

Portsmouth Aikido Beginners Course Syllabus

Week 1 – Fill out waivers and registration fee → pass out beginner packets

Etiquette – Seiza, reigi, shomen

Bow in → Brief explanation of Aikido (O'Sensei, calligraphy, sword & quotes)

Warm-ups

Backfalls

Tai sabaki – hanmi, tenkan, irimi, tenshin

****Demo****

Katatedori sumiotoshi

Suwariwaza kokyuhō

Week 2 – Review backfalls → back rolls (seated)

Review tai sabaki (tenkan, irimi & tenshin)

Aidori ikkyō

Shomenuchi ikkyō

Suwariwaza kokyuhō

Week 3 – Review backfalls and backrolls → Standing back rolls

Tai sabaki – irimi-tenkan

Aidori iriminage

Shomenuchi iriminage

Suwariwaza kokyuhō

Week 4 – Review backfalls and backrolls → Forward rolls (seated)

Katatedori sumiotoshi ura

Katatedori itten nage (upper hand of tenchinage)

Ryotedori tenchinage

Week 5 – Review standing backrolls and kneeling forward rolls → Forward rolls from standing

Kosadori shihonage omote

Yokomenuchi dosa

Yokomenuchi shihonage omote

Kokyuhō dosa

Week 6 – Review forward & backward rolls

Katatedori tenkan dosa

Katatedori tenkan kokyunage (forward roll practice)

Katatedori shihonage ura

Suwariwaza kokyuhō

Invite students to join Portsmouth Aikido:

- **\$75** one-time registration fee (includes \$45 USAF membership)
- **\$65/month** dues; access to all classes (**\$60/month** if you use EFT withdrawal)

Basic Aikido Terms

Aikido (合気道) – “The way of unity with the fundamental energy of the universe”

Atemi (当身) – Strike

Bokken (木刀) – Wooden sword

Dan (段) – Level of black belt ranking; Shodan (1st), Nidan (2nd), Sandan (3rd)

Dojo (道場) – “The place of the way,” the space in which we practice Aikido

Doomo arigato gozaimashita (ありがとうございました) – “Thank you”

Gi (義) – Practice uniform

Hanmi (半身) – Stance

Hanmi handachi (半身半立) – When uke attacks standing and nage remains seated

Irimi (入身) – Entering

Jo (杖) – Wooden staff

Kamiza (神座) – The area at the front of the dojo with pictures of teachers and calligraphy

Katatori (肩取り) – Shoulder grab

Katatedori (片手取り) – One-hand grab

Keiko (稽古) – Practice

Kokyu (呼吸) – Breath; breath power

Kosadori (交差取り) – Cross-hand grab

Kyu (級) – Rank of white belt

Ma ai (間合) – Distancing between nage and uke

Morotedori (諸手取り) – Both hands grab (on one wrist)

Nage (投げ) – Person who throws; usually the person being attacked

Omote (表) – Technique done in front of uke

Onegai shimasu (お願いします) – “I ask a favor of you”; what we say when we bow to our partner before practicing together

Osensei (大先生) – “Great teacher”; what we call Morihei Ueshiba, the founder of Aikido

Ryotedori (両手取り) – Both hands grab (one hand on each wrist)

Seiza (正座) – Formal way of sitting on our knees

Sensei (先生) - Teacher

Shomen uchi (正面打ち) – Strike to front/top of uke’s head

Suwari waza (座り技) – Techniques done from a seated position

Tegatana (手刀) – “Hand-blade”; the outer edge of your hand/forearm

Tenkan (転換) – Turning

Tenshin (転身) – Changing one’s stance from left to right or right to left

Tsuki (突き) – Strike with closed fist

Uke (受け) – Person who is thrown; literally person who receives the technique

Ukemi (受身) – Literally “receiving body;” what uke does to receive a technique; falling/rolling

Ura (裏) – Technique done to uke's back side

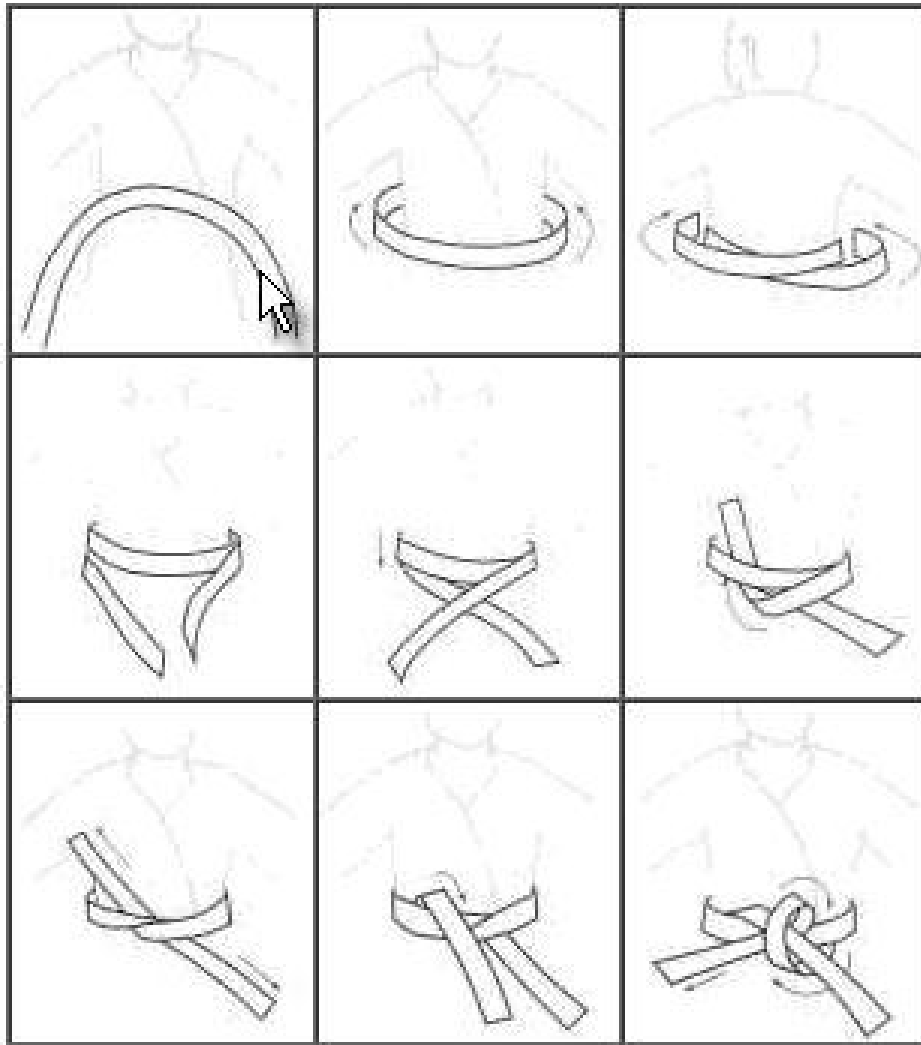
Ushiro (後) – Behind; the prefix for an attack from nage's back side

Waza (技) – Technique(s)

Yokomen uchi (横面打ち) – Strike to side of uke's face/head

Zanshin (残心) – Maintaining a continuous connection/awareness

How to tie your belt



Your final belt knot should look like this.

