

# AIKIDO BEGINNERS CLASS

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## GREETINGS

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| <b>Onegai Shimasu</b><br>(final "u" is silent) | Said at the START of class - I request the favor                |
| <b>Domo Arigato</b><br><b>Gozaimashita</b>     | Said at the END of class - I am very much/humbly obliged to you |

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| <b>Lesson 1</b> | <b>Standing, holding, turning, falling</b> |
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|-----------------------|---------------------------------------|
| <b>Hanmi</b>          | Oblique (triangular) stance           |
| <b>Ukemi (ushiro)</b> | the art of taking falls (to the back) |
| <b>Katate</b>         | one-handed grasp on one wrist         |
| <b>Tai no henko</b>   | basic blending practice               |
| <b>Shiho nage</b>     | a throw to four sides or directions   |

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| <b>Lesson 2</b> | <b>Basic moves, front and back</b> |
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| <b>Morote dori</b> | two-handed grasp on one wrist |
| <b>Omote</b>       | to the front of your partner  |
| <b>Ura</b>         | to the back of your partner   |
| <b>Irimi nage</b>  | entering throw                |

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| <b>Lesson 3</b> | <b>Basic holding techniques</b> |
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| <b>Ikkyo</b>                            | #one pinning technique (arm pin)  |
| <b>Nikyo</b>                            | #two pinning technique (inward wrist twist)   |
| <b>Sankyo</b>                           | #three pinning technique (vertical wrist twist)   |
| <b>Kokyo dosa or</b><br><b>kokyu ho</b> | partner <i>ki</i> practice done in <i>seiza</i> seated position,<br>practice for coordinating breath, <i>ki</i> & movement. |

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| <b>Lesson 4</b> | <b>Breath power and extension</b> |
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| <b>Kokyu</b>       | Breath power        |
| <b>Kokyu nage</b>  | Breath throw        |
| <b>Kote gaeshi</b> | outside wrist twist |