

TESTING at Tarzana Aikikai

Aikido is a non-competitive practice. Students work to improve their understanding of Aikido and themselves. Testing is optional. We view tests as an opportunity for students to become familiar with a set of movements and techniques, and to share their Aikido with family and friends in a supportive environment.

Students mark their practice days on individual cards kept on file at the dojo. Testing is administered according to number of practice days, and with instructor's permission.

Adults may test according to the requirements of the United States Aikido Federation. There is a \$35 testing fee for 5th-1st kyu. Annual USAF dues are \$35. See USAF testing requirements at

Children may test for stripes or colored belts. After required practice days are met, tests are given at the recommendation of an instructor and may include the following:

YELLOW STRIPE EXAM (no fee)

15 practice days

Ukemi (forward & backward rolls)
Opening movements (tenkan, tenshin, irimi)
Shiko (knee walking)

Gyaku hanmi Katatetori Sumi otoshi
Gyaku hanmi Katatetori Tenkan Kokyu nage (forward and backward)
Ai hanmi Katatetori Ikkyo
Seated Kokyu dosa

YELLOW BELT EXAM (\$10 testing fee)

40 practice days

All of the requirements from Yellow Stripe Exam

Ai hanmi Katatetori Kotegaishi
Gyaku hanmi Katatetori Iriminage
Gyaku hanmi Katatetori Kaitenage

Testing requirements for ORANGE, RED, GREEN, BLUE, PURPLE and BROWN belt tests will be given to individual students in preparation for exams.

Tests are administered on Saturday mornings. Alternate test dates can be arranged with

permission of the Chief Instructor.

AIKIDO VOCABULARY

Sensei (sen-say)	Teacher
O'Sensei	"Great Teacher", Morihei Ueshiba, the founder of Aikido
Seiza (say-za)	Sitting on your heels
Shiko (shee-ko)	Knee walking
Dojo	Practice hall
Ukemi	The Art of Falling
Tenkan	Turning
Tenshin	Stepping back, off the line
Irimi	Entering
Gyaku-hanmi	Mirror-image stance
Ai-hanmi	Same foot forward as partner
Katatetori	One hand grab to wrist
Shomenuchi	Strike to the center of the head
Tsuki (ski)	Punch or thrust
Ikkyo	First wrist technique
Nikkyo	Second wrist technique
Sankyo	Third wrist technique
Yonkyo	Fourth wrist technique
Sumi-otoshi	Corner drop
Kokyu-nage	Breath throw
Kaitenage	Spinning movement (wheel) throw
Iriminage	Entering throw
Tenshinage	Heaven & Earth throw

COUNTING:

Ichi	1
Ni	2
San	3
Shi	4
Go	5
Roku	6
Chichi	7
Hachi	8
Ku	9
Ju	10



AI – HARMONY

KI- ENERGY

DO-WAY

DOJO ETIQUETTE

Proper observance of etiquette is as much a part of your training as is learning techniques. Please be on time for class. If you arrive late, bow onto the mat and sit in seiza until the instructor invites you to join in the class.

1. Please remove your shoes and hat before entering the dojo.
2. No shoes on the mat.
3. When entering or leaving the dojo, perform a standing bow in the direction of the kamiza (the front of the dojo, where the picture of O'Sensei is).
4. A seated bow onto the mat is done before and after class.
5. No eating or drinking on the mat.
6. Remove watches, rings and other jewelry before practice.
7. Keep your fingernails and toenails cut short.
8. Take care of the mats – no sand or sharp objects, no red toenail polish.
9. If you have time before or after class, offer to clean the mat.
10. Avoid sitting with your back to the kamiza or the picture of O'Sensei.
11. Sit seiza or cross-legged during class when the instructor is demonstrating. Do not lean against the walls or sit with legs stretched out.
12. If you should have to leave the mat or dojo for any reason during class, approach the instructor and ask permission.
13. Tell Sensei if you have an injury or don't feel well.
14. Keep your training uniform clean, in good shape and free of odors.
15. Restrooms are available for changing clothes. Please do not change your clothes on the mat.
16. Please keep talking during class to a minimum. What conversation there is should relate to Aikido.
17. Carry out the directives of the instructor promptly. Do not keep the rest of the class waiting for you.
18. Do not engage in rough-housing or needless contests of strength during class.
19. Remember that you are here to learn, and not to gratify your ego. An attitude of receptivity and humility is suggested.
20. Please pay your membership dues promptly. If, for any reason, you are unable to pay your dues on time, talk with the person in charge of dues collection. Special rates are sometimes available for those experiencing financial hardship.
21. If you have any questions, ask your instructor (sensei) or a senior student (sempai).
22. Practice in a joyful manner!

BRAVERY WISDOM LOVE FRIENDSHIP

“The Art of Peace is based on Four Great Virtues: Bravery, Wisdom, Love, and Friendship, symbolized by Fire, Heaven, Earth, and Water.” – O’Sensei