



Aikido School of Self-Defense- JUNIOR White

Ju-San Kyu (Student 13th Class) White Belt Curriculum

You will learn these techniques over the next 6-8 Weeks. Sensei will then review your techniques for consideration of being promoted to Ju-Ni Kyu (Yellow Belt). When you feel you are ready your parents should put your name on the Promotion roster behind the Front Desk. There is a mandatory Promotion Fee of \$29 payable at the Front Desk. You will be given a Promotion date where we will have a Ceremony that your whole family should attend and show support. Bring a camera.

Testing Fees only apply to belt changes and Silver Stripes. Black Stripes and Gold stripes are to keep track of your attendance. Good attendance is pertinent to achieving your Black Belt.

White Belt Techniques	Ending Position
1) Upward Smash Break	Goal Post block/Foot Back
2) Overhand Arm Swing Elbow Smash	Jigotai with elbow blow
3) Arm Bar from a Choke (Cross Stepping forward)	Uke leaning over 90°
4) Front Wrist Throw from a Choke - Kotegaeshi	Jigotai
5) Domo Arigato Gozaimashita <input type="checkbox"/> Belt Tying <input type="checkbox"/> Gi folding <input type="checkbox"/>	Thank you very Much, Bow out
6) Leg Sweep from two hand choke	One leg up
7) Front Kick	Hanmi, with Goal Posts
8) Side Kick	Jigotai
9) Roundhouse Kick	Hanmi
10) Onegaishimasu <input type="checkbox"/> (Ona-gahshi-mahs)	Vocab "Will you work out with me."

Seven Virtues of the Samurai in Depth

(The underlined statement is the Samurai Definition for oral & written examination)

- 1) **Rectitude**-The Path of Righteousness (Knowing Right from Wrong)
- 2) **Courage**-Courage to do the right thing (Lack of Courage: Knowing what is right and not doing it)
 - a) **Bearing**-what you think you can't bear (No whining or complaining to others)
 - b) Always speaking your mind can be sometimes be a 'lack' of bearing
- 3) **Benevolence**-Helping those less fortunate than you (Kindness to others)
- 4) **Respect**-For myself and others (also: **Politeness** towards others & Everything is a ceremony)
- 5) **Honesty**-Speaking your truth having no need to lie
- 6) **Honor**- Living a life of Integrity (No cheating, stealing, or shady behavior)
- 7) **Loyalty**-To Family, Friends, Dojo, & Country (also: Loyalty to your Goals-doing what's necessary)





Aikido Vocabulary

List 1

Aikido- Ai = Harmony, Ki = Energy, Do = the Way,
Translates to: "The Way of Being in Harmony with the Energy"

Aikidoka Ka = Practitioner, Practitioner of Aikido

Nage The thrower

Uke Person being thrown

Dojo Literally "place of the Way." Also "place of enlightenment." Or School.

Kiai A shout delivered for the purpose of focusing all of one's energy into a single movement

Hara One's center of mass, located about 2" below the navel. Traditionally this was thought to be the location of the spirit/mind/(source of KI). Aikido techniques should be executed as much as possible from or through one's HARA.

Shinkenshobu Lit. "Duel with live swords." This expresses the attitude one should have about aikido training, i.e., one should treat the practice session as though it were, in some respects, a life-or-death duel with live swords. In particular, one's attention during aikido training should be single-mindedly focused on aikido, just as, during a life-or-death duel, one's attention is entirely focused on the duel.

Hanmi Triangular stance. Most often aikido techniques are practiced with UKE and NAGE in pre-determined stances. This is to facilitate learning the techniques and certain principles of positioning with respect to an attack.

Seiza Sitting on one's knees. Sitting this way requires acclimatization, but provides both a stable base and greater ease of movement than sitting cross-legged.

Agura Informal Sitting. Sitting Pretzel Style. Buttocks on the floor with legs crossed.

Kekkafuza Sitting with legs crossed with both feet on inner thighs (ex. Full Lotus position in Yoga)

Irimi (lit. "Entering the Body") Entering movement. Many aikidoists think that the IRIMI movement expresses the very essence of aikido. The idea behind IRIMI is to place oneself in relation to an attacker in such a way that the attacker is unable to continue to attack effectively, and in such a way that one is able to control effectively the attacker's balance. (See SHIKAKU).

Domo Arigato Gozaimashita (Go-zai-ee-mosh) Japanese for "thank you very much." At the end of each class, it is proper to bow and thank the instructor and those with whom you've trained.

Mushin Literally "no mind". A state of cognitive awareness characterized by the absence of discursive thought. A state of mind in which the mind acts/reacts without interference.

Sensei Teacher. It is usually considered proper to address the instructor during practice as "Sensei" rather than by his/her name.

Tenkan Turning movement, esp. turning the body 180 degrees

7 Virtues of the Samurai - Home work Sheet. Child must Demonstrate and example. Parent must sign on the right side.

This is not meant to be difficult.

These principles should be demonstrated every hour of the day.

1) Rectitude – “Gi” -The Path of righteousness by doing the right thing and making good decisions	1)	
	2)	
2) Courage – “Yu” -Knowing what is right and doing it. -The ability to handle any situation	1)	
	2)	
3) Benevolence “Jin” -Being Kind, Compassionate -Mindful of those who suffer -Don’t be Arrogant	1)	
	2)	
4) Politeness/Respect “Rei” - Respect for others -Caring about other’s feelings. Proper behavior. -Calmness of the Mind	1)	
	2)	
5) Honesty “Makoto” -Living by the Truth -Being honest with yourself and others. No Cheating or lying.	1)	
	2)	
6) Honour “Meiyo” -Self-Dignity, Good Character and Success -Renshi Shin “Shame” is the Opposite -Honor grows with age.	1)	
	2)	
7) Filial Piety/Loyalty “Chungi” -Loyalty/Devotion to Family, Teachers, Country -Loyalty to your Dreams	1)	
	2)	



Ranking Chart for Aikido Junior Division

under the direction of Sensei Heath Macaluso

Welcome to the Aikido School of Self-Defense in Monticello, NY. Your child is embarking on a new journey here and will be learning techniques, concepts, and behavior other martial arts schools tend to leave out.

These are the Requirements to achieve the appropriate Rank. A certain amount of classes are required from one belt to the next. The classes required for the next rank are from your last promotion date. Private Lessons count as 3 Classes attended. The classes on the right are needed from the last promotion date to achieve the rank to the left.

An * signifies a rank where a promotion fee applies. There are 13 levels before reaching Black Belt (Sho-Dan). Please review the information below. Black can be achieved between 3 and 4 years with commitment and dedication.

Ju-San Kyu (13th Class) or White Belt; is where we begin.

Yellow Belt: * **Ju-Ni Kyu* (12th Class)** 12 Classes, 14 for Adults
 Yellow Belt-Silver Stripe: **Ju-Ichi Kyu*** 7 Classes (ex. Since Yellow Belt-Black Stripe Promotion date)
 Yellow Belt-Gold Stripe: 7 Classes

Blue Belt:* **Ju Kyu*** 7 Classes
 Blue Belt-Black Stripe: 7 Classes
 Blue Belt-Silver Stripe:* **Ku Kyu *** 7 Classes
 Blue Belt-Gold Stripe: 7 Classes

Green Belt: * **Hachi Kyu*** 7 Classes
 Green Belt-Black Stripe: 7 Classes
 Green Belt-Silver Stripe: **Shichi Kyu* (7th Class)** 7 Classes
 Green Belt-Gold Stripe: 7 Classes

Purple Belt: * **Roku Kyu*** 8 Classes
 Purple Belt-Black Stripe: 8 Classes
 Purple Belt-Silver Stripe: **Go Kyu*** 8 Classes
 Purple Belt-Gold Stripe: 8 Classes

Brown Belt: * **Yon Kyu*** 8 Classes
 Brown Belt-Black Stripe: 8 Classes
 Brown Belt-Silver Stripe: **San Kyu*** 8 Classes
 Brown Belt-Gold Stripe: Classes

Advanced Brown Belt: * **Ni Kyu*** 8 Classes
 Brown Belt-Black Stripe: 24 Classes (3 months)
 Brown Belt-Silver Stripe: **Ik-Kyu* (1st Class)** 24 Classes (3 months)
 Brown Belt-Gold Stripe: 24 Classes (3 months)

Sho-Dan-Junior Black Belt: * (Adult White Belt) 24 Classes (3 months)
 Sho-Dan-Black* (Adult Yellow Belt) 24 Classes (3 months)
 Sho-Dan-Silver* (Adult Blue Belt) 24 Classes (3 months)
 Sho-Dan-Gold* (Adult Green Belt) 24 Classes (3 months)

Ni-Dan Junior-2nd Degree: * (Adult Purple Belt) 32 Classes (4 months)
 Ni-Dan-Black* 16 Classes (2 months)
 Ni-Dan-Silver* 16 Classes (2 months)
 Ni-Dan-Gold* 16 Classes (2 months)

San-Dan Junior-3rd Degree: *(Adult Brown Belt) 16 Classes (2 months)
 San-Dan-Black* 32 Classes (4 months)
 San-Dan-Silver* 32 Classes (4 months)
 San-Dan-Gold* 32 Classes (4 months)

Senior Sho-Dan Status* (Adult Black Belt) 32 Classes (4 months)

Ordinal Rank Numbers

Ju-Ni Kyu	12 th Class
Ju-Ichi Kyu	11 th Class
Ju Kyu	10 th Class
Ku Kyu	9 th Class
Hachi Kyu	8 th Class
Shichi Kyu	7 th Class
Roku Kyu	6 th Class
Go Kyu	5 th Class
Yon Kyu	4 th Class
San Kyu	3 rd Class
Ni Kyu	2 nd Class
Ik Kyu	1 st Class

Counting in Japanese

one	ichi
two	ni
three	san
four	shi
five	go
six	roku
seven	shichi
eight	hachi
nine	kyu
ten	ju
eleven	ju ichi
twelve	ju ni
thirteen	ju san
fourteen	ju shi
fifteen	ju go
sixteen	ju roku
seventeen	ju shichi
eighteen	ju hachi
nineteen	ju kyu
twenty	ni ju
twenty-one	ni juichi
twenty-two	ni juni

*See Adult Ranking Chart for further Rank





Aikido School of Self-Defense

under the direction of Sensei Heath Macaluso

Inducted into the Martial Arts Hall of Fame, January, 2008

Promotion Chart with corresponding fees.

Thank you sending your child to the Aikido School of Martial Arts. We appreciate your business and your trust. As your child trains in Aikido, he or she will be constantly reviewed to make sure they are getting the techniques and knowledge required to move up the ranks until they reach their goal of being a Black Belt.

The testing fees include their belts, certificates, stripes, patches, and additional work needed to ensure a proper graduation for your child. The fees also help offset some of the schools costs of doing business in our commercial facility. We want our school to thrive and always be here for you and your family. So please take care of your testing fee at the front desk, prior to promotions.

When your child has enough classes to be reviewed please inquire at the front desk about his/her next promotion date. Receiving the honor of promotion in front of the whole school is a huge confidence builder and worth its weight in gold. Thank you again for your patronage.

Yellow Belt: *	Ju-Ni Kyu* (12 th Class)	\$29
Yellow Belt-Silver Stripe:	Ju-Ichi Kyu*	\$29
Blue Belt: *	Ju Kyu*	\$29
Blue Belt-Silver Stripe: *	Ku Kyu *	\$29
Green Belt: *	Hachi Kyu*	\$29
Green Belt-Silver Stripe:	Shichi Kyu* (7 th Class)	\$29
Purple Belt: *	Roku Kyu*	\$39\
Purple Belt-Silver Stripe:	Go Kyu*	\$39
Brown Belt: *	Yon Kyu*	\$49
Brown Belt-Silver Stripe:	San Kyu*	\$49
Advanced Brown Belt: *	Ni Kyu*	\$49
Brown Belt-Silver Stripe:	Ik-Kyu* (1 st Class)	\$49



Sho-Dan-Junior Black Belt: * \$149
 Includes Hakama (Black Belt Pleated Pants)
 Also includes several sessions of One on One Testing
 Teaching requirements apply.



Pre-Paying your Testing Fees and Save Big Money.

Green Belt (10 Months of Training): \$119, Regular \$145, Save \$26 (20% under 1 year)
Brown Belt (18 Months of Training): \$225, Regular \$301, Save \$75 (25% under 18 months)
Black Belt (33 Months of Training): \$379, Regular \$597, Save \$200 (35% over 18 months)