

October 1, 2011

Open Sky Kids Test #1

AIKI INTRO - PURPLE BELT TEST

Etiquette

Bowing on and off the mat
Bowing to partners

Footwork

Hanmi – Right stance and Left stance

Walking and changing **hanmi** CHANGE FEET

Sliding in hanmi – FRONT FOOT STAYS FRONT.

Be able to demonstrate sliding on both left and right sides.
Be able to demonstrate sliding forwards only and backwards only.

Irimi Tenkan – stepping and turning

Rolling

Log roll
Egg roll
Somersault
Aikido rolls forwards

Posture

Sit like a rock (Seiza sounds like say-za)
Stand like a tree—rooted
Aikido stance –Hanmi

Technique

Get out of a grab (turn to the side of the partner (tenkan and run behind)

Tenkan means turn in Japanese.