



PROGRAM DESCRIPTION:

The Aikido program at Zenshinkan Dojo is conducted in the spirit of Budo – the Martial Way. Through rigorous martial training, students learn to respond to aggression with centered movement, to embody the principle of non-contention, blending with the energy of an attack and leading it to resolution.

The focus of Aikido training at Zenshinkan Dojo is to push through the limitations and barriers we impose on ourselves and move toward greater freedom in our lives. Aikido teaches us to find the power of physical and energetic connection. Body and mind are cultivated through physical exertion, refinement of technique, learning responsive ukemi, and development of the focus, effort, posture, and courage essential to effective self-defense.

Aikido is a martial art dedicated to the development of human potential. We contend not with those who attack but with our own hearts and minds, our own patterns of holding and resistance. In the words of O’Sensei, the founder of Aikido, “True victory is victory over the self.”

AIKIDO SCHEDULE:

Aikido students are welcome and encouraged to train in all classes listed below.

Monday	Wednesday	Friday	Saturday
	7:30-8:30 am		10:30 am - 11:30 am
			11:30 am - 12:30 pm
		5:30-6:30 pm - Teens	
6:45-7:30 pm - Beginners	6:45-7:30 pm - Test Coaching	6:45-7:30 pm - Open Mat	
7:30-8:30 pm	7:30-8:30 pm	7:30-9:00 pm	

THE TRAINING CYCLE & TESTING:

The training cycle covers a three-month period, each week of which is dedicated to the study of a particular Aikido technique or attack. Aikido testing is scheduled quarterly, at the end of each training cycle.

Students earn the opportunity to take promotion tests by:

1. demonstrating technical competence on all requirements of the next rank during a pre-test
2. training for a minimum number of hours and months specific to each rank
3. adequately reviewing all previous material
4. consistently behaving in accordance with dojo etiquette and teacher expectations

On the day of the test, a student must submit a test application and test fee.

FEES:

Monthly Dues: \$95

Gi: \$50

Registration: \$25

Kyu Testing Fees:

7th Kyu \$60

6th Kyu \$65

5th Kyu \$70

4th Kyu \$75

3rd Kyu \$80

2nd Kyu \$85

1st Kyu \$90

ZENSHINKAN DOJO AIKIDO PROGRAM
TEEN & ADULT TEST REQUIREMENTS

BELT & RANK	REQUIREMENTS
--- 7 th Kyu ---	<p>Ki Tests: Seiza, Shizentai, Orenaitte, Koho Tendo Undo, Ushiro Ukemi, Mae Ukemi, Kokyudosa Techniques: Katatekosatori Kotegaeshi, Katatori Ikkyo, Katatekosatori Kokyunage 3 months & 30 hours</p>
6 th Kyu	<p>Ki Tests: Ushiro Ukemi Breakfall, Mae Ukemi Breakfall, Empty Hand Strikes, Funakogi Undo, Shomenuchi Ikkyo Undo, Renzoku Kokyudosa Techniques: Shomenuchi Kokyunage, Katatetori Shihonage, Shomenuchi Iriminage, Katatori Nikyo 3 months & 30 hours</p>
--- 5 th Kyu ---	<p>Ki Tests: Hanmi No Kamae, Banzai No Kamae, Zengo Undo, Happo Undo, Tekubikosa Undo, Kamae with Bokken, Bokken and Jo Suburi Techniques: Shomenuchi Kotegaeshi, Shomenuchi Ikkyo, Katatetori Sankyo, Yokomenuchi Sokumen Iriminage, Munetsuki Kotegaeshi, Katatetori Kaitenage 3 months & 30 hours</p>
4 th Kyu	<p>Ki Tests: Ushirosori, Maekagami, Sayu Undo, Sayu Choyaku Undo, Udefuri Undo, Udefuri Choyaku Undo, Ushirotori Undo, Ushirotekubitori Undo, Shikko, Taisabaki Toshu Techniques: Yokomenuchi Shihonage, Ushirotekubitori Kokyunage, Ushirotekubitori Kotegaeshi, Katatori Yonkyo, Ryotetori Tenchinage, Ryotetori Kokyunage 3 months & 30 hours 1 Aikido Seminar</p>
--- 3 rd Kyu ---	<p>Ki Tests: Yoko Ukemi, Tenkan Undo Techniques: Ushirohijitori Kotegaeshi, Munetsuki Kokyunage, Katatori Gokyo, Ushirotori Kokyunage, Ryotetori Kaitenage, Katateryotetori Nikyo, Suwariwaza Shomenuchi Kokyunage, Shomenuchi Ikkyo, & Katatori Nikyo, Bokken Kata I, Jiyu Waza (any grasping attack) 6 months & 60 hours 1 Aikido Seminar</p>
2 nd Kyu	<p>Ki Tests: Agura No Shisei, Kata Ashiage, Agaranai Karada, Questions: Four Basic Principles of Aikido & What is Aikido?, Meisoho, Kokyuhō Techniques: Ryokatatori Kokyunage, Ushirokatatori Kokyunage, Katateryotetori Kokyunage, Ryokatatori Kotegaeshi, Katatori Menuchi Iriminage, Hanmi Hantachi Waza: katatetori Shihonage, Katatetori Sankyo, & Munetsuki Kotegaeshi, Ryotetori Koshinage, Maegiri Kokyunage, Jiyu Waza (any attack), Jo Kata I 6 months & 60 hours 1 Aikido Seminar</p>
--- 1 st Kyu ---	<p>Ki Tests: Taisabaki with Bokken Techniques: Ushirotekubitori Jujinage, Yokomenuchi Sudori, Katateryotetori Kotegaeshi, Munetsuki Sumiotoshi, Katatori Ganmenuchi Ikkyo, Tantodori, Bokken Kata II, 3-Person Randori 6 months & 60 hours 1 Aikido Seminar</p>
Shodan	<p>Essays: 1) What is Aikido? 2) What is Shugyo? Techniques: Five Arts Demonstrations from Munetsuki, Yokomenuchi, Ushirotekubitori, & Ryotetori, Hanmi Hantachi Jiyu Waza, Bokken Dori, Jo Kata II, 4-Person Randori 10 months & 100 hours 20 hours of Instructor Training 2 Aikido Seminars</p>
Nidan	<p>Essay: Aikido History and Future Techniques: Five Arts Demonstrations from Katatori Ganmenuchi & Shomenuchi, Hanmi Hantachi Jiyu Waza against 2 attackers, Jo Dori, 5-Person Randori 20 months & 200 hours 40 hours of Instructor Training 3 Aikido Seminars</p>
Sandan	<p>Essay: Aikido Philosophy Techniques: Jo Nage, Kumijo, Kunitachi, 6-Person Randori 30 months & 300 hours 60 hours of Instructor Training 4 Aikido Seminars</p>