



MASTERY

Welcome to Aikido!

Rolling, throwing, falling, fun.

Train hard, get ready to demonstrate
what you know.

PROMOTION REQUIREMENTS

Sumiotoshi, Ikkyo, Nikkyo, Sankyo,
Yonko, TENCHINAGE, KOKYUNAGE,
KAITENNAGE, KOTEGAISHI, IRIMINAGE

TECHNIQUE

Standing, kneeling, leading,
following, rolling, being pinned,
reversing.

UKEMI

Mume, Suwari, Static, In Motion,
Front, Behind, jiyuwaza

METHODS

Kaiten Jo, Ken Give & Receive
Work with Sensei to learn 2-sword
or adult staff

WEAPONS

3 HOURS PRIVATE LESSONS

4 HOURS ADULT CLASS

Donate a substantial gift to the
dojo - work with Sensei.

40 HOURS

Enjoy this world of Aikido.
Ask lots of questions.