

VWA 6th kyu requirements (20 days)

Basic understanding of aikido etiquette, safe falling, and proper body movements.

Basics

- Hidari hanmi (left half-body) and migi hanmi (right half-body) stance (kamae)
- Seiza (standing in hanmi to sitting, and back to standing in hanmi)
- Rei (bowing) in seiza, and while standing

Footwork (ashi/tai sabaki, solo)

- Ayumi ashi (walking footwork)
- Okuri ashi (walk by widening the distance between the feet first)
- Tsugi ashi (walk by shortening the distance between the feet first)
- Irimi (entering)
- Tenkan (pivot)
- Yoko sabaki (move sideways)
- Tenshin (change hanmi)
- Shiho ashi sabaki (four-direction movement)
- Shikko (knee walking) mae and ushiro (forward and backward)

Ukemi (solo)

- Mae ukemi (forward rolls)
- Ushiro ukemi (backward falls or rolls)

Attacks (with a partner)

- Katate dori (hand grab) ai hanmi (same foot forward) and gyaku hanmi (opposite foot forward)
- Kata dori (shoulder grab) gyaku hanmi
- Shomenuchi (vertical strike/cut) (ai hanmi)
- Yokomenuchi (diagonal strike/cut)
- Tsuki (forward punch)

Techniques (with a partner, both as uke and tori)

- Tenkan (static and flowing)
- Katatedori shihonage
- Katatedori iriminage
- Ryotodori ikkyo omote (touching knees)
- Zagi kokyuho

Notes:

Kamae (hidari/migi hanmi): focus on aligned body (relaxed shoulders, soft knees, arms extended)

Seiza: focus on back straight, pelvis forward, hands on knees, and shoulders relaxed.

Rising from seiza: bring right foot forward, while kneeling on the left side, and stand up into right hanmi; going down to seiza is in reverse. The feeling is being pulled up by the top of your head when standing up from seiza.

Rei in seiza: focus on bowing from the waist, keeping back and neck straight, ending with back parallel to the ground.

Footwork (ayumi, okuri, tsugi ashi): focus on relaxed and aligned body, keeping the center low (bend/soften the knees), move from your center (as if pulled by a rope tied to the knot of your belt). Show all four directions: forward, backward, left, and right.

Irimi: show two ways: sliding in with the front foot, and stepping in with the back foot.

Shikko: focus on keeping the back straight, heels close to each other.

Mae ukemi: basic forward roll (from hanmi or low kneeling position).

Ushiro ukemi: basic falling back without rolling; also a full backward roll (age- and ability-appropriate).

Attacks: focus on committed attacks without unbalancing yourself. Demonstrate proper maai (distance) before, during, and after the attack. Keep the body flexible and aligned. Keep gaze around opponent's shoulders/head. Grabs are firm while not stiffening the rest of the body. Strikes are on target.

Tenkan: focus on blending with the partner, keeping your center low. Keep your body connected.

Shihonage omote: clearly demonstrate yoko sabaki footwork, move from your center.

Shihonage ura: focus on rotating your body without losing balance.

Shihonage ukemi: keep your head close to your elbow.

Zagi kokyuho: focus on keeping your center of gravity low, connection with your partner, and lifting the partner by extending from your elbows into your finger tips. Finish in kiza (on your toes) for the pin.