



RECEIVING

Owls have enormous eyes and can see in almost complete darkness.

They take the measure of other creatures and know how to interact with them best.

PROMOTION REQUIREMENTS

Wrist Twist



SANKYO

Everyone at promotions throws you 4 times, demonstrating your skill with receiving.

UKEMI

3 minute talk on: What does Aikido mean for you? What does Aikido help you feel that you didn't before?

TALK

Give and Receive with a partner.

SWORD

PRIVATE - 2 HOURS

1 or more people will throw you for at least 2 minutes at promos. You-ball!

26 HOURS

Do only what you are doing.
Take in everything that's REALLY happening.