

5TH KYU

Ukemi: Constant Connection



Once you grab, once you form the intent to grab, once you line up on your partner, connect deeply.

Stay.

Rolling, stay connected.

Kaiten-Nage Wheel Throw

Down and into the center, *receptive*.

Then up and around, *active*.

Don't push down. Drop yourself. Step through the center of balance if you need to.

Your energy should flow like water in a water wheel.

Tenchi-Nage Heaven & Earth Throw

The gift of tenchi-nage is connecting yourself to heaven & earth. To lightness and grounding.

Step on the the down side.

Earth makes the throw.

Heaven makes it possible.

Ken: Ikkyo Sword: First Movement

Reverse your sword in its sheathe.

Crouch.

Draw & receive.

Enter, blade upside down.

Receive.

Side-cut.

Drop sword to center.

Wait for withdrawal. Salute.

SINCERITY

Makoto (sincerity) is one of the core *Bushido* (Samurai) virtues.

In everything you do, mean it. As much as you can. Do what you are doing; nothing else.

Don't do things for others, or because you believe you must, or because you want to impress others.

Do things because it is part of your own decision, and everything you do will support you, will enrich you, support and delight you.

There is nothing worth doing but what is respectful of the self.

Hours of Training

40 HRS

Theme

**CONNECTION
OPEN**

Present at Promotions

UKEMI

This round focuses on the quality of SINCERITY: the revealing, the exposing of the true self into the world, the putting aside of indirection.