



TENZAN  
AIKIDO



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

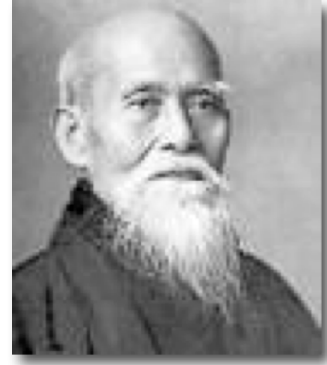
*\* DOJO COPY \**

# Welcome to Tenzan Aikido!



- *Onegaishimasu!!! (Correct polite Japanese saying before starting practice or play with your partner)  
Pronounced ~ Own-e-gosh-e-mas*
- *Tenzan Aikido is directed by Bruce Bookman, Kaicho and Chief Instructor. Tenzan Aikido was founded by Bookman Sensei in 1980 (formerly Seattle Aikikai) and provides top level, instruction. Tenzan Aikido operates under the umbrella of the Seattle Holistic Center (SHC), an organization created by Bookman Sensei and his wife Colette Crawford to provide programs that promote personal growth.*
- *Tenzan offers a highly acclaimed children's 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 and playtime. Games are designed to improve balance, coordination, awareness and most importantly to have fun!*
- *Its our intention with this book to provide you an overview of our children's program, the instructors and activities that we typically conduct at our kids classes.*
- *Please enjoy!*

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."*

*"You make me smile all  
over my face"*  
~ Ian Hobson, Age 5



# Kid's Teachers

○  
Sensei Bruce Bookman

Kaicho - Founder and Chief Instructor



*I 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 my classes and often become a metaphor for how one moves through life.*



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# Kid's Teachers

Melissa ~ Nidan



Why Aikido and Why I enjoy working with the kids?  
They delight me! They fascinate me and lift my spirits. But, more importantly, they allow me to pursue my mission. O'Sensei, the founder of Aikido, speaks of Aikido as a way to allow each individual to complete his or her mission. Mine, as I see it, is to teach kids to cherish themselves, know themselves and be able to connect with others. It is my hope that this body, mind and spirit practice will give them skills and confidence to grow into healthy, happy individuals. To launch them on the journey of finding and completing their own missions.

Alter Ego - My career was as a ballet dancer before I moved to Seattle and married my husband, Tam. I began practicing Aikido because our two boys, Max and Casey, were in the children's program and it looked like fun. It is! In 2004 I got my black belt from Bookman sensei here at the Tenzan Aikido dojo. I've been teaching either dancing or Aikido for nearly 30 years, including 10 years at the Pacific Northwest Ballet school. I currently teach the preschoolers, the 6 and up kids, adults and the parent/child Aikido classes which have a special place in my heart!

Nirmala ~ Nidan

Why Aikido? - I experience so many different kinds of benefits from practicing Aikido - I cannot do this question justice here! When I practice, I get great physical exercise, a way to clear my mind of the troubles of my day, an opportunity to learn more about myself and overcome my personal obstacles, and a chance to build friendships with wonderful, dedicated people.

Why I enjoy working with the kids? - I find it very refreshing to be with children. They are honest, open, and joyful. During the children's class, I can let go of my own worries and enjoy their company. It is very rewarding to help them learn and grow

Alter Ego - Math Professor at Shoreline Community College



# Kid's Teachers



## Chauncey ~ Shodan



Why Aikido? - I joined the dojo after watching an advanced class over fifteen years ago and have been looking for the grace, fluidity and ease in the movements ever since I saw them that first night. When Bookman sensei asked me to help with the kids program I was both honored and nervous. Now nine years later I am comfortable and feel as if I am able to provide an enjoyable and safe class. They are super fun and I love working with them. I received my black belt from Bookman sensei in 2003 and also am very passionate about Brazilian Jiu-jitsu which I've studied for over fourteen years.

## Joseph ~ Sandan

Why Aikido? - I began training in Aikido in 1993 after my family moved to Seattle from the Washington DC area. I remember coming to watch a class and seeing the other children practicing breakfalls, and becoming enthralled. It was the acrobatic movements that enticed me into training at seven, and as the years pass, the subtleties that keep me going. Aikido has depth beyond limits; one may practice it their whole life and still be searching for improvement. For me, this is the essential quality of Aikido. In 2003, I graduated from high school and went to the University of Colorado in Boulder, where I trained with Hiroshi Ikeda Sensei during my four years of college. During the summer months and winter breaks, I would return to Seattle to continue my training with Bookman Sensei, as well as visiting for seminars. I graduated with a B.S. in Architectural Engineering in May 2007, and after a successful attempt of climbing Denali with my sister (who, incidentally, also trains in Aikido), returned to Seattle to continue training with Bookman Sensei. Since then, I've started Brazilian Jiu-jitsu and a career as an Architectural Lighting Designer.



# Kid's Teachers

## Pete ~ Shodan



Why Aikido? - I first became involved in martial arts when I was in grade school, about 6 years old. Ted Kayahara, a good friend of my parents used to see me rolling around in our front yard and suggested to that I get involved in Judo. He was one of the black belt instructors at a local Dojo in Spokane. I participated in Judo for 4 years and really enjoyed it. We did a lot of rolling and flips, similar to Aikido, and as a kid I loved this type of activity. Although, only practicing for 4 years there continued to be this calling and interest in martial arts and their philosophies. This started a life long journey that eventually led me to Tenzan Aikido in 1990. I worked out at a gym near-by and would drive by the dojo on the way home. I remember sitting at the light in front of the dojo and looking in through the window and seeing everyone in their Gi (Uniform) doing rolls, being thrown and pinned. It reminded me so much of when I was a kid and I had this longing to do that again. It took me a while to get the courage to walk through the door but I finally did and feel so blessed that I have this art and community in my life. I practiced Aikido with Sensei Bookman intensively between 1990-92, however ended up getting away from it because...life happens. I started practicing again in 2003 and it's been non-stop ever since. I love Aikido because to me it's not really about doing this move or that move but it's an opportunity to work with people in a kind and compassionate way. It's a way to view confrontation differently and bring resolution so we all win. It's also to me an art that is fathomless. The more I study the more I find out how much of a beginner I still am. I've been teaching in our kids program for 4 years They are pure joy! I love their energy, enthusiasm and wonderment. I enjoy helping and watching each student grow in their own unique way. They are my biggest teachers!

## Tom ~ Nidan



Why Aikido? - My first dojo was in Ventura CA. under Sensei Dennis Belt. That was in 2000. Actually I had taken aikido about 16 years earlier in a college course. It had haunted me for all that time and I finally went back to it. What is it about Aikido that keeps me coming back? There are a number of aspects that come to mind. As a practice, aikido is exhilarating - you get to be sent through the air and to send others through the air, which a lot of fun. You get sweaty and your heart beats fast and sometimes you want more air. And then you get to fly again. There is also a process of continually learning how the body moves and how it settles and how it interacts with other bodies. This exploration is done within a very friendly environment. The environment of Aikido is different from the environment of other physical activities. There is a formality to the dojo. At first I found this awkward, as my everyday environment is not very formal. However, I have come to appreciate more and more the formality on the mat. The formality means that the approach of the students is not frivolous. But it allows for a sense of delight in the practice. Also, the formality reinforces the sense that learning aikido is special and should be approached with respect. As well, there is a respect that is shown between the teachers and the students and between the students themselves.

# Kid's Teachers

○  
Sarina ~ Nidan



Why Aikido? - I first heard of Aikido back in 1994. It was through some work friends who then convinced me to join a nearby dojo called the Glen Elyn Aikido Club. I've always had an interest in martial arts, but at the time, I have to admit it was purely a social thing. Aikido brings interesting people together and people practice it for different reasons. During my years in practice, I've discovered that Aikido fosters community and camaraderie. It's non-combative approach is attractive to me as well. It's a beautiful art that truly unifies the mind, body and spirit as well as people. I know this since I met my husband Eric on the mat. As a working mother of two beautiful girls, I've found that Aikido has helped bring a sense of balance and joy into our family.

Brigid ~ Shodan



Why Aikido? - Brigid has practiced aikido with Bookman Sensei since 2005. She loves teaching aikido to children.



# Kid's Teachers



Stan ~ Shodan



Why Aikido? - My first experience with aikido was while I was living in Germany in 1999. I was part of an exchange program and was looking for something to do in my spare time. I had always been interested in aikido, so I signed up for the once-a-week class. When I got to the first class, I didn't understand what was being said, with a mix of Japanese and German being spoken, but I found that I was able to fully participate because the common language was the movement. Everyone was so friendly and patient. I was initially surprised that the senior members worked with everyone, including the first-timers. There were no egos or anything to prove, only a love of aikido and an eagerness to practice. When I came back to the U.S. and moved to Seattle, I immediately joined a dojo only to injure my knee skiing a few months later. Life and work and business took its course and it wasn't until 4 years later that I would walk onto the mat at Tenzan in 2004. Since then, aikido has positively influenced my life, physically, emotionally, and spiritually. I've been helping with the kids classes since 2006. Working with the kids has been a truly rewarding experience. I learn as much from them about myself and about aikido as they learn from me.

Jonathon ~ 2<sup>nd</sup> Kyu

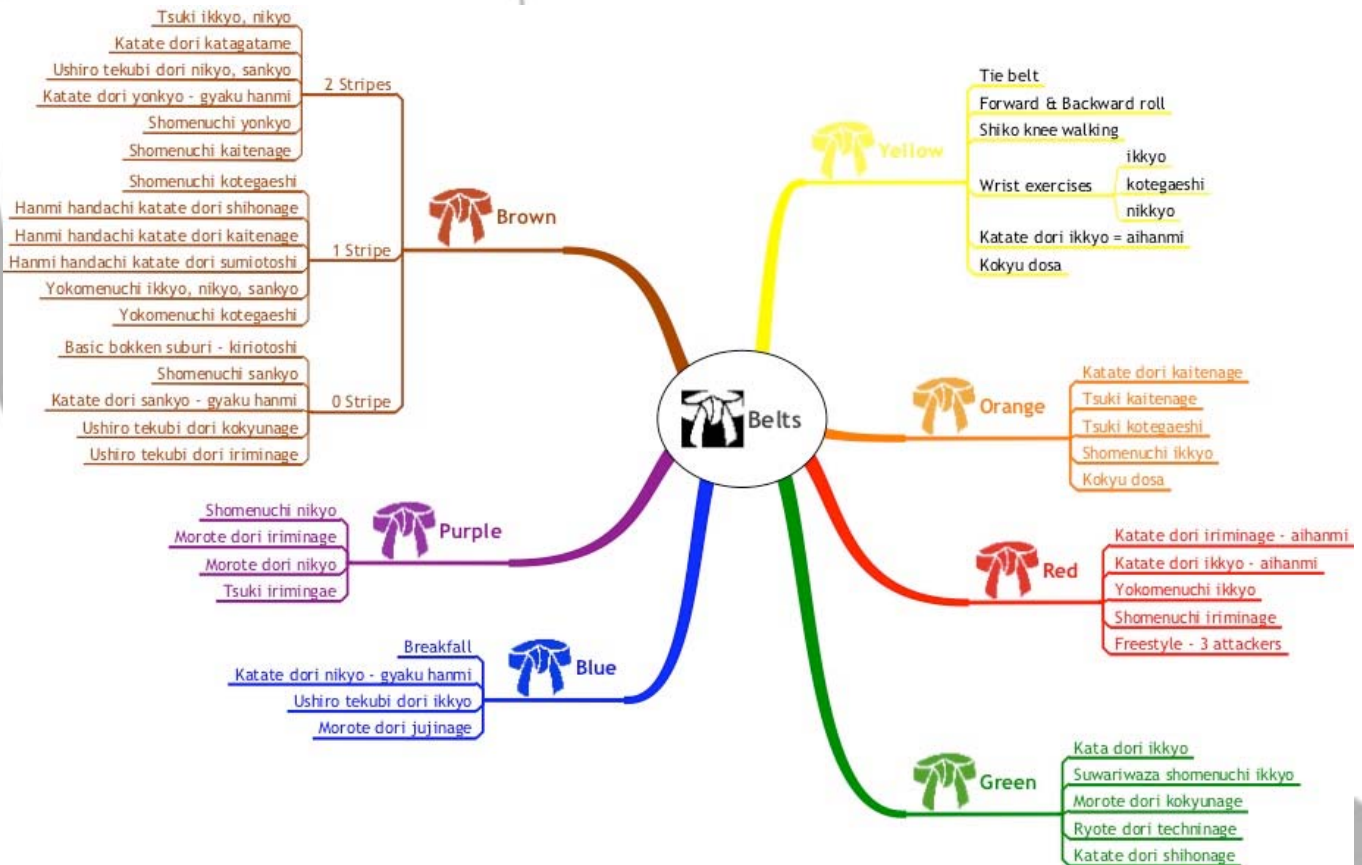


Why Aikido? Before coming to Sensei Bookman's dojo in 2005, I trained in Shito-Ryu Karate for several years with a very rigorous Japanese Instructor. His Karate was beautiful and practical and I missed the art. When I moved to Seattle, I looked at several schools. After watching one of Sensei Bookman's classes, I saw the same artistic qualities that I admired in my Karate instructor. Teaching the children's classes makes my practice a little lighter. When the kids are having fun, I'm having fun. There are countless times when I can't help myself but to burst into laughter. It's a great feeling!

# Belts

"All roads lead to somewhere. So if you feel lost, just keep driving!"

~ Donna Habrick, Age 11



- 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 Bruce Bookman.

"Anyone can change as long as they bring enough clothes."  
~ Trevor Easterling, Age 10



# Getting Dressed

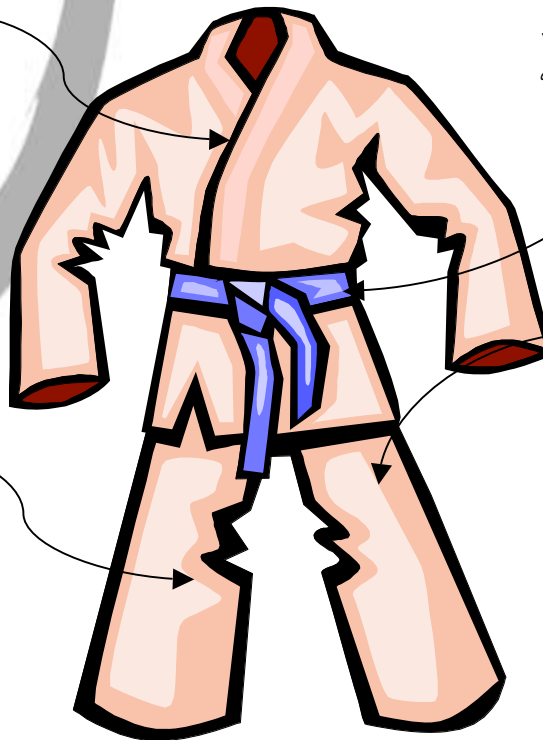
- Your outfit is called a Gi
- Your belt is called an Obi

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!)

"Anyone can change as long as they bring enough clothes."  
~ Trevor Easterling, Age 10

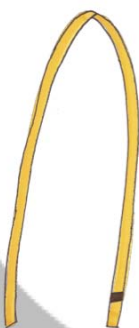


# Getting Dressed

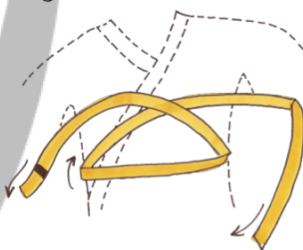


## Tying your Belt

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.



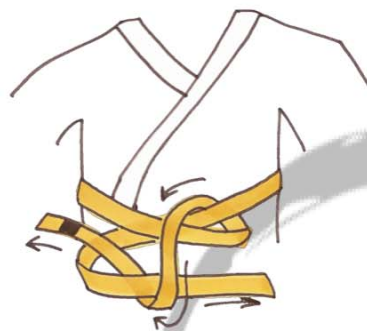
Step 4 - Take the top of the X and loop it underneath both belts.



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



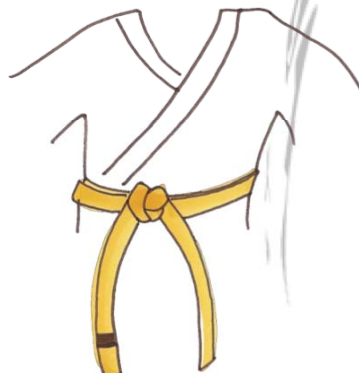
Step 6 - Take the top of the X and loop it through the hole.



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!!!



"Count your rainbows,  
not your  
thunderstorms."  
~ Alyssa Knight, Age 12

# 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



- 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.



- Sensei's Weapons - Out of respect please stay clear and walk away.

# Tour of the Dojo



- Adult Rank Board - Adults have only two belt colors, white and black. There are 7 ranks to white and 10 to black. Black belts are called Yudonsha (meaning student) and wear a Hakama.
- Kids Photo's - These are pictures and membership cards of the younger students in the dojo.



- Adult Photo's - These are pictures and names of the adult students in the dojo.

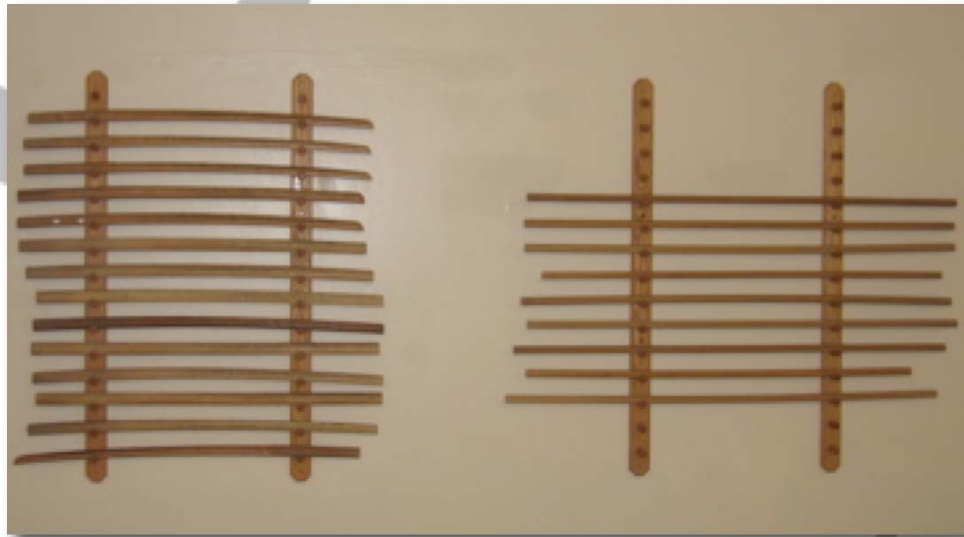


# Tour of the Dojo



- 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.



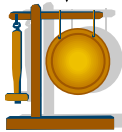


"When in doubt, look about!"  
~ Mark Schlereth

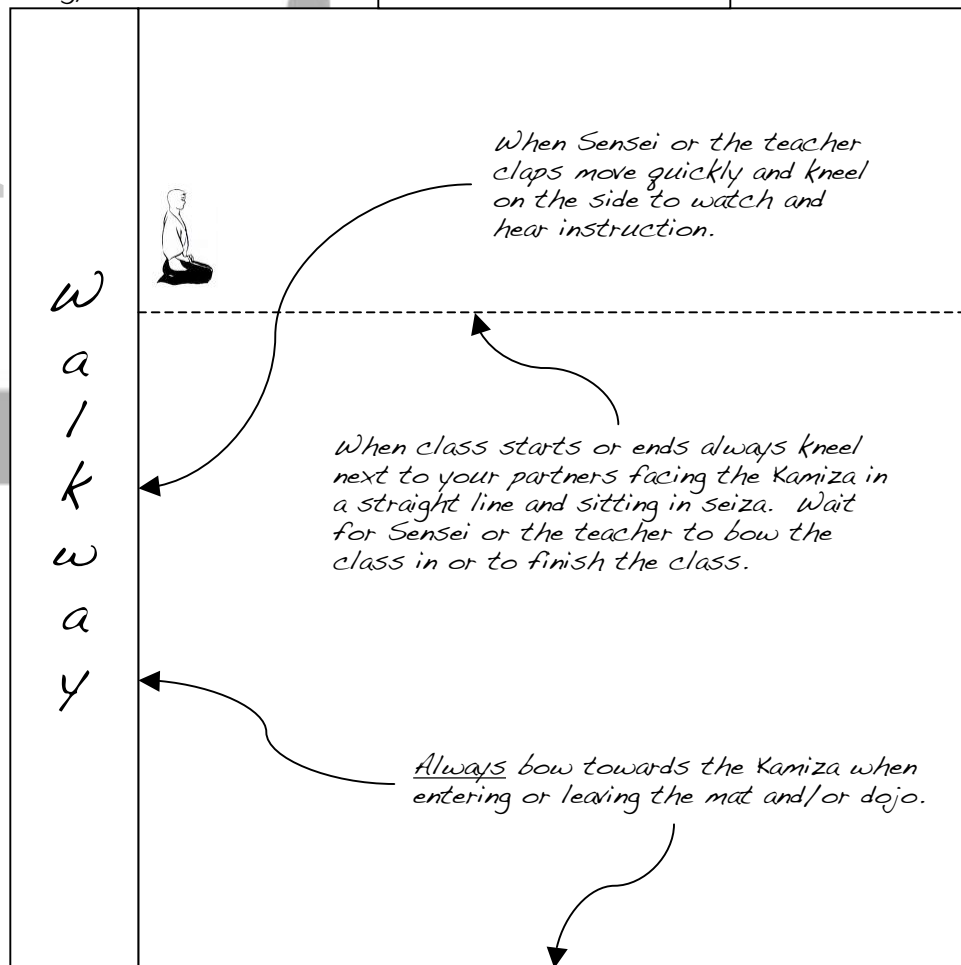
# Mat Etiquette



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



Kamiza 



Reception and retail area

Bench

Bench

Sitting & Viewing Area

Bench

Bench

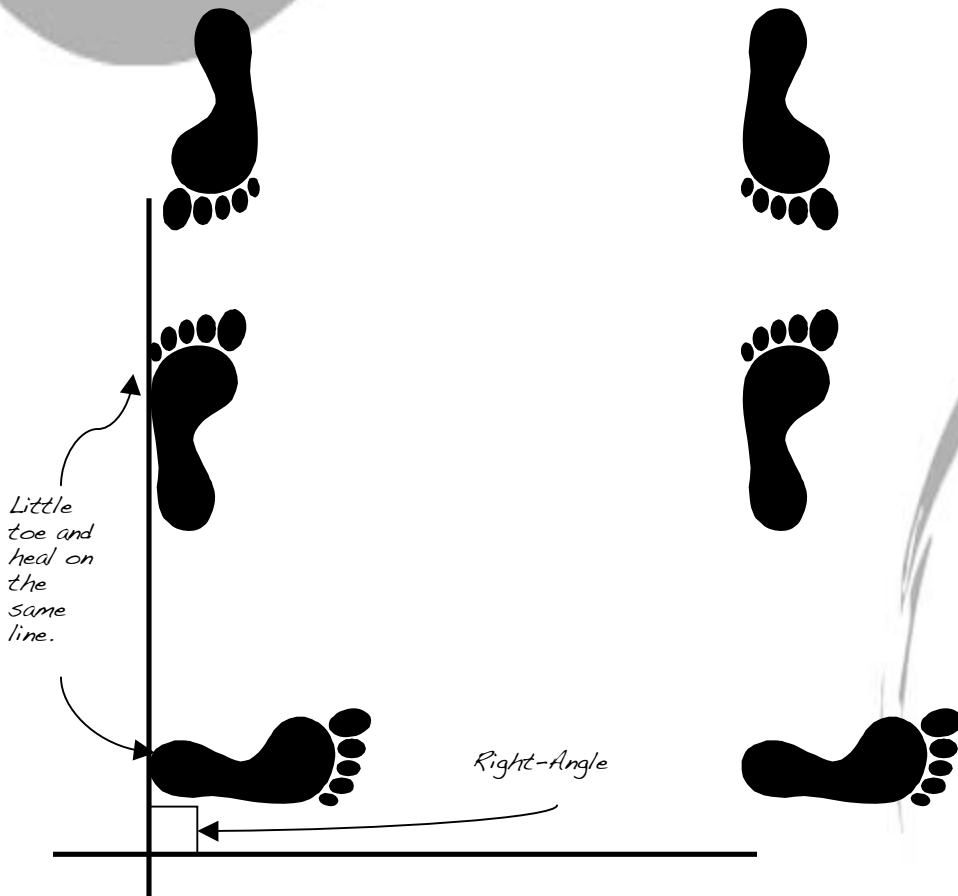
"Don't look back because  
you might fall over what is  
in front of you."  
~ Kate Williams, Age 7

# 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.



- 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.

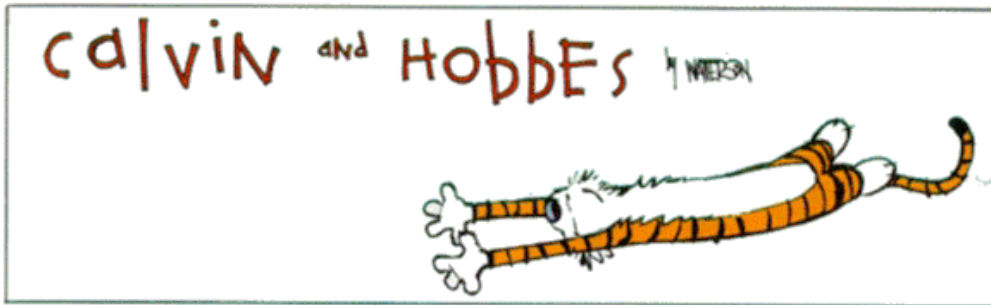


Kata dori - One hand grabs the shoulder or collar of your partner.



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

# Warm-Ups



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

# Warm-Ups



*Running Around  
the Dojo*

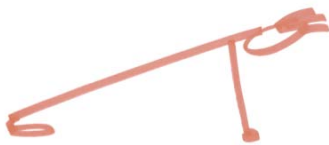


*Monkey Walks*

*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.

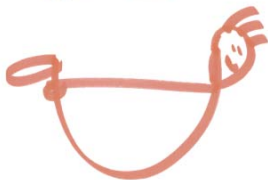
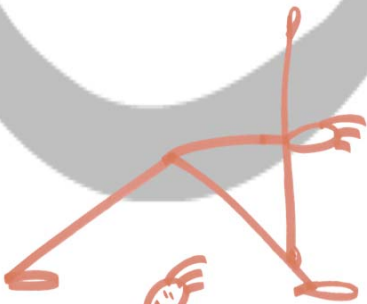
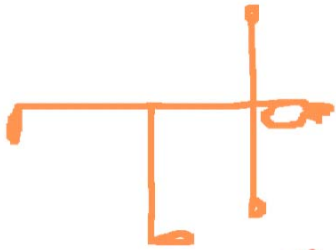


- Warrior 2 - Front leg is bent like warrior 1 but back heel is down with the back toes slightly angled. One arm reaches forward and the other backward.



- 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



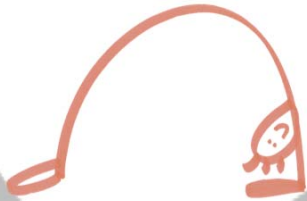
- Half-Moon - Balancing on one leg, one hand reaches for the sky and another for the Earth. Imagine a string pulling your hand and foot that are in the air to help you balance.
- Extended Angle - Front leg is bent and that same arm is resting on the knee. Your back leg is straight and back foot is slightly 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



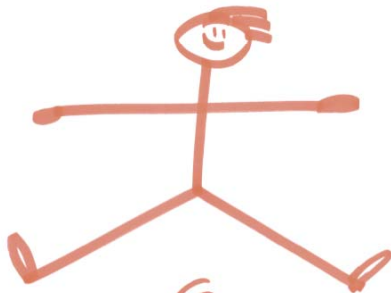
- Bridge 1 - Lie on the mat bring your heels near your bottom. Gently raise your hips skyward while keeping your gluts and legs firm. Roll up on your shoulder blades. Keep a smile on your face.



- 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.



"You know it was a good day  
if you didn't hit or bite  
anyone"  
~ Nathaniel Parizek, Age 4

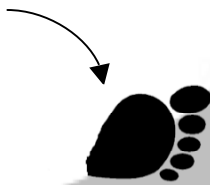
# Forward Rolls



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

(c) 2004 J.P. Thompson

# Backward Rolls



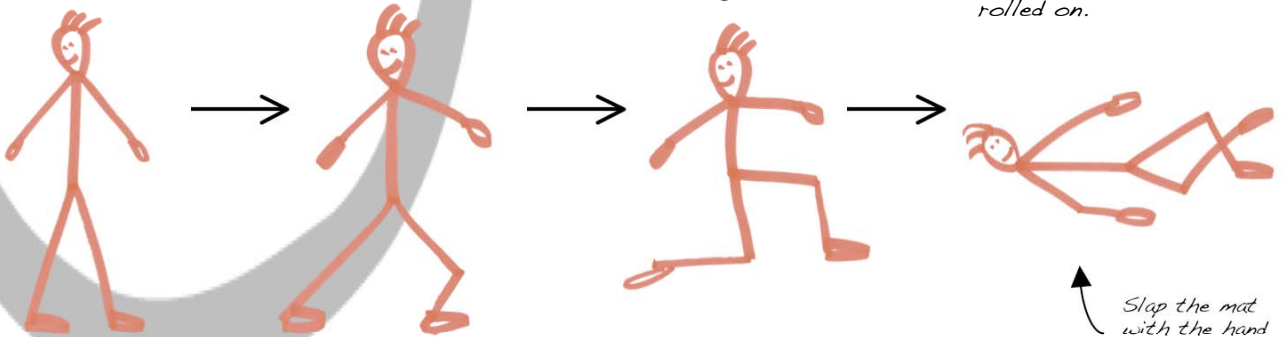
## From Standing Position

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.



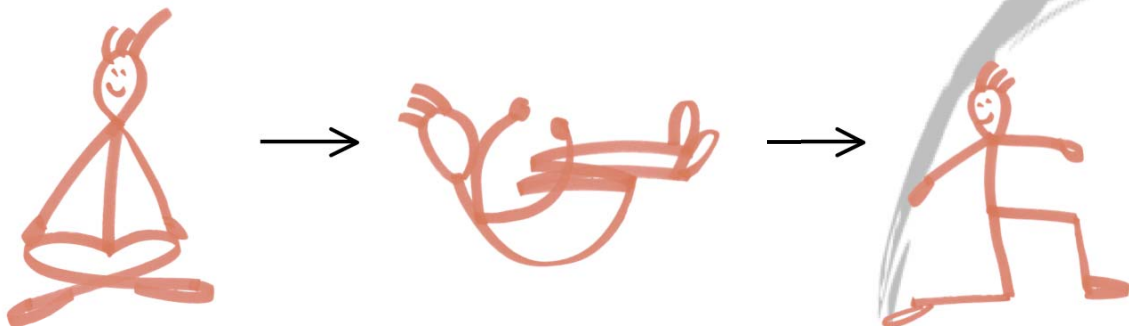
Slap the mat with the hand of the side you are rolling on.

## 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.



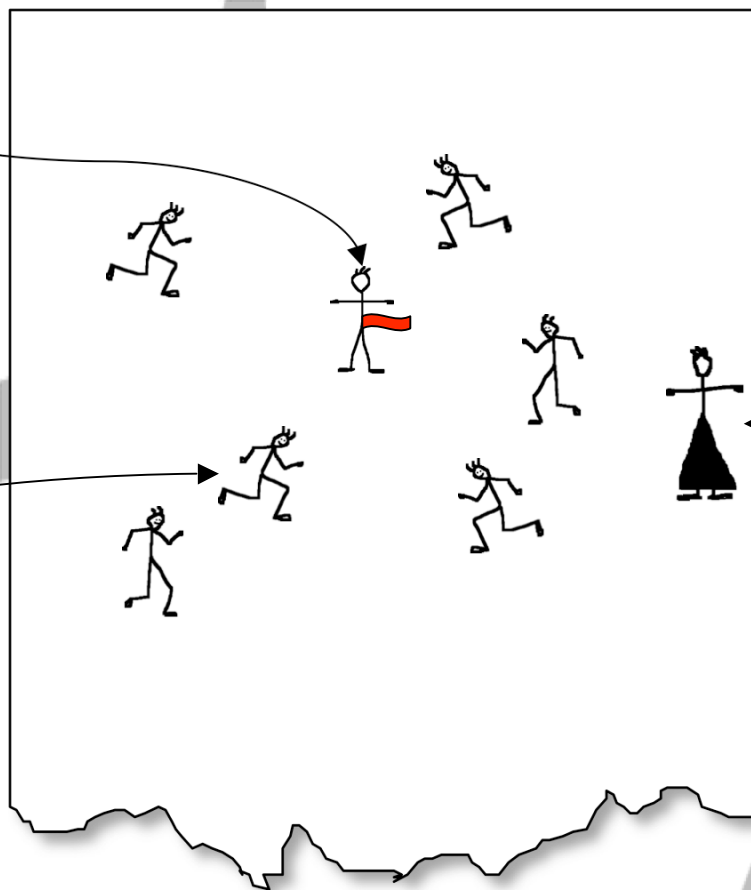
"You don't really know  
someone until you've had  
recess with him"  
~ Alex Ziton, Age 8

# Games



## "Capture the Towel"

The student with the towel performs a spin called Irimi-tenkan, when other students get close and try and grab the towel.



Teacher watches for students that get tagged out and also calls new students into the game.

The other students try and capture the towel without being tagged.

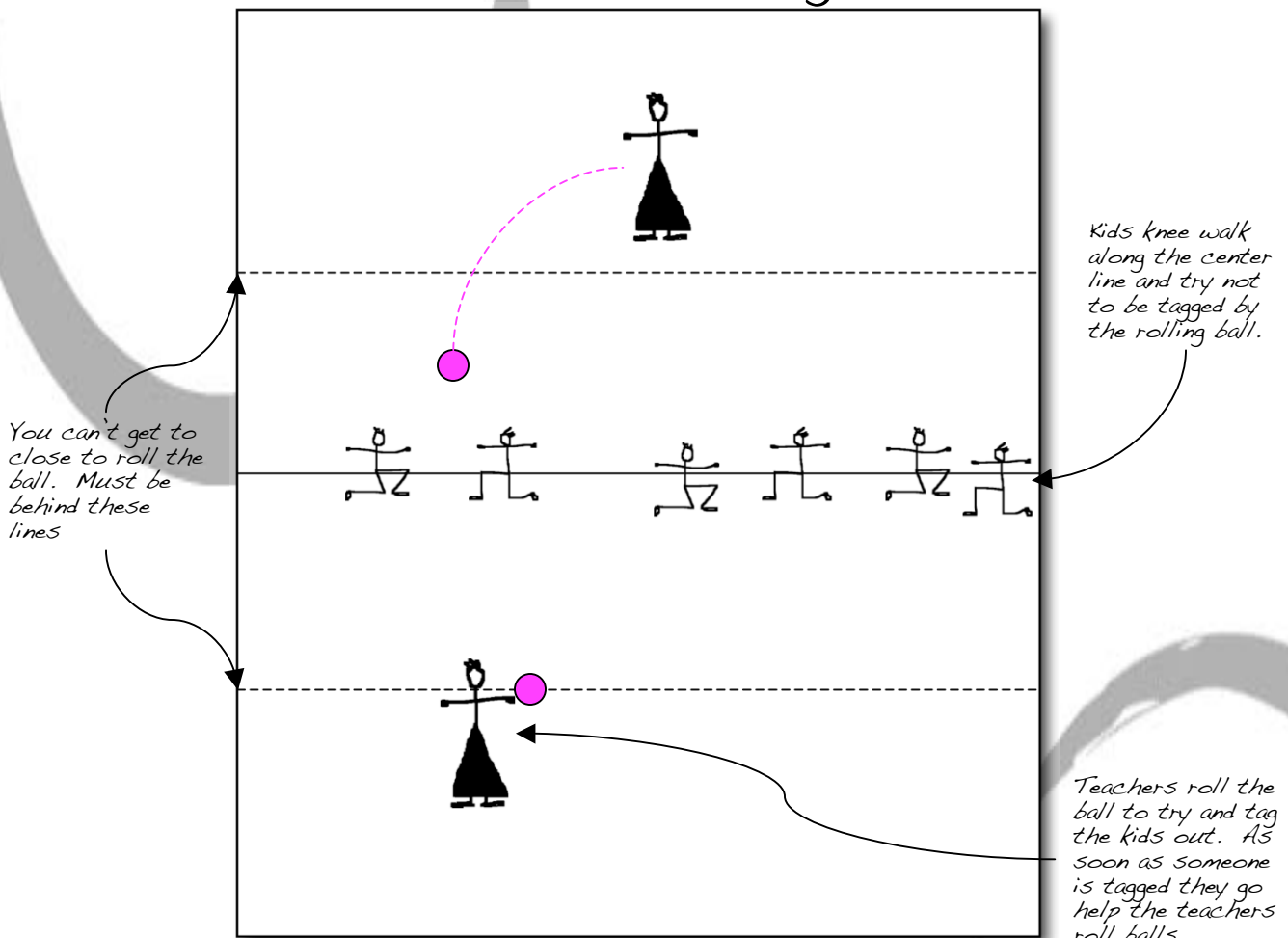
- One student is initially chosen to start the game. This student has a towel hanging from the back of his/her belt.
- The student with the towel performs a irimi-tenkan (spin) when other students get close.
- The other students in the game try and grab the towel. If they get the towel without being touched they are now the one with the towel. If they are tagged before grabbing the towel they are out of the game.

"You don't really know  
someone until you've had  
recess with him"  
~ Alex Ziton, Age 8

# Games



## "Shikko Ball Tag"



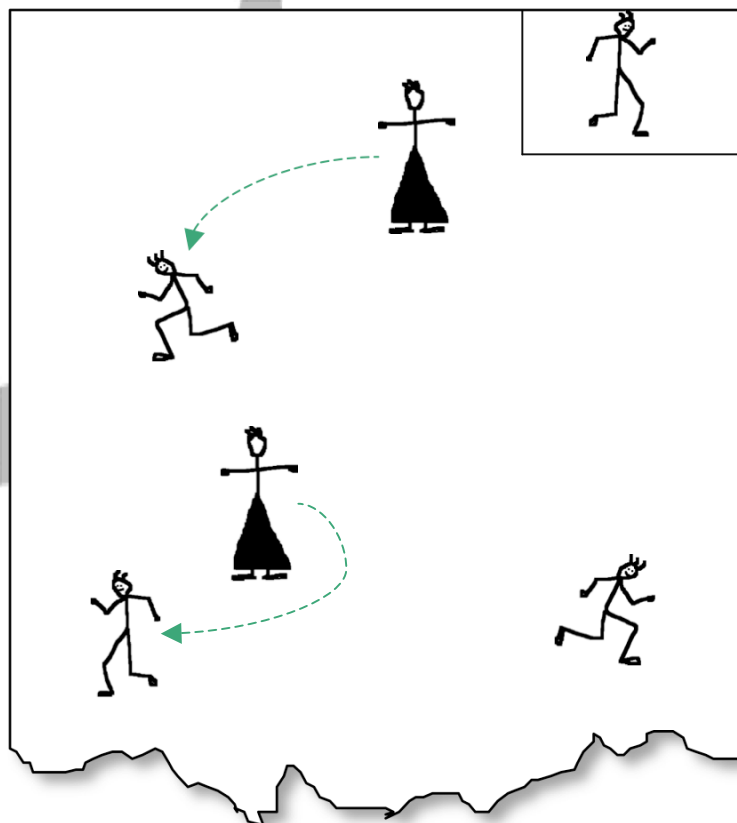
- You can't stand up or go to far off the center line otherwise you're out.
- Air balls don't count. You have to be tagged by a rolling ball.
- The last one to be kneeling wins and gets one extra life for the next game.

"You don't really know  
someone until you've had  
recess with him"  
~ Alex Ziton, Age 8

# Games



## "Dungeon"



A dungeon is made  
at the top right  
corner of the mat  
with Jo's (wooden  
staff)

- Teacher's chase the kids around the mat trying to catch them. If a student is caught then they are asked a technique according to their belt color. If they don't know the technique then they are taken to the dungeon!! (They stay in the dudgeon for 10 seconds or if another student sets them free)

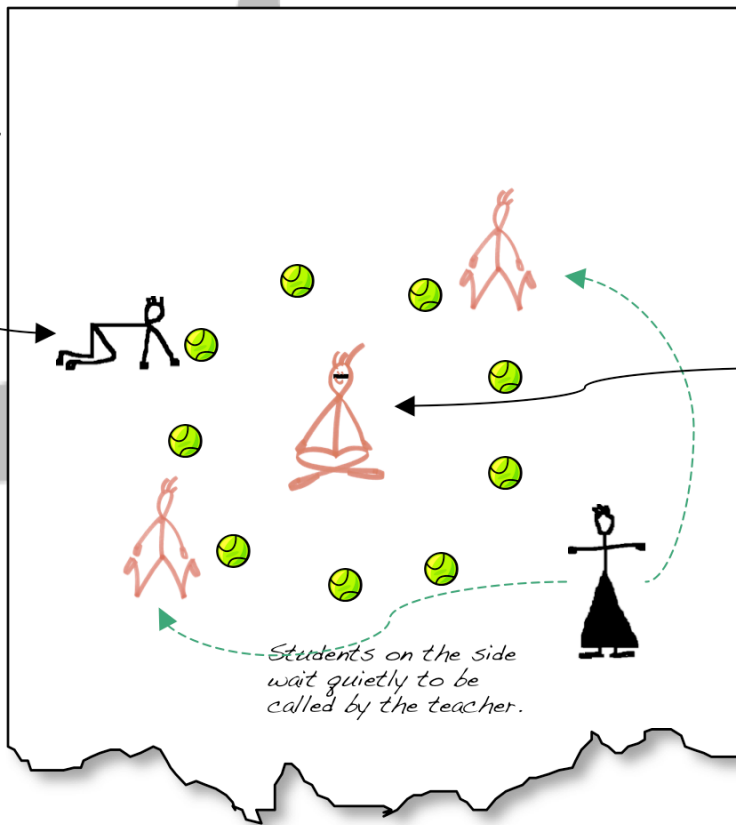
"You don't really know  
someone until you've had  
recess with him"  
~ Alex Ziton, Age 8

# Games



## "King/Queen of the Hill"

If a student is called  
by the teacher (by  
pointing) they try to  
sneak in quietly to  
steal a tennis ball.



King/Queen sits at  
the center and is blind  
folded and surrounded  
by tennis balls and  
fellow students.  
They listen and try to  
point in the direction  
of their fellow  
student who is trying  
to steal the tennis  
ball.

Students on the side  
wait quietly to be  
called by the teacher.

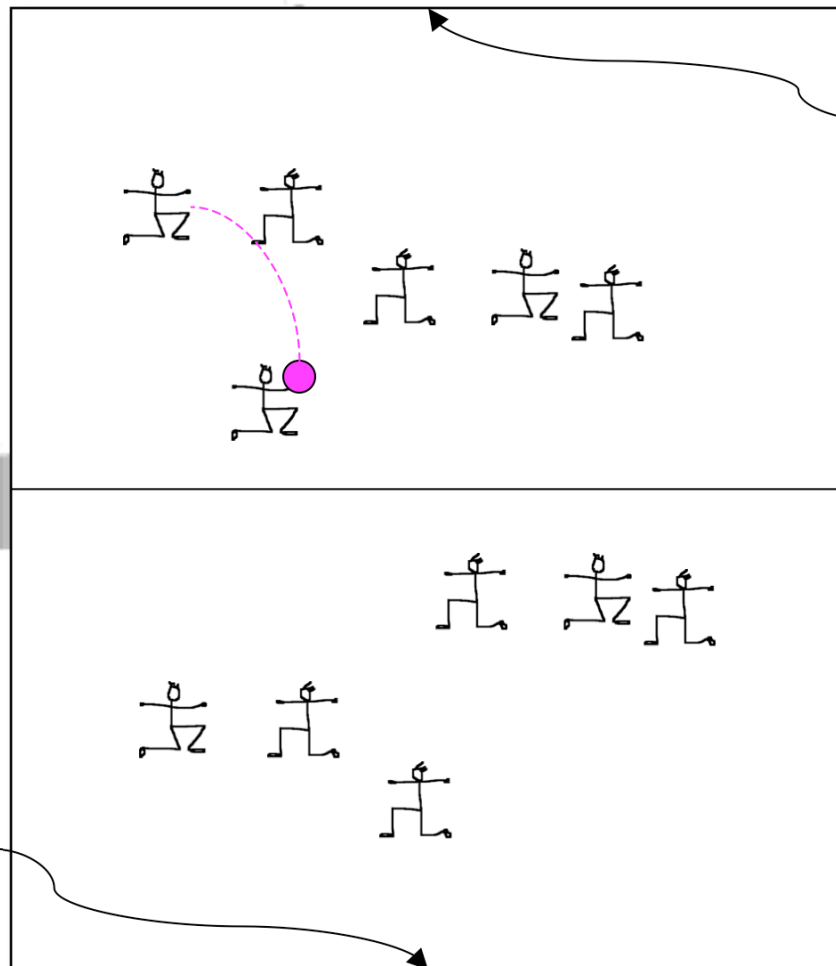


"You don't really know  
someone until you've had  
recess with him"  
~ Alex Ziton, Age 8

# Games



## "Ultimate Shikko-Ball"



End of the mat  
is the goal

End of the mat  
is the goal

- The goal is to move the ball from one side of the mat to the other.
- No players can stand, they all must move around the mat by knee walking (shikko)
- The player with the ball can only advance the ball by throwing it and/or rolling with it. However, only one roll can be performed, then it must be thrown.
- The other team plays defense by trying to steal or intercept the ball when it is thrown.
- 1 point is awarded if the team moves the ball across the mat and touches the goal with the ball.
- You need at least 8 kids to play
- Opposite teams are identified by armbands. One team wears arm bands on their gi's and the other does not.

"You don't really know someone until you've had recess with him"  
~ Alex Ziton, Age 8

# Games

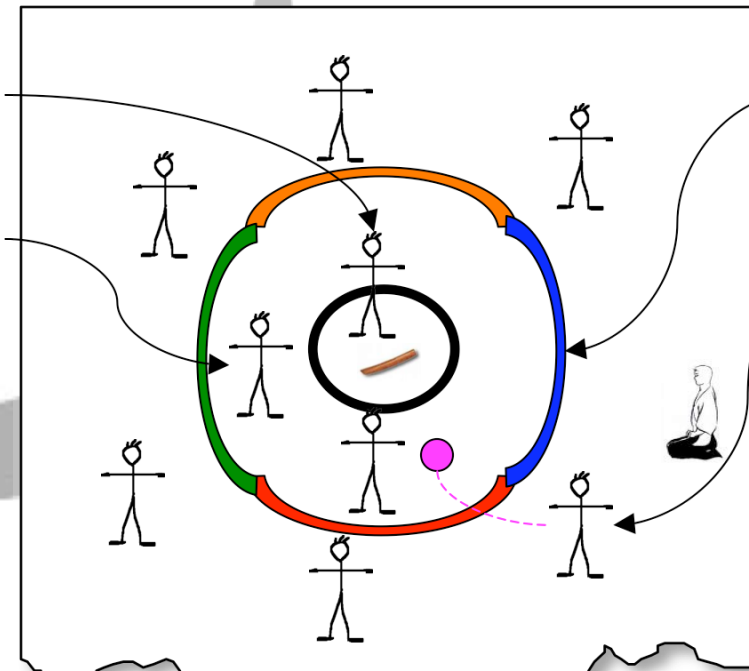


## "Capture the Tanto"

One student in the inner circle to protect the tanto

Two students in the outer circle trying to steal the tanto. Can only steal when rolling forward or backward.

If a stealer captures the tanto they are now the protector and go to the inner circle



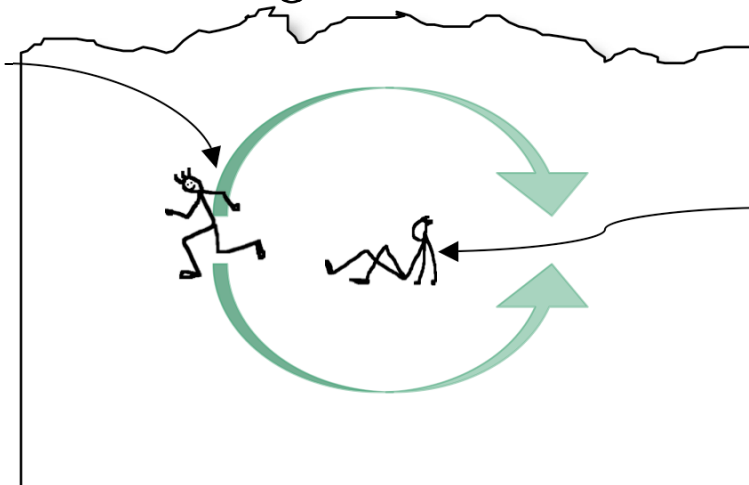
Make an outer & inner circle out of the colored belts

Students on the outside roll balls trying to tag the tanto stealers. If they tag them then they switch spots.

If the stealers get touched by the tanto protector they have to go out and roll balls and are replaced by someone from the outside. Teacher or Sensei's call.

## "Tag your Back"

The standing student runs around, either direction, trying to tag the back on the student on the ground. They switch roles if they succeed.



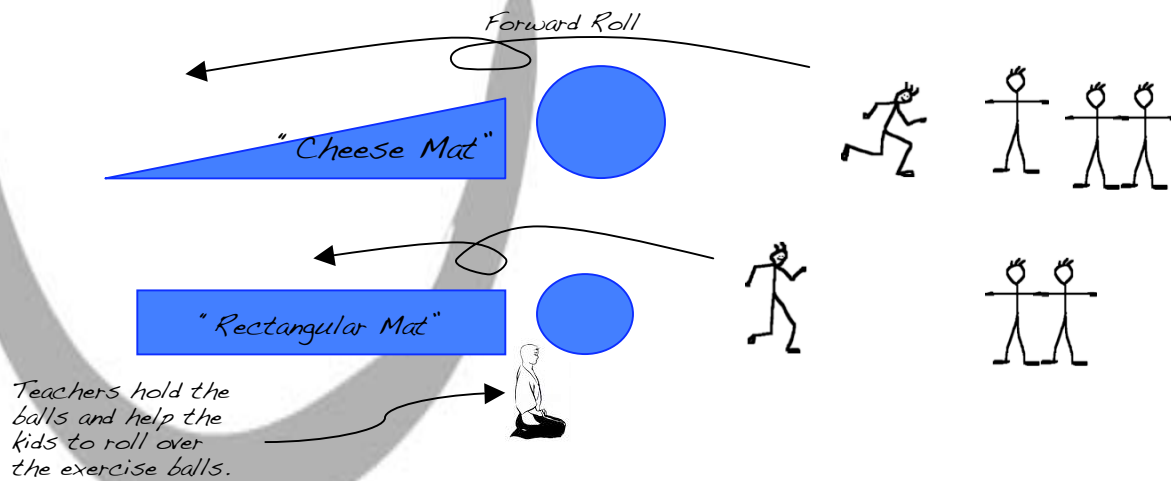
The sitting student, sits on the mat and tries to keep their feet in between themselves and the the standing student. They roll side to side and spin but must always come back to a seated position.

"You don't really know someone until you've had recess with him"  
 ~ Alex Ziton, Age 8

# Games



## "Forward Rolls with Mats and Exercise Balls"

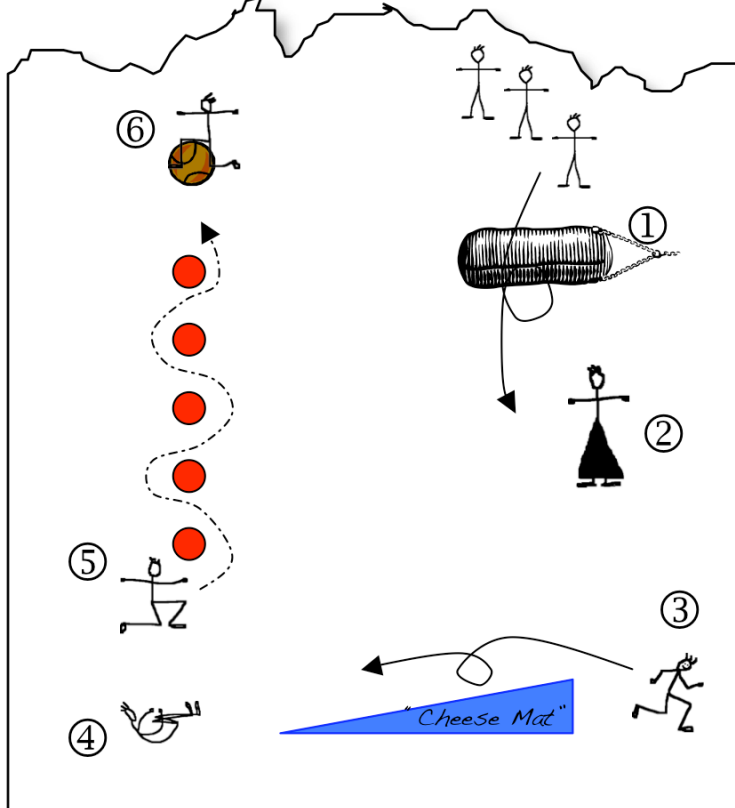


## "Obstacle Course"

⑥ Lift the medicine ball and hand it to the student behind you.

⑤ Knee walking through the punching mitts.

④ Kid perform a backward roll.



① Kids start by doing a forward roll over the heavy bag.

② Teachers ask student a technique according to their belt/rank.

③ Kids perform forward roll over the mat.

# Glossary



- *Aihanmi* - Mutual stance when both partners have the same foot advanced (see page 17). Pronounced ~ I-hawn-me
- *Dojo* - Training hall and/or where a "Way" is practiced. Pronounced ~ Doe Joe
- *Gyaku-Hanmi* - Reverse stance when both partners have opposite feet advanced (see page 17). Pronounced ~ Gee-awe-g-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 (see page 17). Pronounced ~ Hawn-me
- *Katatedori* - One hand grab to the wrist (see page 18). Pronounced ~ Ka-ta-tay-door-e
- *Katadori* - One hand grab to the collar or gi shoulder (see page 18). Pronounced ~ Ka-ta-door-e
- *Morotodori* - Two hands grab on one (see page 18). 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 or both of you has weapons. Pronounced ~ Mow-I
- *Nage* - Person who defends, resolves and/or brings harmony. Pronounced ~ Nah-gay
- *Omote* - Forward movement or moving in front of your uke. Pronounced ~ O-mo-tay
- *Ryotodori* - Both wrists grabbed from the front (see page 18). Pronounced ~ Rio-tay-door-e
- *Shomenuchi* - Strike to the forehead (see page 25). Pronounced ~ Show-men-oo-chee
- *Seiza* - Correct and calm sitting. Kneeling and sitting on your heels. Pronounced ~ Say-zah
- *Sensei* - Teacher/master - a title identifying one as an instructor. Pronounced ~ Sen-say
- *Shikko* - Knee walking. Pronounced ~ She-ko
- *Shoshin* - "Beginner's Mind." In the beginner's mind there are many possibilities, but in the expert there are few.
- *Tanden* - Your center, just below your belly button. Pronounced ~ Tawn-den
- *Uke* - Person who attacks, confronts or brings chaos. Pronounced ~ Oo-kay
- *Ukemi* - The act of taking a 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 (see page 25). 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