

# WELCOME



WHITE BELT  
8TH KYU

## Backward Rolls

Learning how to roll is vital to your success in Aikido.

Getting to the ground safely is a fundamentally useful skill.

Enjoy being thrown by more advanced students - they'll help you get it.

## Sumiotoshi Corner Drop

Offer one arm to your partner, full of energy and life.

Step in to touch your partner's face.

Drop your weight - don't push! - through the arm.

Turn to let them go.

## RANDORI:

### Ritual Dance of Chaos

At your end of round celebration, you will demonstrate randori.

Three assistants (aite) will charge you, grabbing your shoulders, pushing you, trying to knock you down.

Let go of the fight. Raise your hands to keep yourself safe, turn away to let them go. Drop everything.

Repeat.

# BEGINNING

The great American poet Mary Oliver wrote:

"You do not have to be good. You do not have to walk on your knees through the desert for a dozen miles, repenting. You only have to let the animal of your body love what it loves."

Aikido is an art of opening the self, of letting go, of relaxing into adversity, and keeping your head and heart when others have lost theirs.

Enjoy not knowing what to do. You'll miss learning all these new things constantly.

Aikido is, at its core, about unconditional love and compassion. Take care of your attacker, save yourself and protect others by undoing the harm in the heart of your attacker.

Hours of Training

**16 HRS**

Theme

**NO MIND  
BEGINNING**

Present at Promotions

**RANDORI  
SUMIOTOSHI**

This round focuses on the quality of beginning, or learning to use your body in a harmonious way. Let go of winning and losing.