



tatami STUDIO

Winnipeg Aiki Shuren Dojo

Kids & Youth Aikido Handbook



*"An overview and introduction
to our Children's program"*



Kids & Youth Aikido Program

Classes typically start with gentle yoga poses and warm-ups before moving into Aikido techniques. All Aikido techniques end in rolls, falls or pins, allowing both parties a chance to explore what harmony means to them when working with their partner. After working on techniques that are specific to their abilities and skill level we move into games. Games are designed to improve balance, coordination, awareness and most importantly to have fun!

It is our intention with this handbook to provide you an overview of our children's program, the instructors and activities that we typically conduct in our Aikido Kids & Youth classes.

合氣道

Kid's Teachers



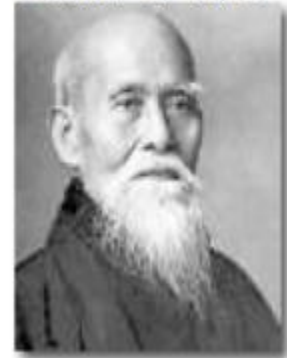
Ama Sensei



Maria Sensei

We teach from the basic premise that aikido will bring balance, health and a meditative, reflective element to ones life. Through Aikido, people can get in touch with their own creativity and watch it unfold, not only on the mat but more importantly in daily life. This may be realized in ones improved ability to focus, in relating to others, in ones health and in being more effective. Moving with decisiveness and clarity are emphasized in our classes and often become a metaphor for how one moves through life.

Morihei Ueshiba 1883 - 1969
Founder of Aikido



Aikido



- *Ai - means love and/or harmony*
- *Ki - is breath, universal energy and spirit*
- *Do - is a path or way*
- *So loosely translated Aikido is a way to work with your energy and another's in harmony and love. A blending of both Ki's.*
- *Aikido has a philosophy of win/win. It is our belief that if life is turned into a win/lose situation we all lose.*
- *Quotes by O'Sensei*
 - *"Aiki victory is not to bring others down but to win over ourselves"*
 - *"The Art of Peace (Aikido) begins with you. Work on yourself and your appointed task in the Art of Peace. Everyone has a spirit that can be refined, a body that can be trained in some manner, a suitable path to follow. You are here for no other purpose than to realize your inner divinity and manifest your inner enlightenment. Foster peace in your own life and then apply the Art to all that you encounter."*

Getting Dressed



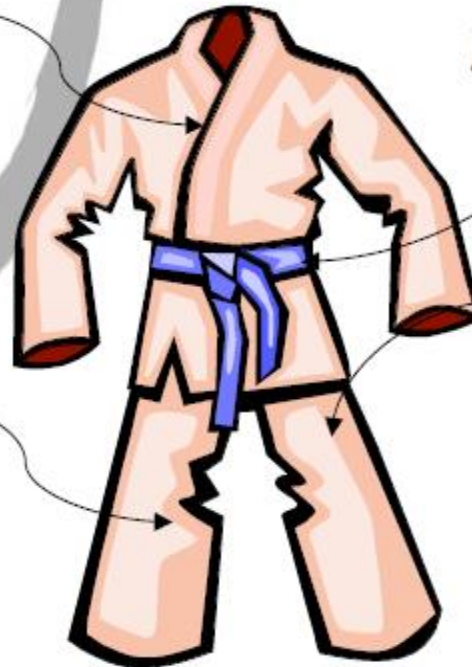
- Your outfit is called a Gi
- Your belt is called an Obi

The left side of your Gi goes over the right side.

Your belt and/or Obi

The knee's are usually reinforced with extra material for knee walking and ukemi.

Your Gi bottoms are kind of like pajama bottoms but stronger. They have a drawstring to keep them up.



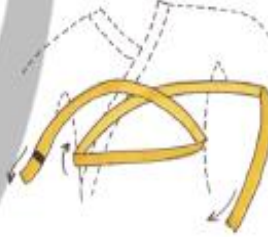
A Hakama, worn by the black belts, is a skirt like pant traditionally worn by Samurai to protect their legs when riding horses. (Kind of like a cowboy's leather chaps!)

Tying your Belt

Step 1 - Find the center of your belt by folding it in half.



Step 2 - Place the center on your Tanden, just below your belly button. Wrap belt around your waist. Switch hands in the back and bring both ends back around.



Step 3 - Make an X with the belt over your Tanden.



Step 4 - Take the top of the X and loop it underneath both belts.



Step 5 - Bring the looped portion end of belt down and over the front making another X.



Step 6 - Take the top of the X and loop it through the hole.



Step 7 - Give both ends a good tug both to your sides and up & down towards your head and feet.



Step 8 - Your done!
GOOD JOB!!!



Dojo ~ Etiquette



- *Do* - is a "Path" or "Way"
- *Jo* - is a "Place" to practice



- No shoes - please no shoes or socks on the mat. And no shoes past the no shoes line. It has to do with having a clean pure place to practice.



- Checking in - please ensure you check-in with the receptionist or the teacher when you enter the dojo.



- On-time - please be on-time. Give yourself adequate time to prepare for class. This shows respect for your teacher and fellow participants by demonstrating to them that their time is as valuable as yours.



- Courteous & Respect - please show courtesy and respect to your fellow students. Remember you couldn't practice Aikido if it wasn't for them.



- Focus - please pay attention to the teacher and your fellow students. Staying focused on the Here & Now is essential to your growth in Aikido and life.



- Open mind - And most of all we ask that you have the eyes of a beginner. Always willing to learn and look at all situations in life with a fresh perspective. This is sometimes referred as "Beginner's Mind"

Tour of the Dojo



The SHOMAN or also know as

- Kamiza - means altar or shrine. When entering and leaving the dojo or mat, students bow in the direction of Morihei Ueshiba's (O'sensei) picture over the Kamiza. This is a tradition of showing respect and thanking the Founder of Aikido for creating this art for us to practice.

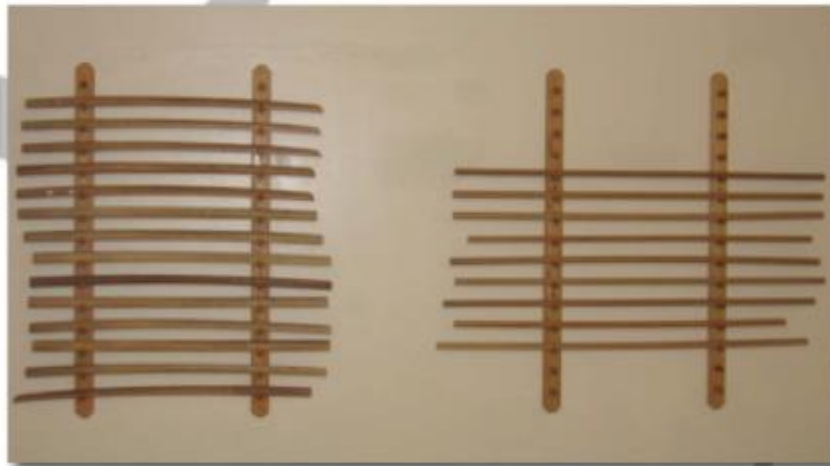


Tour of the Dojo



- Bokken - means wooden sword. The striking area is the last 3 to 4 inches of the blade. Much of the Aikido movement is grounded in the sword work.

- Jo - means wooden staff. The striking surface is both sides and 360° around the ends. Makes you consider the possibilities huh?



- Tanto - means wooden knife.



Mat Etiquette



The bell is rung twice to start the class. Once for energy out and the second time for energy in.



Kamiza

W
a
l
k
w
a
y



When Sensei or the teacher claps move quickly and kneel on the side to watch and hear instruction.

When class starts or ends always kneel next to your partners facing the Kamiza in a straight line and sitting in seiza. Wait for Sensei or the teacher to bow the class in or to finish the class.

Always bow towards the Kamiza when entering or leaving the mat and/or dojo.

Reception and retail area

Bench

Bench

Sitting & Viewing Area

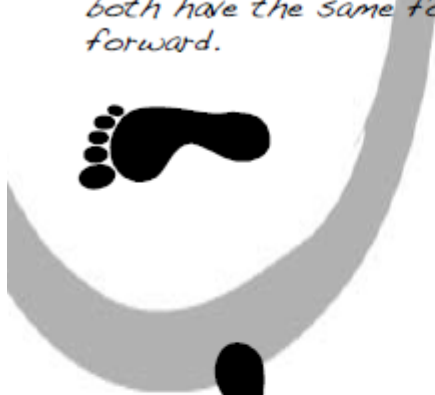
Bench

Bench

Stances



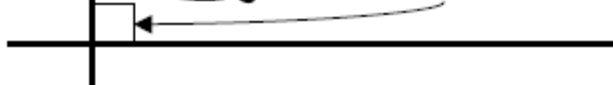
- Ai-Hanmi - this is called Ai-Hanmi or stance of love and harmony. When facing your partner you both have the same foot forward.



Little toe and heel on the same line.



Right-Angle



- Gyaku-Hanmi - this is called Gyaku or stance of opposition. It would be like looking in a mirror when you face your partner. The opposite foot is forward.



Holds



Katate dori - One hand grabs the wrist of your partner.



Ryote dori - Both hands grab both wrists of your partner.



Morote dori - With both hands grab one wrist of your partner.



Kata dori - One hand grabs the shoulder or collar of your partner.



*"If your feeling blue,
try painting yourself a
different color"
~ Hannah Cheatem*

Warm-Ups



*Running Around
the Dojo*



Monkey Walks

Knee Walking



Yoga Warm-Ups



- Tall Tree - Feet hip width apart with toes spread and firmly grounded to the Earth. Arms and hands reaching skyward with spread fingers to let in the energy of the Universe. Feel the connection from finger tips to toes.
- Forward Bend - Feet hip width apart. Lean back on your heels now slowly bend over with fingers reaching for your toes. Relax the head and neck.
- Lunge - Forward leg is bent and hands are on the mat on either side of your forward foot. The other leg is stepped back and only your toes are touching the mat. Don't let your head fall but keep the neck in alignment with your spine.
- Plank - Keep your stomach strong and back straight. Keep your neck in alignment with your spine.
- Low-Plank or Stick - Keep your elbows tight to your body and slowly lower your plank to about 1" of the ground.

Yoga Warm-Ups



- Cobra - Lie on your belly with feet together and pointing like your diving into a pool. Pull yourself up on your forearms like a cobra. Hiss!!!



- Up Dog - Only your hands and the tops of your feet are touching the mat.



- Down Dog - also called upside down V pose. Relax your neck and head. Your hands and feet are hip and shoulder width apart with fingers and toes spread to let in the energy of mother Earth and the Universe.



- Warrior 1 - Front leg is bent and rear leg is straight. You should be on your toes with your back foot and the heel is up. Fingers should be spread and the arms should be full of energy but still keeping the shoulders relaxed.

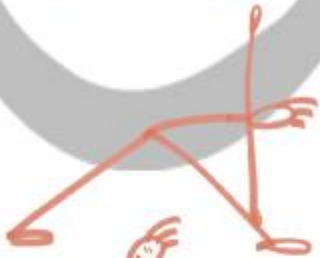
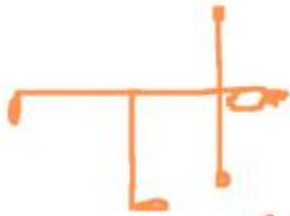


- Warrior 2 - Front leg is bent like warrior 1 but back heel is down with the back toes slightly angled. One arm reaches forward and the other backward.



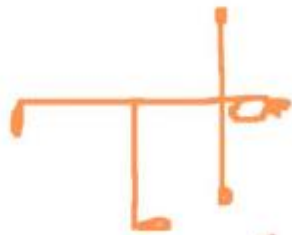
- Warrior 3 - Balancing on one leg, point your toes of the foot that is in the air. Your arms are on your sides like wings.

Yoga Warm-Ups



- Half-Moon - Balancing on one leg, one hand reaches for the sky and another for the Earth. Imagine a string pulling your hand and foot that are in the air to help you balance.
- Extended Angle - Front leg is bent and that same arm is resting on the knee. Your back leg is straight and back foot is slightly angled with your heel down. Your upper arm extends up following the angle of your back leg.
- Triangle Pose - One hand reaches towards the heavens the other towards the center of the Earth. Look up at your hand in the sky.
- Squat on One-Leg - Squat on one leg and keep the other leg straight with the toes pointing towards the sky. Now switch sides.
- Squat on Both Legs - Squat on both legs with your hands in prayer position between your legs. Push out gently with your elbows on your knees.
- Bow Pose - Lie on your belly, arch up and grab your ankles. Now try and touch the ceiling with your feet!

Yoga Warm-Ups



- Half-Moon - Balancing on one leg, one hand reaches for the sky and another for the Earth. Imagine a string pulling your hand and foot that are in the air to help you balance.
- Extended Angle - Front leg is bent and that same arm is resting on the knee. Your back leg is straight and back foot is slightly angled with your heel down. Your upper arm extends up following the angle of your back leg.
- Triangle Pose - One hand reaches towards the heavens the other towards the center of the Earth. Look up at your hand in the sky.
- Squat on One-Leg - Squat on one leg and keep the other leg straight with the toes pointing towards the sky. Now switch sides.
- Squat on Both Legs - Squat on both legs with your hands in prayer position between your legs. Push out gently with your elbows on your knees.
- Bow Pose - Lie on your belly, arch up and grab your ankles. Now try and touch the ceiling with your feet!

Yoga Warm-Ups



- **Bridge 1** - Lie on the mat bring your heels near your bottom. Gently raise your hips skyward while keeping your gluts and legs firm. Roll up on your shoulder blades. Keep a smile on your face.



- **Bridge 2** - Lie on the mat bring your heels near your bottom. Put your hands on the mat by your shoulders. Gently raise your hips skyward while keeping your gluts and legs firm. At the same time push up with your hands. Keep a smile on your face and relax your neck.



- **Hug Your Knees** - Lie on your back and hug your knees to your chest. Relax the shoulders, tail-bone, face and neck.



- **Spread Eagle** - Sitting on the mat with your back straight spread your legs with toes pointing skyward. Fold over and touch your toes with your fingers.



- **Butterfly or Cobbler Pose** - Sitting on the mat bring the bottoms of your feet together and press them firmly on the balls of your feet and heels. Now slowly bring your knees down towards the Earth.

Strikes/Atemi



- Shomenuchi - Overhead strike with the blade of your hand to your partners forehead.



- Yokomenuchi - Roundhouse strike with the blade of your hand to your partner's side of the head (temple area).



- Tsuki - Pronounced "Ski" it's a thrust or punch to your partners center. Right where the knot of their belt is.



Forward Rolls



Forward Roll Feet & Hand Placement - this is a "bird's eye" view of a left-handed forward roll.

Most of your weight should be on your front foot.

Back foot - just be on your toes and ball of your foot.



Left hand points backwards. Right hand points forward.



Left-Handed Forward Roll



Tuck your head, as if you were going to listen to the mat, just before you rollover the shoulder of the hand that points backwards.

© 2004 J.P. Thompson

Backward Rolls



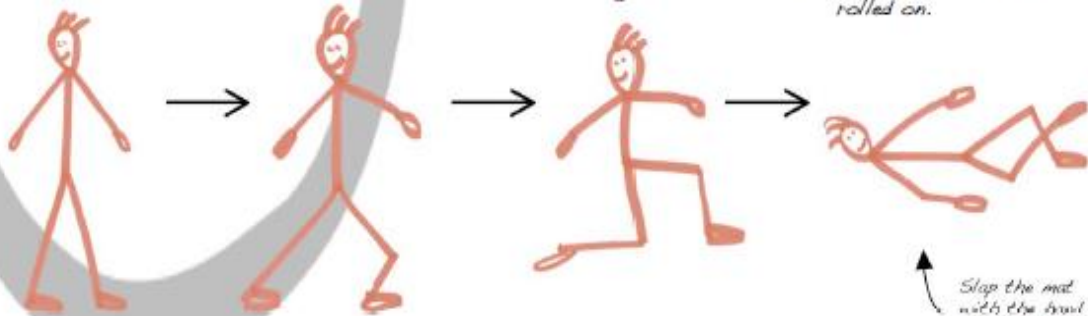
From Standing Position

Step 1 - Feet hip width apart and look back to the side that you are going to roll on.

Step 2 - Now step back with one foot.

Step 3 - Kneel down on the knee of the leg you stepped back with. Keep looking to this side.

Step 4 - Roll on that side and slap the mat with the hand and forearm of the side you rolled on.



Slap the mat with the hand of the side you are rolling on.

From Sitting Position

Step 1 - Sit on the mat crossed legged.

Step 2 - Roll on your back slightly to one side.

Step 3 - Come up to kneeling on one knee. Repeat and switch knees.





Glossary



Aihanmi – mutual stance when both partners have the same foot advanced.

Pronounced: i-hawn-me

Dojo – Training space. Pronounced: Doe Joe

Gyaku Hanmi – Reverse stance when both partners have opposite feet advanced. Pronounced: Gee-awe-Q-hawn-me

Hanmi – Half open stance with feet placed triangularly. The front foot facing forward and the back foot perpendicular to the front. It is the basic Aikido stance. Pronounced: Hawn-me

Katatedori – one hand grab to the wrist. Pronounced: Ka-ta-tay-door-e

Katadori – one hand grab to the collar or gi shoulder.

Pronounced: Ka-ta-door-e

Morotedori – Two hand grab on one. Pronounced: Mo-row-tay-door-e

Ma-ai – Proper distance between two partners. It varies depending on the height and length of your partner. In addition if one of both of you has weapons. Pronounced: Mow-I

Nage – Person who defends, resolves and/or brings harmony. Pronounced:

Nah-gay



Glossary

Onegaishimasu – Correct and polite Japanese saying before starting practice with your partner. Pronounced: Own-e-gosh-e-mas

Omote – Forward movement or moving in front of your uke. Pronounced: O-mo-tay

Ryotedori – Both wrists grabbed from the front. Pronounced: Rio-tay-door-e

Shomenuchi – Strike to the forehead, Pronounced: Show-men-oo-chee

Seiza – Correct and calm sitting. Kneeling and sitting on your heels. Pronounced: Say-zah

Sensei – Teacher & title identifying one as an instructor.

Pronounced: Sen-say

Shikko – knee walking. Pronounced: She-ko

Shoshin – “beginner’s mind”. Pronounced: Show-shin

Tanden – your center, just below your belly button. Pronounced: Tawn-den

Uke – Person who attacks, confronts or brings chaos.

Pronounced: Tawn-den



Glossary

Ukemi – The act of taking controlled fall. It includes forward rolls, backward rolls and breakfalls. Pronounced: Oo-kem-ee

Ura – Moving behind your uke. Pronounced: Oo-rah

Yokomenuchi – Strike to the temple/side of the head. Pronounced: Yo-ko-men-oo-chee

Zanshin – Unbroken concentration and follow through of a technique. Like swinging a baseball bat and staying connected to the ball as it flies away. Pronounced: Zawn-sheen



Counting in Japanese

Counting 1-16

1 - Ichi
2 - Ni
3 - San
4 - Shi /Yon
5 - Go
6 - Roku
7 - Shichi
8 - Hachi
9 - Ku / Kyu
10 - Ju
11 - Ju ichi
12 - Ju ni
13 - Ju san
14 - Ju shi
15 - Ju go
16 - Ju Roku

Counting 17-31

17 - Ju Shichi
18 - Ju Hachi
19 - Ju Ku
20 - Ni Ju
21 - Ni Ju ichi
22 - Ni ju ni
23 - Ni ju san
24 - Ni ju shi
25 - Ni ju go
26 - Ni ju roku
27 - Ni ju shichi
28 - Ni ju hachi
29 - Ni ju ku
30 - San Ju
31 - San Jun Ichi

Counting in 10's

10 - Ju
20 - Niju
30 - Sanju
40 - Yonju
50 - Goju
60 - Roku ju
70 - Nana ju
80 - Hachi ju
90 - Ku ju
100 - Hyaku

Counting in 100's

100 - Hyaku
200 - Nih yaku
300 - San hyaku
400 - Yon Hyaku
500 - Go Hyaku
600 - Roku Hyaku
700 - Nana Hyaku
800 - Hachi Hyaku
900 - Ku Hyaku
1000 - Sen



Belts

Sensei, teachers and the kids decide when they are ready to test. Sensei and the teachers are looking for a good understanding of the requirements, dedication, focus and respect of their fellow Aikido participants. For the kids to decide we look for enthusiasm and confidence to test.

All testing is conducted and overseen by Sensei

Yellow Belt (9th kyu): 25 training days

Orange Belt (8th kyu): 40 training days

Green Belt (7th kyu): 50 training days

Advanced Green Belt (6th kyu): 60 training days

Blue Belt (5th kyu): 70 training days

Advanced Blue Belt (4th kyu): 80 training days

Purple Belt (3rd kyu): 90 training days

Advanced Purple Belt (2nd kyu): 100 training days

Red Belt (1st kyu): 120 training days

Advanced Red Belt – Shodan Ho: 150 training days

Brown Belt – Advanced Shodan Ho

Bushido: The Samurai Code of Honor

Character Development System

Earn your Samurai stripes by showing your Bushido Character on & off the mats, in the dojo, at home & school.



Bushido: The Samurai Code of Honor

The Bushido Code is like an ancient instruction book.
Every Samurai follows it. Bushido is their code of honor.

To the Samurai, Honor is Everything.

The Samurai code of honor is known as **Bushido**, and comes from the word **bushi**, which means "**warrior**." The Japanese word **do** means "the way." **So Bushido means, "the way of the warrior."**

Gi – Integrity

- Be honest in your actions with all people. Believe in justice, not only from others but from yourself.

REI – Respect

- True Warriors have no reason to be cruel.
- They do not need to prove their strength.
- Warriors are nice, even to their enemies.
- Warriors are not only respected for their strength in battle, but also in their actions with others.

YU – Heroic Courage

- To hide like a turtle in a shell is not living at all.
- A true warrior must have heroic courage.
- It could be risky, but that is living life completely & fully.

MEIYO – Honor

- Warriors have only one judge of honor and character and this is themselves.
- Decisions they make and how these decisions are carried out is a reflection of whom they truly are.

JIN – Compassion

- Through intense training and hard work the true warrior becomes quick and strong.
- They are not most people. They develop a power that must be used for good.
- They have compassion. They help people at every opportunity.

MAKOTO – Honesty & Sincerity

- When warriors say that they will perform an action, it is as good as done.
- Nothing will stop them from completing what they say they will do.
- They do not have to give their word because they have made a promise.

CHUGI – Duty & Loyalty

- Warriors are for everything that have done and said, and all of the consequences that follow. They are loyal to all of those that are in their care.

