

Department	International College of Liberal Arts		
Semester	Spring 2023	Year Offered (Odd/Even/Every Year)	Every Year
Course Number	SPRT/JPNA181		
Course Title	Health & Physical Education 1 (Aikido)		
Prerequisites	None		
Course Instructor	REED William	Year Available (Grade Level)	1
Subject Area	Health & Physical Education	Number of Credits	1
Class Style	Workshop	Class Methods	Face to face

(NOTE 1) Class Methods are subject to change

(NOTE 2) Depending on the class size and the capacity of the facility, we may not be able to accommodate all students who wish to register for the course"

Course Description	<p>Cap (registrant capacity): 20 students</p> <p>The Course in Aikido is a Workshop meeting twice a week for just ten weeks. You have 2-1/2 months and a little over 20 hours of training to learn an effective but new way of using your mind and body in ways that can help you for the rest of your life.</p> <p>You can only learn this through practice and feedback, in the dojo face to face with a partner and a Sensei. You cannot learn it by watching on video without demonstrating and getting direct feedback on your performance. Although the classes are recorded for review, it is almost impossible to catch up watching the video of a class from which you were absent.</p> <p>You will be graded on performance and understanding. There will be no written test or paper required. Aikido is known throughout the world as the Way of Harmony, teaching how to blend with an opponent's movements and subdue them without collision. It teaches how to coordinate movements of mind and body, how to sense an opponent's actions as they arise, and deal with the conflict in a nonviolent manner.</p> <p>Aikido trains mind and body in stability and calmness under pressure, as well as the ability to generate energy and move with flexibility and finesse. It is an excellent form of conditioning for health and positivity, as well as meditation and breathing. Students develop confidence in how they move, as well as the ability to stay safe in daily life, and defend themselves in an emergency. Practice includes dynamic work with wooden swords and sticks. Dojo rituals teach behaviors that well serve you well in self-control, as well as relating to other people.</p> <p>The emphasis is on Practice and Performance, that understanding comes through demonstrating and explaining what you have learned. Students are expected to demonstrate what they have learned, which also provides feedback and builds confidence in progress. Video and PDF references online provide students with an opportunity to review and preview what they have learned. The atmosphere is supportive and positive, sharing practical wisdom with energy and humor. While there are performance criteria, there are no competitions, and the emphasis is on feedback and continuous improvement. One appeal of Aikido for students is that techniques depend on leveraging and timing rather than size and strength, and can be effectively applied against a larger, or even multiple opponents.</p> <p>Attendance is extremely important, because Aikido is learned by doing, and learning depends on physical and mental engagement. You will be expected to buy a Keikogi or Aikido practice jacket, belt, and pants, which you can purchase in the first week for 5,000 yen. Come to the Dojo dressed in your Keikogi and ready to practice, so that you don't miss important demonstrations and instructions, and don't waste other students time having to repeat what you missed. Training is in the dojo on the mats, so please remove shoes and leave them in the shoe box outside the dojo during practice. I will</p>
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	<p>explain dojo etiquette as we progress. Have fun, but as one sign said at a Dojo, "Leave your shoes, and your ego at the door."</p> <p>AIKIDO MID-TERM EXAM</p> <p>10 BUDO PRESENCE: Daily Movements and and Ki Testing Your level and progress in Budo is measured not just by your performance in technique, but also by your presence in daily life and your behavior in the Dojo. My Teacher of Aikido developed a method called Ki Testing, which helps you see immediately whether you have the correct posture or not. 10 BUDO MIND: Ki Breathing/Ki Meditation The best way to develop depth in your practice, as well as to protect your mental and physical health is through Ki Breathing and Meditation. In class we will learn how to do this, but practice should be done on your own outside of class.</p> <p>30 PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO FINAL EXAM 30 AIKIDO WAZA AND UKEMI: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name. 20 AIKIDO WEAPONS: 1 Jo Kata and 1 Bokken Kata An enjoyable part of Aikido Practice involves Kata with Weapons, the Wooden Jo and Bokken. We will practice the 21 Count Shooting Star Jo Kata, and the 9 Point Bokken Kata.</p> <p>10 BONUS AIKIDO CAMP: (2 two-hour sessions) Every semester we hold a special Aikido Camp with Visiting Aikido Master Tazoe Sensei. This will be held within the Semester, usually as a two-hour session on Friday afternoon and a two-hour session on Saturday morning. It is great fun, and a chance to add up to 10 bonus points to your grade if you participate.</p>
<p>Class plan based on course evaluation from previous academic year</p>	<p>Classes in Aikido will only be held Face-toFace. iCLA has a beautiful Dojo on the 3F, with open air space on the deck and rooftop area. Aikido is best learned in a Dojo, because this allows access for the full experience of Aikido throws and falls in working with a partner, and direct immediate feedback from the Instructor. In 2020 we were forced to conduct all of our classes Online, and while there were some limitations, we discovered some important advantages to Online training. We have found video to be an important tool for teaching, both in showing how Aikido is done, and in being able to demonstrate what you have learned and to get feedback. Parts of the classes may recorded on Zoom and available for review until the end of the semester.</p> <p>From Fall 2022 all classes will be conducted Face to Face, and you will not be able to get attendance or participate on Zoom, with exceptions made for those with delayed entry for Visa approval. We will make use of video to demonstrate what you have learned and to get feedback. In our Face-to-Face Classes in the Dojo, we ask that you follow iCLA guidelines and common sense, by spraying your hands, wearing a mask, checking body temperature before you enter the Dojo, keeping good ventilation and social distance within reason in how we practice.</p> <p>It is required to practice in a Keikogi, or Aikido training uniform (jacket, belt, and pants), which you can purchase for 5000 yen in the first week. The white uniform and belt represent the readiness to learn with a beginner's mind, clears the air for training, it also readies your body for focus and practice. Even if you have previous experience or are studying another martial art, use your time in the dojo to learn. We focus on ability to constantly improve and to show what you know. In the dojo and in life, you are here to learn: "I understand means I can do."</p> <p>Materials for Iaido practice, such as Obi, wooden sword, and sheath are available for use in the dojo during class, but cannot be taken out.</p> <p>FAQ on Grading for Students</p> <p>College students in liberal arts colleges have a range of concerns regarding the assessment and grading of their work, including:</p> <p>Clarity: Students often want clarity regarding the expectations of the assignment and the criteria that will be used to assess their work.</p> <p>Consistency: Students are concerned about consistency in grading, mainly when assignments are graded differently by multiple professors.</p> <p>Transparency: Students want to know how their grades are calculated, and how much each assignment contributes to their final grade.</p> <p>Feedback: Students value feedback on their work, particularly constructive and specific feedback.</p>

	<p>With these legitimate concerns in mind, we have developed Rubrics for each course, and do our best to support our students in their learning.</p> <p>However, this is a two-way process, and within the limits of support and resources we can provide, it only works if you do your part. The grade you achieve depends on understanding and meeting the criteria set by the professor of each course, not on how much effort you made or how badly you need a good grade to maintain your GPA.</p> <p>At the beginning of the semester, you may not know what questions to ask. You may be quite busy adjusting to other courses and managing your daily life. You may feel that you don't even have time to think deeply about these questions.</p> <p>We have got you covered. While this is the first time for you to take this course, I have been teaching it twice a year for over eight years to many hundreds of students from diverse backgrounds. If you are struggling with some aspect of the course, having difficulty understanding what you are expected to do, how your work will be evaluated, or how to get the most out of the course, you are not alone.</p> <p>Based on extensive experience in designing and delivering this course, I have compiled my own list of Frequently Asked Questions (FAQ).</p> <p>At the beginning of the course, we will address FAQ related to the following concerns:</p> <p>Feedback on Individual Progress Time required for Learning How Grades are determined and Modules are Scored What materials are required to take the class Tips on accelerated learning Consequences of Missing Class, Coming Late, or Leaving Early Use of AI, Apps, Computers and Smart Phones in Class</p>
<p>Course related to the instructor's practical experience (Summary of experience)</p>	<p>I first became interested in Aikido at the age of 11, as a means of self-defense that was not based on fighting. I then came to Japan at the age of 20 in 1972, and began a lifetime study of Aikido that now spans more than 50 years. I currently have an 8-dan in Aikido from the Aikido Yuishinkai, and have studied with a number of Masters who learned directly from the Founder of Aikido Ueshiba Morihei. I founded my own dojo the St Louis Ki Society in 1979, which is still going strong today. I written several books on Ki and Aikido, including a Biography of my Sensei Koichi Tohei. I have taught Aikido at the Instructors School at the Headquarters of the Ki Society, have taught Aikido primarily in Japan, but also in the United States, Australia, the Netherlands, Norway, and Scotland. Aikido and its applications in Daily Life have been a lifelong passion.</p> <p>I also have a 2-dan in Iaido, the Art of Drawing the Sword, from the Mugairyu Hogyokukai, and have done a solo sword demonstration on the Kagura Stage at Asakusa Shrine in Tokyo and at the Kyu Butokuden on the grounds of the Heian Shrine in Kyoto, and at the Nikkei Hall in Collaboration with a Bach Violinist. In addition, I have a 10-dan in Shodo (Calligraphy), and have intensely studied the Way of Mastery of Sword and Letters, with a regular column in Budo Japan of articles and videos on the Brush as Sword of the Mind.</p> <p>I have trained for five decades directly with the top Masters in my field, all of whom are part of a lineage that goes back hundreds of years. While every Sensei selects and filters from what they have learned, I continue to train with these Masters every week, and I am able to bring you both time-tested practical training, as well as fresh insights from ongoing training.</p>

Learning Goals

The VALUE Rubrics are applied in Aikido in the following ways:

CRITICAL THINKING

Understanding and being able to apply the Physics of leverage in the human body in performing Aikido techniques

Understanding and applying the mechanics of Core Strength in the traditional martial arts

PROBLEM SOLVING

Learning how to remember and perform solo Kata with poise and accuracy

Learning how to execute paired Waza with good timing, safe and effective delivery

CREATIVE THINKING

Making the connection between dojo training and its applications in daily life

Gaining an enlightened perspective on how to safely and effectively deal with conflict

INTERCULTURAL COMPETENCE

Learning to set aside cultural biases to listen, learn, and perform Aikido and Iaido Culture

Appreciate how differences in size, strength, and gender are irrelevant when techniques are performed correctly

ORAL COMMUNICATION

Students learn how to show and tell what they are doing in a technique for greater clarity

Students are encouraged to observe and coach each other with help from the Sensei

Students share how what they are learning is transforming their experience of life outside the dojo

WRITTEN COMMUNICATION

Many Japanese terms are introduced in practice which students are expected to learn and use

Recommended readings and resources are offered to enhance understanding of practice

QUANTITATIVE REASONING

Students learn to determine distance very precisely by perception

Students learn to gauge pressure and speed very precisely through practice

Students learn to see and navigate subtle angles and timing in training

1) The university's educational philosophy and objectives and the faculty objectives and goals.

Aikido is not Netflix. You cannot learn it by watching. A recorded class will be of some value in review for a student who experienced and was there in person, but difficult to understand on its own. The emphasis is on learning by doing, receiving lots of feedback for rapid progress, and being able to show and tell what you know. There are many benefits for daily life, including improved health, better immunity, and less stress.

2) The academic perspectives and skills etc. the student is expected to acquire.

The Curriculum of the Aikido Workshop gives you a blend of calmness and action, a new perspective on conflict, and is a practical philosophy based on learning deep principles through the perfection of kata and Waza in Aikido. You will develop the ability to remain calm under pressure, have plenty of energy, and be able to work and study hard without getting stressed.

3) What degree of mastery will the students reach and what will they acquire after the course.

Aikido is a discipline which uses the mind and body in very different ways from modern sports, and yet which has proven to provide a boost in performance by athletes at the highest level, from Baseball to Rugby, F1 Racing, and Sumo. Even so, it requires dedicated and regular practice to be able to learn it with your body. This practice is not strenuous, but it is demanding of your full attendance and engagement. You will learn some basic self-defense techniques, but more importantly you will learn to carry yourself and perform with poise and confidence under pressure.

4) Relevance of the courses to the iCLA Diploma Policy (Graduation and degree awarding policy)

1. To Value Knowledge (Having high oral and written communication skills to be able to both comprehend and transfer knowledge)

Aikido is highly interactive with communication by words, examples, demonstrations, and feedback. We place an emphasis on being able to demonstrate and explain what you are doing.

2. To Be Able to Adapt to a Changing World (Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adapt to a changing world)

The world is not always a safe or stable place, and the best way to find these qualities is to develop them inside of you. In this way you will also develop the power to influence others and change the environment. As a practical philosophy of winning without fighting, Aikido offers many hints for new and creative ways of solving problems.

3. To Believe in Collaboration (Having a disposition to work effectively and inclusively in teams)

Aikido develops a strong value of Harmony, and the ability to blend with movements without blocking or colliding them. It is also a safe way to pin an attacker without injuring them or getting injured yourself. Aikido techniques develop flexibility and energy in the entire body, which results in a spirit of cooperativeness and resilience.

4. To Act from a Sense of Personal and Social Responsibility (Having good ethical and moral values to make positive impacts in the world)

Aikido is considered to be the most moral of the martial arts, because it is practiced for mutual development, not for competition. It also helps you maintain a positive spirit and desire for continuous self-improvement, qualities which are considered essential for leaders today.

iCLA Diploma Policy	DP1/DP2/DP3/DP4
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iCLA Diploma Policy

(DP1) To Value Knowledge – Having high oral and written communication skills to be able to both comprehend and transfer knowledge

(DP2) To Be Able to Adapt to a Changing World – Having critical, creative, problem-solving, intercultural skills, global and independent mindset to adopt to a changing world

(DP3) To Believe in Collaboration – Having a disposition to work effectively and inclusively in teams

(DP4) To Act from a Sense of Personal and Social Responsibility – Having good ethical and moral values to make positive impacts in the world

Active Learning Methods	Aikido is highly interactive, with full engagement of mind and body in practice with a partner. Understanding is measured in ability to perform. Physical and video feedback are provided constantly to help students gauge progress and aspire to improve.
Use of ICT in Class	Use of Video to teach Aikido Arts, as well as to give feedback on Student performance in Aikido Arts.
Use of ICT outside Class	Video and PDF references are provided for students to review and practice outside of class.
Expected study hours outside class	<p>Although Aikido Classes meet twice a week for ten weeks, some parts will be recorded on Zoom, so it is essential to spend time reviewing and practicing what you learned. I recommend at least an hour of practice outside class for every hour in class, or two hours a week in addition to practice in the dojo. Some parts of what you learn can be practiced in daily life, and in fact in almost anything you do.</p> <p>Note taking is highly recommended to help you review and remember, but there is no paper to write. Instead you will be expected to demonstrate and explained what you have learned in the final exam, which will be recorded on video. Doing something one or two times is not enough to even remember, much less master it. It requires repeated practice with feedback from various perspectives. The basic framework for the topics in the Course is provided on a Mandala Chart, but you need to add your notes, insights, and questions to help you remember and present.</p> <p>I will show you how to use video to practice your presentations on your own, and improve your</p>
Feedback Methods	Students will see direct demonstrations, be asked to perform exercises, and get immediate feedback which results in rapid progress. This is easy to do in the dojo if you show up to every class on time. In fact it is only possible to give feedback if you are physically and mentally present. However, if you are late or your attendance is spotty, to that degree you will miss the benefit of feedback.

Grading Criteria		
Grading Methods	Grading Weights	Grading Content
BUDO PRESENCE: Daily Movements and and Ki Testing	10%	Demonstrate Core Strength through Exercises and Ki Testing
BUDO MIND: Ki Breathing/Ki Meditation	10%	Demonstrate Basic Breathing and Meditation Techniques.
PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata	30%	Demonstrate the Exercises, Stretches, and Kata that contain the fundamentals of Aikido.
AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu	30%	Demonstrate the Basic Aikido Arts for the 5th Kyu Test.

20 AIKIDO WEAPONS: 1 Jo Kata and 1 Bokken Kata Self-Care through Kobudo Exercises	20%	Demonstrate the 21 Count Shooting Star Jo Kata, and the 9 Point Bokken Kata.
10 BONUS AIKIDO CAMP: (2 two-hour sessions)	10%	It is possible to add 10 Bonus Points by participating in the Aikido Camp during the Semester.

Required Textbook(s)	There is no textbook required in Aikido, although reference books will be introduced. The most important way to learn is through practice and feedback.
Other Reading Materials/URL	Video can be an effective way to review, and it is fun to see Aikido demonstrated in performance and explained in documentaries. URLs will be provided for these as lessons progress.
Plagiarism Policy	<p>Plagiarism is the dishonest presentation of the work of others as if it were one's own. Duplicate submission is also treated as plagiarism. Depending on nature of plagiarism you may fail the assignment or the course. Repeated act of plagiarism will be reported to the University which may apply additional penalties. The use of artificial intelligence (AI) or paraphrasing without proper attribution can also be considered a form of plagiarism. If you are using them, you must carefully review the outputted ensure that it is properly attributed. Simply running text through a paraphrasing tool and presenting it as your own work without proper attribution is considered plagiarism.</p> <p>However, as there is no paper required for this course, this may not directly apply.</p> <p>Instead I will be looking to see that your explanations are based on understanding and an ability to show what you mean, rather than copying words you may have heard.</p>
Other Additional Notes	<p>The cycle of learning in Aikido is to Learn by Doing, Take and Review Mandala Notes, Get Feedback, then Show and Tell What you Learned.</p> <p>For this it is very important that you come to the dojo. It will not be possible to participate online, and only some parts of the classes will be recorded. This will be for review purposes, and is not intended to be a substitute for attending the class in person.</p> <p>As practice time and the number of classes is limited, it is essential that you come to class on time. Coming late or skipping classes will seriously affect your ability to learn or remember what is being taught. It is not only a breach of Budo Etiquette, but it interferes with the learning of other students in the Dojo.</p>

(NOTE 3) Class schedule is subject to change

Class Schedule	
Class Number	Content
Class 1	<p>BUDO PRESENCE: Daily Movements and and Ki Testing</p> <p>Your level and progress in Budo is measured not just by your performance in technique, but also by your presence in daily life and your behavior in the Dojo. My Teacher of Aikido developed a method called Ki Testing, which helps you see immediately whether you have the correct posture or not.</p>
Class 2	<p>BUDO PRESENCE: Daily Movements and and Ki Testing</p> <p>Your level and progress in Budo is measured not just by your performance in technique, but also by your presence in daily life and your behavior in the Dojo. My Teacher of Aikido developed a method called Ki Testing, which helps you see immediately whether you have the correct posture or not.</p> <p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p>

Class 3	<p>BUDO MIND: Ki Breathing/Ki Meditation</p> <p>The best way to develop depth in your practice, as well as to protect your mental and physical health is through Ki Breathing and Meditation. In class we will learn how to do this, but practice should be done on your own outside of class.</p> <p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p>
Class 4	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p>
Class 5	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 6	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 7	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 8	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 9	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p> <p>Review for MID TERM EXAM</p>
Class 10	<p>MID TERM EXAM</p> <p>Assessment Criteria:</p> <p>Can demonstrate Mind and Body Unification and pass basic Ki Tests for basic movements in daily life such as standing, sitting, and walking, as well as Dojo etiquette such as bowing.</p> <p>Can explain and demonstrate Ki Breathing and Meditation.</p> <p>Can correctly perform the Ki Taiso, Floor Stretches, and 21 Aiki-Kata with correct sequence, movement, rhythm and counting.</p>

Class 11	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 12	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 13	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 14	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 15	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 16	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 17	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p>
Class 18	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p> <p>AIKIDO WEAPONS: 1 Jo Kata</p>

Class 19	<p>PREPARATIONS FOR PRACTICE: 12 Ki Taiso, 7 Floor Stretches, 21 Aiki-Kata</p> <p>We prepare for practice through a series of exercises and stretches, as well as Aiki-Kata which contain the core movements of the Aikido Arts.</p> <p>AIKIDO WAZA: 7 Aikido Waza for 5th-Kyu Aikido has a series of ranks, and the first rank for testing is the 5th-Kyu. While it is ambitious to cover these in ten weeks it is possible, especially as the core movements of the Waza are also contained in the Aiki-Kata. You should be able to perform the techniques correctly with a partner when they are called out by name.</p> <p>AIKIDO WEAPONS:1 Bokken Kata</p>
Class 20	<p>REVIEW FOR FINAL EXAM</p> <p>Can correctly perform the seven basic Aikido Waza from the 5th-Kyu Test with a partner both as Nage and as Uke.</p> <p>Demonstrate correct performance of Aikido technique, with presence, rhythm, and coordination.</p> <p>Can perform the Jo Kata and Bokken Kata with correct movements, counting, and rhythm.</p>