



BEGIN

Welcome to Aikido!

Rolling, throwing, falling, fun.

Enjoy yourself and get ready to show off at the end of round celebration!

PROMOTION REQUIREMENTS

'Corner Drop'

Pie to the face. Both hands 1 arm. Drop your legs!

SUMIOTOSHI

One knee up, one knee down.
Knee goes over same shoulder.
Backward Roll!

BACK-ROLL

3 partners surround you trying to push you around. Do your technique with them all.

RANDORI

Bring a small gift like flowers or incense to promotions.

12 HOURS

Enjoy this new world of aikido and the unknown.
Ask lots of questions.