



SKILLFUL

Coyotes are amazing - skillful and smart, they cooperate and work together. They always seem to be playing. Coyotes can teach us a lot about Aikido!

PROMOTION REQUIREMENTS

'The bridge throw.'
Belly, head, horizon!



IKKYO

4-Direction Throw
Under the arm, around, down

SHIHONAGE

Strikes! Use sincerity. Strikes don't have to be fast. Aim for your target and mean it.

TSUKI

Arms straight. End of sword toward your belly. Push it up, pull it down. Step to the side to receive.

SWORD

DEMO

Give a 3 minute presentation on a technique. Talk about it and show both sides (nage and uke).

20 HOURS

Use what you know to have fun. Make your training partners your friends.