



ZENSHINKAN DOJO YOUTH AIKIDO PROGRAM

TEEN CLASS

PROGRAM DESCRIPTION:

The Teen Program, appropriate for students ages 13 to 17, provides an opportunity for teenagers to develop as mature martial artists while cultivating qualities that will help them navigate adolescence and the rest of their lives. Through the practice and study of Aikido, teens learn skills of self-defense, develop a regular regimen of physical fitness, and build confidence, awareness, and self-control.

The teen program is designed to be a place in which teens can find ways to access their own potential, to become engaged and mature young people ready to make a difference in their world.

The Teen Program is built on rigorous training, refinement of Aikido technique, development of responsive ukemi, and the focus, effort, posture, and courage essential to effective self-defense.

AIKIDO SCHEDULE:

Students enrolled in the Teen Program are welcome and encouraged to train in all classes listed below.

| Monday | Wednesday | Friday | Saturday |
|-----------------------------|---------------------------------|------------------------------|------------------------------|
| | 7:30-8:30 am Aikido | | 10:30-11:30 am |
| | | 5:30-6:30 pm Teens | 11:30 am -12:30 pm Aikido |
| 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 Aikido | 7:30-8:30 pm Aikido | 7:30-9:00 pm Aikido & Zen | |

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. Testing for the Teen Program 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: \$85

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 YOUTH 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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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</p> <p>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?</p> <p>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</p> <p>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</p> <p>Techniques: Jo Nage, Kumijo, Kunitachi, 6-Person Randori 30 months & 300 hours 60 hours of Instructor Training 4 Aikido Seminars</p> |