



合氣道

Aiki kids



Training Guide and Manual for Children
Riai Aikido Wellington

August 2017

Introduction

Aikido is a contemporary Japanese martial art developed by Morihei Ueshiba (1883-1969). The name Aikido means the way of spiritual harmony and is represented by Japanese Kanji:

合

Ai – Harmony

氣

Ki – Spirit

道

Do – the way or the path



As the name suggests, Aikido is a non-aggressive and non-competitive martial art based on the principle of blending with an attacker's force. The techniques of Aikido may be used effectively for self-defence in most circumstances by:

- making natural circular movements that harmonise with the opponent's actions by drawing out the opponent's force, blending with it and utilising it to neutralise an attack.
- controlling the opponent through vulnerable points, such as the wrist, shoulder, neck and knees.

For children, particular emphasis is placed on developing movement and 'spatial awareness' with the aim of not only learning self-defence techniques and skills, but building self-esteem, increasing motor skills and improving posture and coordination. All these elements contribute towards the child's self-defence ability, balance and self-development.

Riai Aikido

Riai Aikido Wellington runs two junior classes at the City Dojo, the children's class for 8 to 12 year olds (approx.), and teenagers' class for 13 to 17 year olds (approx.). This manual covers the children's classes.

Riai – its meaning. In its present-day context, Riari means **principle of harmony**. The concept of Riari was one of the top goals of the sword fighting *samurai*.

Riai – its logo. The Riari Aikido School's logo comprises three symbols of Aikido – the triangle, circle and square. Enclosing the symbols, like hands, are placed two silver ferns, a Maori symbol of friendship. The inner circle represents all the people of the earth. The outer second circle represents the universe of which the earth and all its peoples are part.

Children's Class Information

Teaching goals include:

- Introduction to a range of Aikido techniques and exercises
- Improve confidence, social interaction and self-awareness through cooperative training
- Learn to train in a respectful, safe and disciplined way (guided by dojo etiquette)
- Improve posture, coordination and motor skills for example through Ukemi (rolling), Tai-sabaki (body movements) and cooperative training
- Improve spatial awareness and the ability to move to avoid or blend with an attack
- Learn to accept training challenges and achieve them
- Prepare students for more advanced syllabus at teenagers' class
- Learn the names of basic techniques

Syllabus Overview

In the Children's Class an achievement system with four levels (kyu grades) recognised by belts is used as outlined below.

Kyu grade and belt colour

- 10th kyu - White belt – Beginners in their first year
- 9th kyu - Yellow with white strip belt – Second year students*
- 8th kyu - Orange with white strip belt – Third year students*
- 7th kyu - Green with white strip belt – Fourth year Students*

(Note the first intermediate/adult belt above white is a solid yellow coloured belt - 6th kyu grade)

At each level, students train to complete the belt/grade requirements, and will be asked to grade when they are proficient in the requirements for their next grade. Grading for belts are held twice a year.

At the end of their fourth year students should transition into the teenagers' class and train to obtain their 6th kyu grade (solid yellow belt). Students new to the teenagers' class will revert to wearing a white belt until their first grading.

Badges

As an intermediate step towards a belt, two or three badges are associated with each belt. Assessment for badges is ongoing, and they are awarded throughout the year, typically at the end of the term.

Occasionally other achievement badges may be allocated at the discretion of the Teacher.

Participation certificates are awarded each term.

Grade Requirements

Yellow –white stripe (9kyu)

Aikido Basics	Description	Badge 62
Shikko	Knee walking	
Seiza	Formal sitting position (and how to bow)	
Rei	How to bow	
Kamae		
Hidari Hanmi	Left Stance	
Migi Hanmi	Right Stance	
Taisabaki		
Body turning movements		
Irimi	Slide step diagonally forward and back	
Irimi Tenkan	Sliding step followed by a 180° turn (used to avoid a punch)	
Tsugi Ashi	Gliding walk	
Defence Technique		Badge 61
Katate Tori Ikkyo	Arm pin from one hand grab – opposite wrist grab	
Kosa Tori Ikkyo	Arm pin from one hand grab – same wrist grab	
Ukemi		Badge 37
Ushiro Ukemi	Backward roll	

Orange -white stripe (8th kyu)

Kamae	Postures	
Ai Hanmi	Same stance as partner	
Gyaku Hanmi	Opposite stance as partner	
Taisabaki		Badge 16
Body turning movements		
Ayumi Ashi Tenkan	Walking step forward followed by a 180° pivot	
Mawashi	Pivot on feet to change direction 180°	
Irimi Tenkan Mawashi	Sliding step followed by a 180° turn	
Ayumi Ashi Hantai Tenkan	Walking step forward followed by a 90° pivot	
Defence Technique		Badge 44
Kosa Tori Shiho Nage	Four corner throw from same wrist grasp	
Katate Tori Sumi Otoshi	Corner drop from opposite wrist grasp	
Suwari Wasa Kokyu Ho	Kneeling breath power exercise to double wrist grasp	
Ukemi		Badge 35
Mae Ukemi	Forward roll	

**Green – white stripe
(7th kyu)**

Ukemi		Break-falls	Badge 36
Mae into Yoko		Forward roll into side break fall	
Mae into Ushiro		Forward roll transitioning into backward roll	
Taisabaki Exercise			
Tai no Henka		Body shifting exercise	
“Robot” Randori		Use of taisabaki to avoid multiple “robot attacks”	
Defence Technique			Badge 63
Katate Tori Shiho Nage		Four corner throw from an opposite wrist grasp	
Katate Tori Irimi Nage		Entering throw from an opposite wrist grasp	
Katate or Ryote Tori Kokyo Nage		Basic throws from an opposite wrist grasp or both wrists grasped.	

Typically, it would take a student about one year to learn the requirements of a new belt, but this of course depends on their attendance and attention.

All techniques should be performed using omote and ura forms:

- Omote - moving to the attacker’s front
- Ura - moving to the attacker’s rear

Senior students are expected to act as role-models for the younger students. Exemplary behaviour on the mat will be a prime consideration as to whether students are invited to grade.

Other defence techniques taught to more advanced students include:

Defence Technique	
Yokomen Uchi Shiho Nage	Four-corners throw from side-strike to head
Shomen Uchi Irimi Nage	Entering throw from frontal strike to head
Shomen Uchi Ikkyo	Arm pin from frontal strike to head
Yokomen Uchi Sumi Otoshi	Corner drop from side strike to head

Etiquette

Courtesy and respect for the Dojo, the teacher (Sensei), senior students (Sempais) and your friends is very important. If the rules are followed, we will be taking care of ourselves and our friends.

- You should **always arrive before the start time** of the session and bow when entering the Dojo.
- **If you are late, stand at the side of the mat** until asked on to the mat by the Sensei or a Sempai, then bow in as usual.
- **Footwear** must be worn to the Dojo and should be **removed upon entering and placed on the shelves provided**. This helps us keep the mats – and our feet – clean.
- When moving onto the mat, stand on the edge of the mat and **perform a standing bow** to the kamiza (*car-me-zah* – front wall with the picture of O sensei). This shows respect to the Dojo, your teachers and your fellow students.
- When called to *seiza* (say-zah – sitting posture) at the beginning and end of the class, sit straight with hands on thighs. Do not rise until told. **To move into *seiza*, first kneel on the left leg then the right. When standing, always raise the right leg first.**
- **When watching Sensei or a Sempai instruct, sit quietly in *seiza*** or with your legs crossed neatly. After Sensei/sempai has demonstrated, bow before rising to begin practice.
- **Always bow to your partner** when asking him or her to train and bow again when you have finished. This shows respect and says ‘thank you’.
- Whenever Sensei says ‘**yame**’ or ‘**stop**’, stop as fast as you can allowing for the safety of yourself and your partner.
- **Always remain alert:** this means do not fold your arms, lean on the wall, or lie about on the floor after taking a fall. We need to take care of each other to make sure no-one gets hurt.
- **If you must leave the mat during training, always ask the Sensei/Sempai.** Put shoes on if you leave the dojo, e.g. to visit the toilet, to keep your feet clean. When returning, stand at the edge of the mat until told to rejoin the class.
- **Finger nails and toe nails must be kept reasonably short** for the safety of yourself and others. **All jewellery should be removed.**
- Always wear your *gi* (ghee – training uniform) with no other clothing, or neat, loose clothing such as t-shirt and shorts.

Japanese Terms Used During Training

<i>Kamiza ni rei</i>	Bow to the <i>kamiza</i> (<i>ni</i> =to, <i>rei</i> =bow)	Said by the senior kyu grade to start and end class, once all are in <i>seiza</i>
<i>Onegaishimasu</i>	Please (train with me)	Said by all to sensei at the start of class, and between <i>uke</i> and <i>nage</i> before each practice
<i>Seiza</i>	Kneel	Said by the Sensei before bowing in at the start of the class, or between practices, to indicate to kneel facing the <i>kamiza</i> . Students sit in order of their grade at the start and end of class, but in any order during class
<i>Hai tate</i>	Stand up/rise	Stand up, typically used by Sensei prior to warm ups at the start of class
<i>Domo</i> or <i>Domo arigato</i>	Thank you, or thank you very much	Said between <i>uke</i> and <i>nage</i> after each practice
<i>Yame</i>	Stop	Said by the Sensei to stop practice. Stop training as fast as is safe on hearing this
<i>Mo ichido</i>	Again or repeat	Said by Sensei to indicate repeat the same practice
<i>Kezoku datchi</i>	Prepare to bow	Said by Sensei before standing practice (typically <i>taisabaki</i>) prior to <i>shomen rei</i>
<i>Shomen ni rei</i>	Standing bow to the front	Similar to <i>kamiza ni rei</i> , but typically said before and after <i>taisabaki</i> practice
<i>Keiko warimasu</i>	Break in session	Said by sensei to indicate end of class. All return to <i>seiza</i> , kneeling in grade order
<i>Sensei ni rei</i>	Bow to Sensei	Typically used by the <i>dojo-cho</i> to thank a visiting Sensei following seminars
<i>Domo arigato gozaimashita Sensei</i>	Thank you very much teacher	Said by all students to Sensei on bowing out at the end of class

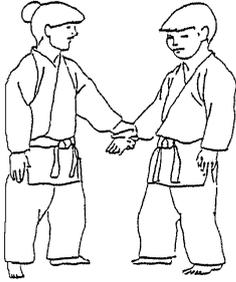
Counting in Japanese

English	Japanese	English	Japanese	English	Japanese
1	Ichi (itchy)	10	Ju (juu)	11	Juichi (juu-ichi)
2	Ni (knee)	20	Niju (knee-juu)	21	Nijuu ni (knee-juu knee)
3	San (sarn)	30	Sanju (sarn-juu)	31	Sanjuuichi (sarn-juu-itchy)
4	Shi (she) or Yon	40	Yonju (yon-juu)	41	Yonjuuichi (yon-juu-itchy)
5	Go (go)	50	Goju (go-juu)	51	Gojuuichi (go-juu-itchy)
6	Roku (row-koo)	60	Rokuju (row-koo-juu)	61	Rokujuuichi (row-koo-juu-itchy)
7	Shichi (she chi) or Nana (nah-nah)	70	Nanaju (nah-nah-juu)	71	Nanajuichi (nah-nah-juu-itchy)
8	Hachi (ha-chee)	80	Hachiju (ha-chee-juu)	81	Hachijuuichi (ha-chee-juu-itchy)
9	Ku (coo) or Kyu (kew)	90	Kuju (coo-juu)	91	Kujuuichi (coo-juu-itchy)
10	Ju (juu)	100	Hyaku (h-yak-oo)	101	Hyakuichi (h-yak-oo-itchy)

Basic Holds and Blows

1.	Katate Tori (car-tar-tay toe-ree)	same hand grab, palm up or palm down
2.	Kosa Tori (ko-sah-toe-ree) -	opposite hand grab
3.	Ryote Dori (ree-oh-te door-ee) -	both hands grab
4.	Morote Tori (moh-roh-tay-door-ee) -	two hands grabbing one
5.	Kata Tori (car-tah toe-ree) -	one hand front lapel grab
6.	Yokomen Uchi (yoh-ko-men oo-chee) -	side strike to the head
7.	Shomen Uchi (show-men oo-chee) -	straight, frontal strike to the top of the head
8.	Mune Tsuki (moo-nay t'ski) -	straight punch to the belt

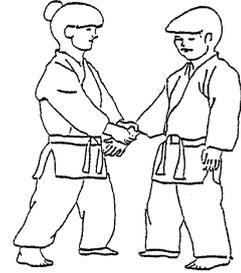
Grasps



Katate Tori



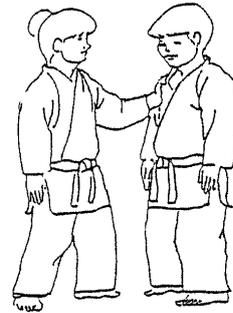
Kosa Tori



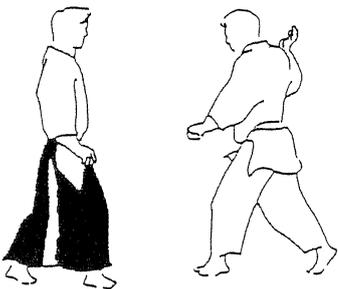
Morote Tori



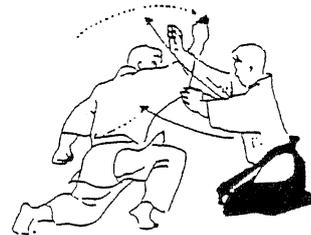
Ryote Dori



Kata Tori



Tachi Waza
(standing techniques)



Suwari Waza
(both sitting using shikko to move)

Body Movements

Tai Sabaki (Tie Sah-bar-key)

Some body movements can be performed both *mai* (my; forward) and *ushiro* (oo-she-row; backward).

Irimi (ee-ree-me)	Entering (sliding) diagonal step
Ayumi Ashi Hantai Tenkan (eh-you-me ash-ee han-tie ten-kahn)	Walking step forward, plus half turn; usually just called Hantai Tenkan
Ayumi Ashi Tenkan (eh-you-me ash-ee ten-kahn)	Walking step forward, plus full turn
Irimi Tenkan (ee-ree-me ten-kahn)	Sliding step forward, plus full turn pivoting on the front foot
Mawashi (mah-wash-ee)	Full twist around on the spot, pivoting on the balls of the feet without stepping
Irimi Mawashi (ee-ree-me mah-wash-ee)	Entering step and small turn
Ayumi Ashi Mawashi (eh-you-me ash-ee mah-wash-ee)	Walk and small turn
Tsugi Ashi (t'soo-gee ash-ee)	Gliding walk
Ayumi Ashi (eh-you-me ash-ee)	Aikido walk
Tai No Henka (tie no hen-kah)	Body shifting with a partner; from a <i>Katate Tori</i> hold, and using the <i>Irimi Tenkan</i> movement
Ude Furi Undo (oo-dee foo-ree oon-doh)	Arm swinging movement using <i>Ayumi Ashi Tenkan</i>
Kiri Age Kiri Sage (ki-ree are-ghee ki-ree sar-ghee)	Cutting up and down arm exercise
Fune Kogi (foo-knee ko-ghee)	Rowing exercise
Sayu Undo (say-oh oon-doh)	Lateral arm swinging exercise
Shomen Uchi Ikkyu Undo (show-men oo-che ick-ee-oh oon-doh)	Entering movement to block a <i>Shomen Uchi</i> attack
Tenkan Undo (tenkahn oon-doh)	Step pivot with hands palm up in front turning one hand in scooping movement
Happo Undo (hap-oh oon-doh)	Eight directional exercise, using <i>Kiri Age Kiri Sage</i> movement
Shikko (she-koh)	Knee walking

Techniques

Ikkyo (ick-ee-oh)	Arm pin (or “bunny ears”)
Shiho Nage (she-ho nah-gay)	Four corner throw
Sumi Otoshi (soo-me oh-tosh)	Corner drop
Tenchi Nage (ten-she nah-gay)	Heaven and earth throw
Irimi Nage (ee-ree-me nah-gay)	Entering throw
Kokyu Ho (coke-you ho)	Breath power exercise
Kokyu Nage (coke-you nah-gay)	Breath power throw

Aikido Terms

This is a sample of words used in our children’s classes. Some Dojos may use other terms in addition to those listed below.

Ai (Eye)	Harmony, coming together, love.
Aikido (Eye-key-doe)	Ai = harmony, Ki = spirit or energy, Do = the way or path.
Ai Hanmi (Eye-hon-me)	Equal stance.
Atemi (Ah-tem-ee)	Defensive strike to distract or unbalance your partner so a technique can be effectively applied. It is not meant to inflict injury.
Boken (Bow-ken)	Wooden sword used in practice.
Dan (Don)	Aikido grade holder, black belt rank.
Dojo (Doe-joe)	Training hall
Dori (Door-ree)	Grab.
Gi (Ghee)	Training uniform.
Hai (Hi)	Yes.
Hakama (Hah-kah-mah)	A divided, pant-like skirt.

<i>Hanmi</i> (Hon-me)	A posture in which one foot is advanced one step and the body weight is distributed equally on both feet. Triangular stance.
<i>Hanmi Handachi</i> (Hon-me Hon-dah-chee)	Nage (thrower) is kneeling and opponent (the attacker) approaches from a standing position.
<i>Hidari</i> (He-dah-ree)	Left (direction).
<i>Irimi</i> (Ee-ree-me)	To enter; entering.
<i>Kata-dori</i> (Kah-tah-doe-ree)	Shoulder grab.
<i>Katate</i> (Kah-tah-tay)	One hand (left or right).
<i>Keiko</i> (Kay-ko)	Practice session; training.
<i>Ki</i> (Key)	Spirit. The vital force of the body; Universal Energy; a stream or flow of positive energy.
<i>Ki-no-nagare</i> (Key-noh-nah-gah-ree)	Fluid form of a technique.
<i>Kiai</i> (Key-eye)	A piercing scream or cry with practical and psychological value, meaning 'meeting of spirits'.
<i>Kokyū</i> (Coke-you)	Breath power ... the co-ordination of Ki flow with breathing.
<i>Kyu</i> (Cue or Kee-you)	Aikido rank, class.
<i>Ma-ai</i> (Mah-eye)	Distance between uke and nage, meaning "harmony of space".
<i>Men-uchi</i> (Men-oo-chee)	Strike to the head.
<i>Migi</i> (Mee-gee)	Right (direction).
<i>Morote-dori</i> (Moh-roh-tay-doe-ree)	Attack holding one wrist/forearm with both hands.
<i>Nage</i> (Nah-gay)	Throw. The person who throws.
<i>Obi</i> (Oh-bee)	Belt.
<i>Omote</i> (Oh-moe-tay)	Moving in front (forward).
<i>O Sensei</i> (Oh-sen-say)	The great teacher (Morehei Ueshiba).
<i>Randori</i> (Ran-door-ree)	Multiple attack.
<i>Rei</i> (Ray)	Salutation, bow.
<i>Ryote-dori</i> (Ree-oh-tay-door-ree)	Both hands grabbed by both hands.

<i>Sempai</i> (Sem-pie)	Senior student.
<i>Sensei</i> (Sen-say)	Teacher, instructor.
<i>Seiza</i> (Say-zah)	Formal sitting posture.
<i>Shiho-nage</i> (She-ho-nah-gay)	Four directional throw.
<i>Shodan</i> (Show-don)	Holder of the first grade black belt.
<i>Shomen</i> (Show-men)	Front or top of the head.
<i>Shomen-uchi</i> (Show-men-oo-chee)	Strike to the top front of the head.
<i>Suwari Waza</i> (Sue-wah-ree Wah-zah) or <i>Shikko</i> (She-ko)	Sitting techniques.
<i>Tai No Henko</i> (Tie No Hen Ko)	The basic blending practice. Tenkan exercise.
<i>Tai Sabaki</i> (Tie Sa-baa-key)	Body movements
<i>Tanto</i> (Tahn-toe)	Wooden knife.
<i>Tenchi-nage</i> (Ten-shee-nah-gay)	Heaven and earth throw.
<i>Tenkan</i> (Ten-kahn)	To turn.
<i>Tsuki</i> (T'ski)	Thrust.
<i>Uchi</i> (Oo-chee)	To strike.
<i>Uke</i> (Oo-kay)	The person who gives the attack and receives the technique. Generally speaking, "uke" refers to the person being thrown.
<i>Ukemi</i> (Oo-kem-me)	The art of receiving the technique and falling away from harm. Includes rolling and break falls (high falls).
<i>Ura</i> (Oo-rah)	Moving behind.
<i>Ushiro</i> (Oo-she-row)	Back, behind, rear.
<i>Waza</i> (Wah-zah)	Techniques.
<i>Yokomen</i> (Yoh-ko-men)	Side of the head.
<i>Yudansha</i> (You-don-sha)	Black belt grade holder(s).

This manual belongs to:



www.aikido.org.nz/schools/wellington-city