

Portsmouth Aikido Kids Program

The goal of our kids program is to provide a safe, positive environment for young people to practice the art of Aikido. Through their practice, kids will:

- develop strength, balance and coordination
- gain self-awareness and increase focus
- have fun learning a non-competitive martial art

Aikido is a unique Japanese martial art that teaches children self defense in a non-violent, non-aggressive manner. In Aikido there are no competitive tournaments, and students practice cooperatively whereby they learn to naturally respond to conflict with calm, confidence and integrity.

Basic Guidelines

- Students are expected to arrive 10 minutes before class, and be changed and ready by the start of class.
- Parents are welcome to observe and participate with their kids. Parents may also leave their kids at class if they would like. If you do drop off your kids, be sure to arrive in time to pick them up by the end of class.
- If your child has not yet learned to tie his/her belt, plan to help them do so in preparation for class.
- Uniforms should be washed regularly and girls should wear a t-shirt under their uniform.
- Please respect the privacy of people using the changing rooms – only women should be in the women's changing room and men in the men's room.
- Students should log in to the attendance app on the dojo tablet each day they practice so we can track attendance and determine testing eligibility.
- Children are expected to treat other students and their teachers with respect. Safety is a priority, and if students are behaving in a way that jeopardizes the well-being of others we may ask them to step off the mat.

Testing

Students are tested and promoted regularly. Our belt system is designed to motivate students to learn, with an emphasis on personal growth. Students are not required to test, though they are encouraged to do so to help them build confidence and as a way for us to recognize their efforts. For details, see our testing guidelines.

Tanuki Kids (Ages 4-7)

- Thursdays from 5-5:45pm and Sundays from 1-1:45pm
- Classes focus on basic conditioning, basic ukemi (back rolls and falls), tai sabaki (body movements) and paired techniques.
- At the end of class, we typically play a game or do an activity that helps students integrate the skills they have been learning in class.



Kuma Kids (Ages 8 and up)

- Thursdays from 6-6:45pm and Sundays from 2-3pm
- Classes will focus on building core strength and coordination, ukemi (rolls and falls), paired techniques, the application of tai sabaki (body movements) and basic weapons practice (wooden sword, staff and knife).
- Each month instructors will focus on a specific skill or area of practice to provide continued growth and challenge for students (paired weapons, advanced ukemi, multiple attackers, weapons take-aways, test techniques, etc.).



Leadership Program

- Students interested in practicing at a higher level and looking to develop their leadership skills are encouraged to join our leadership program.
- Students in this program will receive additional instruction that deepens their knowledge of the art and prepares them to act as mentors to their peers.
- To be eligible to apply, students must have a rank of yellow belt or higher.
- Students interested in joining must submit an application and be observed over a **two-week** period to consistently demonstrate maturity, focused attention and taking initiative to help their peers learn.
- At the end of the application period, the applicant must **attend one Tanuki Kids class** in which he/she leads part of the class.
- In addition to regularly attending class, students in the leadership program are expected to **attend one Tanuki Kids class per month** in which they lead a part of class (stretches, ukemi, teaching a technique, etc.).
- Student leaders will be identified with a patch on their uniform.

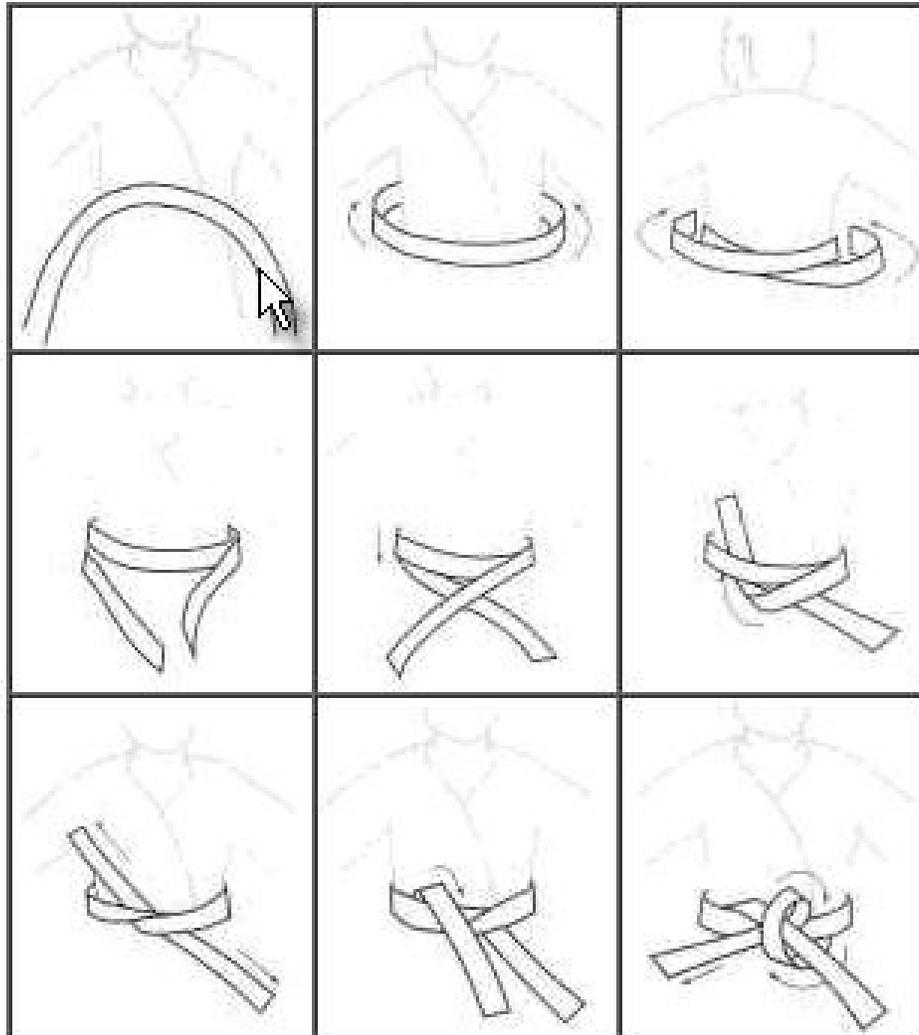


Portsmouth Aikido Kids Testing Requirements

Level	Test Requirements
	Students must know <u>all</u> techniques from previous tests for each level
10 th Kyu (10 days)	Basics: Seiza, bowing & tying belt Ukemi: Backfall Tai Sabaki: <ul style="list-style-type: none"> ■ Irimi & Tenkan ■ Katatedori Technique: <ul style="list-style-type: none"> ■ Tai no henko ■ Kokyuho
9 th Kyu (15 days since 10 th kyu)	Basics: Shikko Ukemi: Backroll Tai Sabaki: <ul style="list-style-type: none"> ■ Tenshin ■ Aidori Techniques: <ul style="list-style-type: none"> ■ Ikkyo (omote) ■ Sumiotoshi
8 th Kyu (20 days since 9 th kyu)	Basics: Shikko (backward) Ukemi: Forward roll Tai Sabaki: <ul style="list-style-type: none"> ■ Irimi-tenkan ■ Ikkyo Undo Technique: <ul style="list-style-type: none"> ■ Ikkyo (ura) ■ Iriminage
7 th Kyu (25 days since 8 th kyu)	Basics: Shikko (turning) Ukemi: Rollout Tai Sabaki: <ul style="list-style-type: none"> ■ Funakogi undo ■ Ryotedori Techniques: <ul style="list-style-type: none"> ■ Tai no henko – irimi dosa ■ Kokyunage ■ Tenchinage
6 th Kyu (30 days since 7 th kyu)	Ukemi: High fall on futon Tai Sabaki: <ul style="list-style-type: none"> ■ Shomenuchi ■ Shomenuchi with bokken Techniques: <ul style="list-style-type: none"> ■ Udekimenage ■ Kaitennage

5 th Kyu (35 days since 6 th kyu)	Ukemi: High fall Tai Sabaki: <ul style="list-style-type: none"> ■ Shiho undo ■ Shiho giri with bokken ■ Tsuki Techniques: <ul style="list-style-type: none"> ■ Shihonage ■ Kotegaeshi ■ Variations from grabs
4 th Kyu (40 days since 5 th kyu)	Tai Sabaki: <ul style="list-style-type: none"> ■ Happo undo ■ Happo giri with bokken ■ Yokomenuchi Techniques: <ul style="list-style-type: none"> ■ Nikyo ■ Variations from strikes
3 rd Kyu (50 days since 4 th kyu)	Ukemi: Ukemi for jiyuwaza Tai Sabaki: <ul style="list-style-type: none"> ■ Yokomenuchi with bokken ■ Katatori Techniques: <ul style="list-style-type: none"> ■ Sankyo ■ Variations from swariwaza ■ Jiyuwaza
2 nd Kyu (60 days since 3 rd kyu)	Ukemi: Ukemi for randori Tai Sabaki: <ul style="list-style-type: none"> ■ Attacks with tanto – tsuki, shomen & yokomen ■ Ryokatatori ■ Ushiro attacks Techniques: <ul style="list-style-type: none"> ■ Variations from hanmihandachi ■ 2-person randori
1 st Kyu (70 days since 2 nd kyu)	Ukemi: Highfall from koshinage Tai Sabaki: <ul style="list-style-type: none"> ■ Ushiro kubijime Techniques: <ul style="list-style-type: none"> ■ Tantotori ■ Koshinage ■ jiyuwaza ■ 3-person randori

HOW TO TIE YOUR BELT



Your final belt knot should look like this.

