard as possible. It must come from our hearts and really have meaning. I have had the experience of showing some people techniques or correcting their techniques and their reply of "Osu" has left me feeling that they are not interested in what I have to say or teach and kind of telling me to go away. Needless to say, I refrained from showing or teaching these people further until they showed me by their actions that they wanted to learn.

Surely there can be no greater misrepresentation of Yoshinkan Aikido, than a person saying they practice Yoshinkan Aikido, but their "Osu" has no conviction or spirit. I don't want to give the impression that we should always be screaming OSU at each other at the tops of our lungs, but let's try to find ourselves the conviction to always do our best in our training and also in our daily lives. Kancho Sensei always said, "Aiki soku seikatsu" or "Aikido is life".

I wish you good luck with your training.

*Robert Mustard
Aikido Yoshinkai Burnaby*

Fees and Schedule Information

Tuition Payment

Tuition payment is required in advance. Should a member not be able to pay tuition on time please see an AYNSW staff member to arrange a late payment. We are a training organization 1st. If you are having trouble financially please see the instructor and some arrangement can be made. Its more important to us that you continue your training.

Cancellations

Cancellations made within one week of joining the dojo are eligible for a refund of fees. Dogi (uniform) cannot be refunded.

Schedule

Students are free to train unlimited classes within the published schedule. Schedule is subject to change.

The dojo is shut on all public holidays and over the Christmas/New Year's break. A limited schedule is offered over the Christmas/New Year's period. Schedule is subject to change.

Suspensions

AYNSW encourages students to train as often and as regularly as possible. While dojo membership and training is ongoing in nature, should you be unable to attend training temporarily, you can apply for a suspension. Advance notice must be given and membership suspensions are for a minimum of two weeks. A maximum of 2 suspensions are permitted within any 12 month period. Retrospective suspensions cannot be granted.

Private Lessons

Private lessons may be booked at reception. 24 hours notice is required prior to cancellation or full tuition for the period is charged.

Support Material

There is a wide array of material available on the dojo website

www.aikido-sydney.com.au

This includes history of aikido, recommended video and text, links and video of clinics and demonstrations.

AYNSW is the Australian Distributor for Quest Video Japan, if you want to buy a video to support your training please see reception.

AYNSW Dogi Badges

AYNSW Dogi badges are now available to all students who have been training at AYNSW for more than 1 year. Every student who has been training 1 year or more will receive 1 free badge, additional badges are available for \$5 per badge. The badge is to be sewn on left sleeve of the dogi upper arm. If you have been training 1 year or more please see reception to get your badge.



Aikido Yoshinkai NSW

Instructor Code of Ethics

1. Respect the rights and dignity of everyone. Treat everyone equally regardless of sex, background, race or religion.
2. Ensure all members benefit and have a positive experience.
3. Treat each member as an individual, develop their talent and help them obtain their goals.
4. Be fair, considerate and honest with students.
5. Be professional and accept responsibility for your actions. In language and manner, preparation and presentation. Display control, respect, dignity and professionalism to all. Encourage students to demonstrate the same qualities
6. Commit yourself to providing quality at all levels.
7. Operate within the spirit of budo.
8. Ensure physical contact is appropriate to the situation and necessary for student skill development.
9. Refrain from any personal abuse or harassment towards students. Be alert to any forms of abuse directed to your students whilst in your care.
10. Provide a safe training environment.
11. Show caution and concern towards sick or injured students.
12. Be a positive role model for society.

8th kyu (Red Belt) Test Syllabus

- .Migi hanmi no kamae
- .Hidari hanmi no kamae
- .Seizahou
- .Shikkohou
- .Koho ukemi (down and up)
- .Tai no henko (1)
- .Tai no henko (2)
- .Hiriki no yousei (1)
- .Hiriki no yousei (2)
- .Shumatsu dosa (1)
- .Shumatsu dosa (2)

(All dosa is done without partner; Kihon dosa is done on one side only)

7th kyu (Orange)

- .Migi hanmi no kamae
- .Hidari hanmi no kamae
- .Seizahou
- .Shikkohou
- .Koho ukemi (down and up)
- .Zempo kaiten ukemi
- .Tai no henko (1)
- .Tai no henko (2)
- .Hiriki no yousei (1)
- .Hiriki no yousei (2)
- .Shumatsu dosa (1)
- .Shumatsu dosa (2)
- .Katate mochi shihounage (1)
- .Katate mochi shihounage (2)

(Kihon dosa is done without partners; waza is done right and left sides)

6th kyu (Yellow)

- Migi hanmi no kamae
- 2Hidari hanmi no kamae
- 3Seizahou
- 4Shikkohou
- 5Koho ukemi (stepping back and spinning)
- 6Koho kaiten ukemi
- 7Zempo kaiten ukemi
- 8Tai no henko (1)
- 9Tai no henko (2)
- 1Hiriki no yousei (1)
- 1Hiriki no yousei (2)
- 1Shumatsu dosa (1)
- 1Shumatsu dosa (2)
- 1Katate mochi shihounage (1)
- 1Katate mochi shihounage (2)
- 1Shoumen uchi ikkajou osae (1)
- 1Shoumen uchi ikkajou osae (2)

(Kihon dosa is done without partners; waza is done right and left sides)

5th kyu (Green)

- .Migi hanmi no kamae
- .Hidari hanmi no kamae
- .Ukemi renzoku
- .Tai no henko (1)
- .Tai no henko (2)
- .Hiriki no yousei (1)
- .Hiriki no yousei (2)
- .Katate mochi nikajou osae (1)
- .Katate mochi nikajou osae (2)
- .Shoumen uchi sankajou osae (1)
- .Shoumen uchi sankajou osae (2)
- .Katate mochi sokumen iriminage (1)
- .Yokomen uchi shoumen iriminage (2)
- .Shumatsu dosa (1)
- .Shumatsu dosa (2)

(Ukemi renzoku is done in pairs and consists of Koho ukemi, Zenpo kaiten ukemi and Hyaku ukemi done 3 x right and 3 x left. Kihon dosa is done with partner on right side, but Shumatsu dosa only is done both sides; waza is done right and left sides)

4th kyu(Blue)

- .Migi hanmi no kamae
- .Hidari hanmi no kamae
- .Ukemi renzoku
- .Tai no henkou (1)
- .Tai no henkou (2)
- .Hiriki no yousei (1)
- .Hiriki no yousei (2)
- .Shoumen uchi yonkajou osae (1)
- .Mune mochi hijishime (2)
- .Shoumen uchi kotegaeshi (2)
- .Ryoute mochi tenchinage (1)
- .Suwari waza ryoute mochi kokyuuhou (1)
- .Shite waza
- .Shumatsu dosa (1)
- .Shumatsu dosa (2)

(Ukemi renzoku is done in pairs except for hyaku ukemi and consists of Koho ukemi, Zenpo kaiten ukemi and hyaku ukemi 3 x right and 3 x left. Kihon dosa is done with partner; waza is done right and left sides)

Shitei Waza

- Katate mochi shihounage (1,2)
- Shoumen uchi ikkajou osae (1,2)
- Katate mochi nikajou osae (1,2)
- Shoumen uchi sankajou osae (1,2)
- Katate mochi sokumen iriminage (1)
- Yokomen uchi shoumen iriminage (2)

Taisou

Warm Ups

Warm ups are counted out in Japanese, count loudly with a strong voice. Counting loud is also part of aikido training and builds kiai.

1,2 **ichi, ni** (leader)/ 3,4 san,shi (students), 5,6 **go, roku** (leader) /7,8 shichi ,hachi (students)

<u>Begin Jumping</u>	Count 2 times
<u>Jumping side ways</u>	Count 2 times
<u>Jumping forward and back</u>	Count 2 times
<u>Star Jumps</u>	Count 2 times
<u>Faster Star Jumps</u>	Count 2 times
<u>Jogging</u>	Count 2 times
<u>Legs up Jogging</u>	Count 2 times
<u>Hands on knees, rotating and down / up</u>	Count 2 times
<u>Leg Stretching to the left</u>	Count 2 times
<u>Leg Stretching to the right</u>	Count 2 times
<u>Leg Lower stretching to the left</u>	Count 2 times
<u>Leg Lower stretching to the right</u>	Count 2 times
<u>Legs wide stretching forwards</u>	Count 2 times
<u>Side Stretching to the left</u>	Count 1 time
<u>Side Stretching to the right</u>	Count 1 time
<u>Deeper Side Stretching to the left</u>	Count 1 time
<u>Deeper Side Stretching to the right</u>	Count 1 time
<u>Circle the hips around slowly</u>	Count 2 times
<u>Rotate Shoulders</u>	Count 2 times
<u>Rotate arms</u>	Count 2 times
<u>Rotate Neck</u>	Count 2 times
<u>Relax shake out</u>	

Right leg forward, straightened, run hands to feet, stretch & hold 3 times

Left leg forward, straightened, run hands to feet, stretch & hold 3 times

Right Leg forward Knee bent, left knee is on the mat, role hips forward, weight across right ankle,

Right Leg forward Knee bent, left knee is on the mat, role hips forward, weight across right ankle,

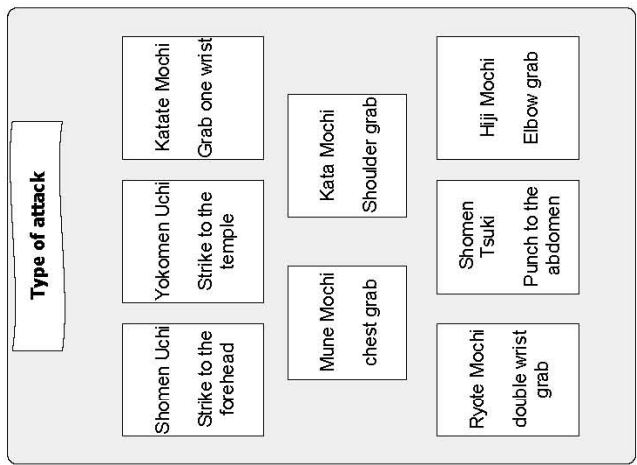
Left Leg forward Knee bent, right knee is on the mat, role hips forward, weight across left ankle

Kneeling hands on the mat push both legs back behind, push heels into the mat, straighten out your legs and arms, lengthen your back, hold the stretch and breathe deeply 5 times.

Keep hands on the mat, Jump up to hands, stretch forwards and hold, release by bending knees.

Taisou o owarimasu!

Aikido Technique Name Structure



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