

7TH KYU



Grabs Tenkan (Turning)

Grabs in Aikido are important, are grounding, are powerful. Grab from the pinky upward, index finger light. Grab with your whole body.

We turn from the center (hara) in Aikido: not toward something from the outside, but deeper into the world, into self.

Ikkyo The Bridge

Cross-hand grab.

Drop to your center.

Rise on your chushin (center line).

Go through your partner.

Drop down.

Kaiten Jo: Circle Staff

Kaitenjo (Circle Staff) is a repeatable exercise - the last move is the first move.

The basic, powerful movements of the staff reach out beyond the body.

The staff lets us really extend and receive power, experience big intensity (relatively) safely.

GENEROSITY

The Dalai Lama wrote:

“In the west, you have great minds, but not much energy spent on developing the heart. Develop your compassion - not just for your friends, but for everyone. Work for peace.”

This is the heart of Aikido. The turning and accepting and forgiving of Aikido is paramount to the physical practice. We could hurt the attacker - lethally - with a single Aikido technique. Instead, from our position of power, we choose to take care of them, over and over.

We reach out beyond ourselves, take responsibility for what is happening around us, and act to preserve not only our own integrity, but the integrity of the human family.

Hours of Training

32 HRS

Theme

**TENKAN
MOVING**

Present at Promotions

**AIKIDO TALK
KAITEN JO**

This round focuses on the quality of generosity. Literal kindness; also being bigger than your body. Finding big spaces inside & outside.