

合氣道

Youth Class Information Packet



Jyushinkan Dojo

290 North 400 East
Logan UT 84321

2021

Contact Information

Charles Waugh - Lead Youth Instructor

1cwaugh1@gmail.com

435-363-5948

Ronald Sims - Dojo Cho (Lead Instructor and Owner)

Ronaldsims1@gmail.com

435-770-4922

Jyushinkan Dojo is affiliated with the Aikido Association of America (A.A.A.), located in Chicago, IL.

All instructors maintain Instructor Certification through the annual Aikido Association of America (AAA) Instructor Training Seminars.



Aikido of Northern Utah Jyushinkan Aikido Dojo

The Aikido of Northern Utah (ANU) studio (Jyushinkan dojo) at the Whittier Community Center was initiated in 1993 under the leadership of Dr. Ronald Sims, student of Aikido and Professor of Engineering. At the invitation of Ms. Marsha Rawlins, director of the Whittier Community Center at the time, Ron Sims made a presentation to the Board of Directors of the Whittier Community Center.

The purpose and charter of ANU is to provide training in the martial art of Aikido as a way to develop healthy physical and mental life skills and self-confidence for children and adults. The goal of ANU is to contribute to the Cache Valley Community by developing individuals who seek to improve the community through training and working together in the spirit of cooperation and support.

Aikido stresses peaceful resolution of conflict whenever possible and avoidance of inflicting injury, and can be translated as a way to harmonize with energy. ANU extends gratitude for the continued support, by the Whittier Community Center and the Cache Valley Community.





Jyushinkan Dojo - Youth Class

Major Rules

In Aikido training, we work on being polite, training safely, and learning together in a cooperative way. Other rules or interpretations may be added by the instructor at any time.

1. Train Safely A – Don't hurt yourself.
2. Train Safely B – Don't hurt your partner (or anyone else). Don't use a lot of strength or force a technique and don't move too quickly.
3. Have FUN.
4. Take off your shoes and put them on the shoe rack.
5. Please say hello to Sensei and others when you arrive (this is polite).
6. Check-in on the attendance list each time you come to class.
7. If you need to leave the mat for any reason, tell Sensei or someone else before you get off the mat. If you leave the mat without letting anyone know why, Sensei will assume you may have gotten hurt.
8. Bow to your partner before and after each practice.
9. Don't talk when someone else, especially Sensei, is talking.
10. Don't be lazy in class – no lying on the mat.

The Dojo

There are many descriptions and definitions for the word dojo. Through training you will find your own. The important thing to remember is that a dojo is not merely a fitness or recreation center. The art of Aikido as practiced in our dojo is meant to define the essence of each student. The place where we train is much more than a building, it is a place where we reflect on who and what we are, and do our best to improve in every way through rigorous, concentrated training.

Inside the Dojo

The front of the dojo where the students face when beginning and ending class is called the Shomen. Many dojos have shelves or stands with pictures, flowers, and other items on the Shomen. Items on the Shomen should not be handled without permission of your instructor. A literal description of the front side of the dojo is the Kamiza, high side. The back of the dojo is the Shimoza, or the “low” side. The right end of the dojo is called the Joseki end. The left end of the dojo is called the Shimoseki end. Senior students line up on the right, with junior to their left. The surface we train on is called the Tatami. Traditional Tatami is a woven straw mat.

Do your best to be a few minutes early for classes. This gives you time to change and stretch before classes start. Every class may not begin with stretching. If you must arrive late for training, it is best that you inform your instructor in advance. In the event that you are unexpectedly late, change quickly, warm up, then wait in seiza at the edge of the mat for your instructor to ask you to join training.

Students should sit in seiza toward the back edge of the mat a few minutes before the scheduled start time of class. The senior student lines up on the right end and the junior students on the left of that person.

Training

At the beginning of class, your instructor or a senior student will move to the center of the Shomen in front of the class and sit in seiza. When he/she bows forward, the senior student from the class line says Shomen-ni-rei, and everyone bows. The instructor then turns and faces the class, he/she bows toward the class and the senior student says Sensei-ni-rei. The students then bow in the direction of the instructor. Everyone says Onegaishimas.

Hygiene

Good hygiene is extremely important for all members of the dojo. Hands and feet should be clean and washed before class if need be. Take care to act immediately if you suffer from athletes' foot to avoid spreading it to other students. Fingernails and toenails should be cut short to avoid injury to other students or yourself. Wash your uniforms after each day of training.

Injuries & Illness

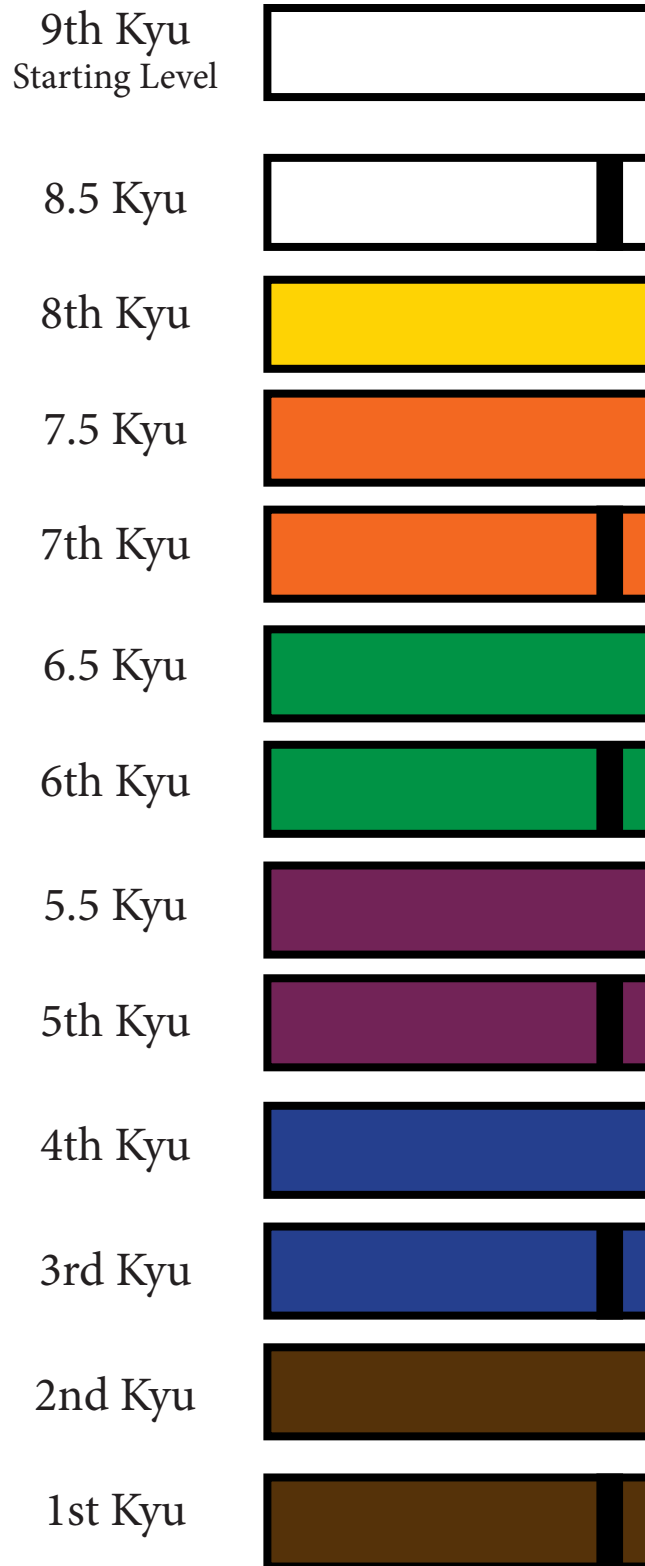
Inform your instructor and your partner of any existing injuries. Bruises and sore muscles are a part of any martial arts training. Training through these minor discomforts will help you to find the weaknesses in your ukemi. Do not train with a serious injury unless you have been cleared by a medical professional. If you have the flu or other illness that could be contagious, do not come to the dojo. Wait for your illness to pass then resume training.

If you become ill or get injured during training, let your instructor know before leaving the mat or make sure another student notifies your instructor immediately.

Cleaning the Dojo

Souji is the Japanese term used for cleaning. As members of a traditional dojo, we clean up after ourselves. Cleaning the dojo is a chance for students to show their respect and appreciation for they place where they train. A list of daily cleaning is posted on the wall. Become familiar with this list and do not wait to be asked to help clean your dojo.

Youth Kyu Ranks and Belt Colors



How to tie your belt:



Jyushinkan Youth Progress

8.5 kyu

Ki Tests and Exercises

Pass

Bowing

Bow with good form from standing and seiza

Funakogi Undo

Rowing

Agura No Shisei

Sitting cross-legged

Etiquette

Know basic dojo etiquette

Hanmi No Kamae

“Half-body” stance

Seiza

Sitting kneeling position

Shizentai

Standing natural stance

Orenaite

Unbendable arm

Koho Tendo Undo

Rolling back and forth from sitting, kneeling, and standing positions

Attendance

Minimum 1 month and 4 hours of training

Start Date _____

1 2 3 4

Jyushinkan Youth Progress

8th kyu

Ki Tests and Exercises

Pass

Mae Ukemi
Rolling Forward

Ushiro Ukemi
Rolling Backward

Shomenuchi Ikkyo Undo
Transferring weight forward and back
in hanmi and raising arms to the front

Zengo Undo
Shomenuchi Ikkyo Undo with pivot

Kokyu Doza
Unbalancing opponent using hara

Ukemi for all 8th kyu techniques

Techniques

Pass

Katatekosatori Kotegaeshi
Static and dynamic,
Ura with pin

Katatekosatori Kokyunage
Static and dynamic,
Ura

Randori
2-4 attackers, Walking, Passes

Attendance
Minimum 1 months and 8 hours of training

Start Date _____

1 2 3 4 5 6 7 8

Jyushinkan Youth Progress

7.5 kyu

PreTest

Demonstration of 7.5 Kyu techniques

Pass

Ki Tests and Exercises

Munetsuki

Punching to solar plexis

Shomenuchi

Striking with tekatana to forehead

Yokomenuchi

Striking with tekatana to side of head

Tekubi kosa undo

Crossing wrists

Tekubi joho kosa undo

High crossing wrists

Ukemi for all 7.5 kyu techniques

Technique

Munetsuki Kotegaeshi

Ura with pin

Munetsuki Kokyunage

Ura

Katatetori Shihonage

Static and dynamic,
Omote and ura

Randori

2-4 attackers, Walking/jogging, Passes

Attendance

Minimum 2 months and 8 hours of training

Start Date _____

1 2 3 4 5 6 7 8

Pass

Pass

Jyushinkan Youth Progress

7th kyu

PreTest Requirement

Demonstration of 8th Kyu techniques

Pass

Ki Tests and Exercises

Shikko

Knee walking with pivots

Tenkan Undo

Soto: Turning backward on front foot

Uchi: Stepping and turning

Ukemi for all 7th kyu techniques

Pass

Technique

Shomenuchi Kokyunage

Ura

Shomenuchi Kotegaeshi

Ura with pin

Katatetori Sumiotoshi

Static and dynamic,

Omote and ura

Randori

2-4 attackers, Jogging, Passes

Attendance

Minimum 1 months and 8 hours of training

Start Date _____

1 2 3 4 5 6 7 8

Pass

Jyushinkan Youth Progress

6.5 kyu

PreTest

Demonstration of 7.5 Kyu techniques

Pass

Ki Tests and Exercises

Banzai no Kamae

Shizentai with arms raised

Sayu Undo

Swinging arms left and right with pivoting hip drop

Sayu Choyaku Undo

Sayu Undo with Step

Ukemi for all 6.5 kyu techniques

Pass

Techniques

Katatori Ikkyo

Static and dynamic,
Omote and ura,
with pin

Katatori Nikyo

Static and dynamic,
Omote and ura,
with pin

Ushiro Tekubitori Kokyunage

Dynamic

Randori

2-4 attackers, Jogging, Passes and pivot throws

Pass

Attendance

Minimum 2 months and 15 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15

Jyushinkan Youth Progress

6th kyu

PreTest Requirement

Demonstration of 7th Kyu techniques

Pass

Ki Tests and Exercises:

Udefuri Undo

Using Hara to swing arms side to side

Pass

Udefuri Choyaku Undo

Udefuri Undo with uchi tenkan

Ukemi for all 6th kyu techniques

Technique:

Pass

Katatori Sankyo

Static and dynamic,
Omote and ura,
with pin

Yokomenuchi Kokyunage

Static and dynamic

Yokomenuchi Shihonage

Static and dynamic,
Ura,
with pin

Ushiro Tekubitori Kotegaeshi

Dynamic, Ura with pin

Randori

2-4 attackers, Jogging, Passes
and pivot throws

Attendance

Minimum 2 months and 15 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15

Jyushinkan Youth Progress

5.5 kyu

PreTest

Demonstration of 6.5 Kyu techniques

Pass

Ki Tests and Exercises

Ushirotori Undo
Stepping forward with hip pivot

Pass

Ushiro Tekubitori Zenshin Undo
Stepping forward arms extended with bow

Ushiro Tekubitori Kotai Undo
Stepping backward arms extended with bow

Yoko Ukemi
Rolling, early arm breakfall

Ukemi for all 5.5 kyu techniques

Techniques

Katatori Yonkyo
Static and dynamic,
Omote and ura,
with pin

Ushiro Katatori Kokyunage
Dynamic, Ushiro Tekubitori Zenshin Undo
movement, 3 variations
(standing, one knee, and both knees)

Ushiro Hijitori Kotegaeshi
Dynamic, 1st hand, with pin

Randori
2-4 attackers, Jogging, Passes and pivot throws

Attendance

Minimum 4 months and 20 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20

Pass

Jyushinkan Youth Progress

5th kyu

PreTest

Demonstration of 6th Kyu techniques

Pass

Ki Tests and Exercises

Kata Ashiage

Raising one hand and one foot off the ground

Pass

Ushirosori

Bending backwards in hanmi

Maekagami

Bending forwards in hanmi

Yoko Ukemi

Side fall from squatting and standing

Ukemi for all 5th kyu techniques

Technique

Ryotetori Kokyunage

Dynamic, Sliding back pivot throw,
5 variations

Ryotetori Tenchinage

Dynamic, Irimi and tenkan

Katatetori Kaitenage

Static and dynamic, Irimi and tenkan

Shomenuchi Ikkyo

Omote and ura, with pin

Randori

2-4 attackers, Jogging, Passes and pivot throws

Attendance

Minimum 4 months and 20 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20

Pass

Jyushinkan Youth Progress

4th kyu

Pre Test

Pass
Demonstration of 5.5 and 5th kyu techniques

Ki Tests and Exercises

Pass
Yoko Ukemi
Breakfall with partner from standing

Taisabaki Toshu
Opening moves to Shomenuchi, Munetsuki, and Yokomenuchi

General Ukemi Greet Visitors

Techniques

Pass
Ryokatatori Ikkyo
Static and Dynamic

Shomenuchi Iriminage
Tenkan

Yokomenuchi Sokumen Iriminage
Omote and ura entry, irimi and tenkan

Ushiro Tekubitori Shihonage
Static and dynamic

Randori
Walking/jogging, 4 attackers, Shomen attack, pivot throws, face push, sudori

Attendance

Minimum 4 months and 30 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30

Jyushinkan Youth Progress

3rd kyu

PreTest

Demonstration of 4th kyu techniques

Pass

Ki Tests and Exercises

Bokken

Shomenuchi, Munetsuki, and Yokomenuchi strikes with bokken

Jo Subori

Shomenuchi, Munetsuki, and Yokomenuchi strikes with with jo

Kamae with Bokken

Standing in five positions with bokken: chudan, gedan, jodan, hasso, waki

Bokken Kata 1 (Happo Giri)

13 Movements

Yoko Ukemi

Breakfall from kotegaeshi

Warm-ups

Lead class in warm up exercises

Attendance

Minimum 6 months and 50 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50

Techniques

Katatori Gokyo

Static and dynamic, omote and ura, with pin

Ryotetori Kaitennage

Dynamic, irimi and tenkan

Katate Ryotetori Niikyo

Static and dynamic, aite and gyakute, omote and ura, with pin

Suwariwaza

Kneeling defense against standing attack
Shomenuchi Kokyunage: Ura
Shomenuchi Ikkyo: Omote and ura, with pin
Katatori Niikyo: Static and dynamic, omote and ura, with pin

Jiyu Waza

Defense against any grasping attack, no pin

Randori

Jogging, 3 attackers, Shomen attack, pivot throws, sudori, face push, and passes

Pass

Pass

Jyushinkan Youth Progress

2nd kyu

PreTest

Demonstration of 3rd kyu techniques
Prior Attendance at 1 AAA/AAI Seminar

Pass

Techniques

Ryokatatori Kotegaeshi
Dynamic, with pin, 2 variations

Pass

Ki Tests and Exercises

Yoko Ukemi

Breakfall from Koshinage

Pass

Katate Ryotetori Kokyunage
Dynamic, omote and ura entry,
4 variations

Hakama

Demonstrate proper folding of hakama

Katatori Menuchi Iriminage
2 variations

Aikitaiso

Lead class in all aikitaiso

Ryotetori Koshinage
Static and dynamic, 5 variations

Questions

Verbal Examination

- What are the Four Basic Principals of Aikido?
- What is Meiso ho?
- What are Kokyu ho?

Maegeri Kokyunage
Omote and ura

Hanmi Hantachi Waza
Munetsuki Kotegaeshi: Ura

Attendance

Minimum 6 months and 60 hours of training

Jo Kata 1
22 movements

Jiyu Waza

Defense against any attack, no pin

Start Date _____

Randori

Defense 3 attackers, any attack

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50
51 52 53 54 55 56 57 58 59 60

Jyushinkan Youth Progress

1st kyu

PreTest

Demonstration of 2nd kyu techniques
Prior Attendance at 1 Instructors Seminar

Pass

Ki Tests and Exercises

Tai Sabaki with Bokken

Yoko Ukemi

Breakfall from Shihonage

Beginners

teach beginners 7th Kyu requirements

Questions

Verbal Examination

-What is Aikido?

-What is Shugyo?

Attendance

Minimum 6 months and 60 hours of training

Start Date _____

1 2 3 4 5 6 7 8 9 10
11 12 13 14 15 16 17 18 19 20
21 22 23 24 25 26 27 28 29 30
31 32 33 34 35 36 37 38 39 40
41 42 43 44 45 46 47 48 49 50
51 52 53 54 55 56 57 58 59 60

Techniques

Ushiro Tekubitori Jujinage

Static and dynamic

Yokomenuchi Sudori

Sliding under

Munetsuki Sumiotoshi

Omote Uchi and Ura Soto

Katate Ryotetori Kotegaeshi

Dynamic, aite and gyakute, with pin

Katatori Ganmenuchi Ikkyo

3 taisabaki, with pin

Tantodori

Shomenuchi, Yokomenuchi, and Munetsuki attacks, 3 techniques each, with proper knife removal

Bokken Kata II

13 movements

Randori

Defense against 4 attackers, any attack

Pass