

Kaneohe Aikido Club

Study Sheet #1

POINTS TO REMEMBER WHEN TRAINING AND TESTING

1. When sitting down "*Seiza*", the right knee touch's mat first, followed by the left knee. When standing up, the left knee is raised first, followed by the right .
2. Do not slouch while seated or standing. Maintain your "*Ki*" whenever sitting or standing.
3. When "*Ki* " breathing (sitting *Seiza*), palms should be up (not down!).
4. Counting in Japanese: 1-"Ich", 2-"Ni", 3-"San", 4-"Shi", 5-"Go", 6-"Roku", 7-"Shichi", 8-"Hachi", 9-"Ku", 10-"Ju"
11-"Ju Ich", 12-"Ju Ni", 13-"Ju San", 14-"Ju Yon", 15-"Ju Go", 16-"Ju Roku", 17-"Ju Shichi", 18-"Ju Hachi", 19-"Ju Ku". 20-"Ni Ju"
5. When bowing while standing, keep feet together and bow at 45 degree angle from your waist , keeping back straight, and hold for three (3) seconds.
Men: hands at side of thighs Women: hands in front of thighs
6. Before entering or leaving the Dojo, stop at doorway and bow towards the front of Dojo as a show of respect.
7. Always show respect towards the *Sensei's* as well as fellow students, especially higher ranking students.
8. Remove all earrings, watches, rings, etc. before each training session.
9. Drink water and/or use the restroom before each training session.
10. Arrange your footwear along the edge of the mat (heels against mat).

YUISHIN KAI MOTTO

I am Mind itself.

If I hold positive thoughts in my mind, good things are likely to happen.

Holding negative thoughts in my mind, works against my best interests.

Therefore, even if my body suffers physically, my mind remains optimistic.

Even if I encounter obstacles, my mind is never defeated.

Daily, I fill my heart with thoughts of joy, gratitude and hope.

I face each new day with a bright and optimistic spirit,

Which I express in word and deed.

I have faith in Life, and Life responds in kind.

Kaneohe Aikido Club

Study Sheet #2

BASIC AIKIDO TERMS AND DEFINITIONS

<i>Maai</i>	Distance between Uke and Nage
<i>Hanmi</i>	Feet in "T" position
<i>Tanden</i>	Keeping "One Point"
<i>Nage</i>	Student executing art
<i>Uke(mi)</i>	Student attacking
<i>Waza</i>	Techniques
<i>Seiza</i>	Formal sitting position
<i>Agura</i>	Crossed legs in front sitting position
<i>Te</i>	Hand
<i>Kata</i>	Shoulder
<i>Ushiro</i>	Back
<i>Shikko</i>	"Samurai walk"
<i>Tachiwaza</i>	Standing arts
<i>Suwariwaza</i>	Sitting arts
<i>Tenkan</i>	Round or circular movement
<i>Irimi</i>	Inward movement or same direction throw

METHODS OF ATTACK

<i>Shomenuchi</i>	Strike to the top of head
<i>Yokomenuchi</i>	Strike to the side of head
<i>Munetsuki</i>	Thrust or punch to stomach
<i>Katatori</i>	Grasp shoulder (same side) of <i>Nage</i>
<i>Katatetori</i>	Grab wrist (same side) of <i>Nage</i>
<i>Ryotetori</i>	Grab both wrists of <i>Nage</i>
<i>Ushiro Tekubitori</i>	Grab both wrists of <i>Nage</i> (from behind)
<i>Ushiro Tori</i>	Bear Hug (from behind)
<i>Ushiro Hijitori</i>	Grasp elbows of <i>Nage</i> (from behind)
<i>Ushiro Kubishime</i>	Two-arm choke hold (from behind)
<i>Ushiro Katatetori Kubishime</i>	Grab one(1) wrist while applying one-arm choke hold (from behind)
<i>Ushiro Katatori</i>	Grasp top of both shoulders (from behind)
<i>Katatetori Ryotemochi</i>	Grab one hand of <i>Nage</i> with both hands

ARTS OR TECHNIQUES

<i>Ikkyo</i>	(First) Arm twist
<i>Nikkyo</i>	(Second) Arm twist
<i>Sankyo</i>	(Third) Arm twist
<i>Kokyunage</i>	Momentum throw
<i>Kotegaeshi</i>	Wrist twist throw
<i>Shihonage</i>	Fourth corner throw
<i>Kaitenage</i>	Windmill throw