

Belt	Hr	Animal	Quality	Technique	Ukemi	Weapon	Promotion	Private?
WHITE	12	Dragon	the unknown	Sumiotoshi	Backward Roll		Randori ; bring a small gift	
YELLOW	18	Horse	Joyful	Kokyunage	Hanmi, Pushing	Jo Give & Receive	3 Min Talk: what is Aikido?	
ORANGE	20	Coyote	Skillful	Ikkyo, Shihonage	Tsuki (strikes)	Sword - Cutting	3-Min Technique Talk & Demonstration	
GREEN	22	Frog	Extending	Iriminage, Tenchinage	Thrown into Rolls	Kaiten Jo	Roll Demonstration	
PURPLE	22	Snake	Energy (sensing)	Nikkyo	Eyes-closed technique	Sticky Staff	Eyes-Closed Randori	1 Hour
RED	24	Bear	Strong	Yonkyo	Slap-Falls	Yo-Waza Technique	Yo-Waza Technique or Randori	1 Hour
BLUE	26	Owl	Receiving	Sankyo	Everyone throws you 4 times	Sword - Give & Receive	Long Ukemi Session	2 Hours
BROWN	34	Eagle	Fierce	Kotegaishi	High-Rolls	Fierce Kaiten Jo	Jiyuwaza Randori	2 Hours
BLACK	50	Dragon	Love	Freeform Technique	All	Staff & Sword Demonstration	2 Forms	3 Hours