



JOYFUL

Horses run a joyful and wild life.
Horses have big families, treating
everyone as equals. Horses love good
touch and strong fun.
Enjoy yourself.

PROMOTION REQUIREMENTS

'Breath throw.' Breath
your partner in, exhale
them out.



KOKYU

Forward. Backward. Sideways.
Roll around!

ROLL

Work with a partner.
Give. Receive.

STAFF

Give a 3 minute talk about Aikido.
What is Aikido? (What do you like?
How does it help you?)

TALK

18 HOURS

Move around and have fun when practicing and
playing. Use your emotions!