

Aikido - Framingham Aikikai

Beginners Curriculum

Name: _____

Instructions: In each of your first 24 classes, go over the subject indicated for that class. If it has not been covered in the class, seek help from an instructor or senior student after class.

Class #	Subject	Comments
1	Han mi - right and left	Basic stance
2	Tenkan	"Turning"
3	Five movements	Step, slide, pivot.
4	Gyaku hanmi attack	
5	Tenkan with partner	As both nage and uke.
6	Holding onto nage's wrist	Concept of "contact", spontaneous following of nage's movement
7	Concept of omote and ura.	i.e. front/back. In relation to hanmi of uke.
8	Back fall	Go forward to stand up. Four exercises from sitting to standing.
9	Katate tori Shiho sabaki kokyu nage (ura)	Not necessary to remember the name. Nage doesn't grab.
10	Katate tori Shihonage (ura)	Note #11
11	"Static" v. "moving" forms of attack.	
12	Tenshin ("stepping back")	Alone and with partner
13	Katate tori shihonage (omote)	Note #9
14	Irimi ("passing through")	Alone and with partner
15	Katate tori Irimi nage (ura)	
16	Ai hanmi attack	Cut down and maintain contact.
17	Ai hanmi Ikkyo (omote)	
18	Shomenuchi attack	
19	Shomenuchi iriminage	
20	Ryote tori attack	
21	Ryote tori back stretch	Backstretch at beginning of class.
22	Haishin undo	Backstretch at end of class.
23	Kokyu ho	Dealing with resistance
24	Seiza (sitting) and bowing	
25	Final Review/6th kyu rank.	By Chief Instructor