

# 6TH KYU



## Kote-gaeshi

### Turning the wrist

The wrist is vital to the body and full of life.

By drawing your *aite* (partner) into you, you can pull your partner off balance and turn his wrist carefully to the side. Aite's body will cooperate with you and he will fall.

## Irimi-Nage

### Entering Throw

Enter past your partner's attack. Draw them to your shoulder by turning. Enter through your partner to send them away.

Iriminage is called the 20-year technique in Aikido. It is the archetypal triangle/circle/square or enter/turn/drop technique.

Come back to it over and over.

## Jo: Sancho I

### Staff: The 3 Wars, Part I

The 3 Wars of the Sancho series of staffwork are icons of the 3 struggles of the self.

We try to "win" in life, to "defeat" what opposes us through the use of (1) Skill, (2) Cleverness, and (3) Power. At the end, we discover that only by not fighting do we win.

**Sancho 1** is the challenge of **Skill**: master the basic movements of the staff.

# CENTERED

We began life in our mothers as a single cell, created from 2 other remarkable cells. Out of that one thing, we grew into the amazing creature that we are today.

By relaxing and allowing ourselves to organize around *hara*, the center, consciousness expands, the body opens and Aikido - a harmonious interaction - occurs more naturally.

From the center, we learn good *irimi* (entering). When we enter from our centers, it is easeful, as respectful as possible, and keeps our organization intact for a pin or throw.

It is only from the center that we can avoid the capturing difficulties of the mind and heart.

It is in your center that you exist.

Hours of Training

**40 HRS**

Theme

**OMOTE (FRONT)  
ENTERING**

Present at Promotions

**UKEMI**

This round focuses on the quality of CENTER: the organization of self by relaxing and moving from the one-point, the *hara*.