

Open Sky Kids Test #3

ORANGE BELT TEST

Solo Practice

Tenkan- turn

Ikkyo exercise – Arms swing up to protect the head and face with good extension.

Tenshin movement – back foot moves off the line then front foot switches behind. Body winds up at 45 degree angle off the attacker's line in hanmi with weight forward.

Shiko walk- knee walking

Strikes

Yokomen strike- Side of head strike. Wind up at 45 degree angle to the person you strike with hand blade at angle of neck & ear.

Rolls

Forward roll with slap

Backward rolls (2 kinds)

Roly-Poly rolls

Partner Practice

Katate dori (wrist grab) Irime nage – Enter and get behind the person

Katate dori Kotegaeshi -- wrist control technique

Kokyu dosa - kneeling breath throw with two hands (“pie in the face”)

Demonstrate and give definitions

Partners face each other in hanmi (Aikido stance) positions:

1. *Ai hanmi* (Ai sounds like “eye”)

Equal stance, right foot to right foot or left foot to left foot.

2. *Gyakyu hanmi* Mirror image. Left to right foot, or Right to Left foot.