

October 1, 2011

Open Sky Kids Test #2

YELLOW BELT TEST

Know how to tie your belt with a square knot.

Solo Practice

Hanmi (ready position of the feet)

Irimi Tenkan stepping and turning (irimi=entering, tenkan=turning)

Ikkyo exercise (Rounded hands & arms)

Shomen or head strike

Tsuki (say “ski”) thrust, punch

Forward & backward aikido rolls

Partner Practice

Tai no henko blending practice (tenkan with a partner)

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

Definitions

AIKIDO: The way of harmonized energy.

Ai= Harmony

Ki= Energy

Do= The Way