

## CORE REQUIREMENTS

## TACHI WAZA

Tai no henko

Katate dori **Kokyunage** (3-way progression)Morote dori **Kokyu ho**Mune tsuki **Kotegaeshi**

## SUWARI-WAZA

Kokyu dosa

## STUDENT CHOICE (not required)

## WEAPONS &amp; MORE

## BUKI WAZA

**Bokken:**

1st and 2nd suburi

## TAI SABAKI

Two steps, tenkan (turn), irimi (enter), front side step, back side step, pivot, shikko (knee walking) - forward, backward, turns

## UKEMI

Forward and back roll

## AIKIDO OF BERKELEY . 5TH KYU DEMONSTRATION

## CORE REQUIREMENTS

*New requirements marked with \**

## TACHI WAZA

Tai no henko

Katate dori **Kokyunage**Morote dori **Kokyu ho**Mune tsuki **Kotegaeshi**\* Shomen uchi **Ikkyo**

## SUWARI-WAZA

Kokyu dosa

## STUDENT CHOICE (pick 2+)

## TACHI WAZA

Katate dori **Ikkyo**Gyakute dori **Nikyo**Gyakute dori **Kokyunage**Shomen uchi **Kotegaeshi**

*Note: students are encouraged to take ownership of their tests by selecting their preferred techniques but they can **also opt out** and Sensei will make the selections. Write down your selections and give to Sensei before your demonstration day so she can call them out during your demonstration.*

## WEAPONS &amp; MORE

## BUKI WAZA

**Bokken:**

1st and 2nd suburi

2 awase (migi, hidari)

## TAI SABAKI

Attacks

## UKEMI

forward and back roll,

Roly-poly from back drop

Roly-poly from forward roll

*During your demonstration, keep the following principles in mind, so that they are clearly noticeable in all techniques: **Shisei** (posture); **Ashi-sabaki** (footwork); **Tai-sabaki** (body movement); **Kuzushi** (balance-breaking); **Ki-musubi** (blending) and **Zanshin** (awareness or follow-through).*

*Also that each technique is executed with **Clarity, Control, Safety, and Adaptability**.*

*Ask Sensei or any sempai if you're unsure about any of these concepts.*