

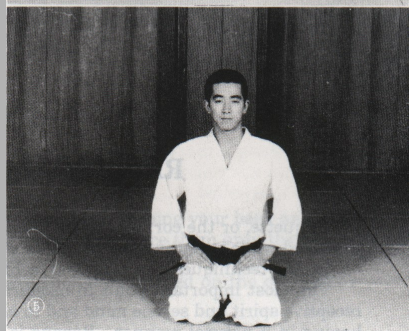
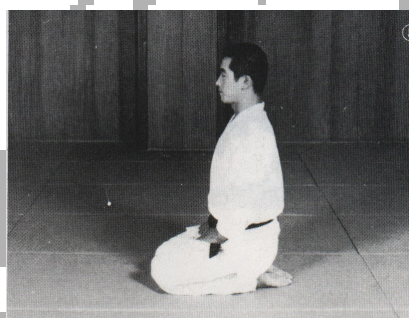
Kamae

All of Aikido  
is hidden  
within the  
movements of

kamae —  
—kamae.

— seiza

Soke Gozo  
Shioda



# Sendokan Dojo

Kyu testing techniques 2005 –2006

Tai no Henko ichi



Tai no Henko ni



The way to powerful and effortless technique is through the repeated practice of correct kihon dosa.



Hiriki no Yosei ichi

Hiriki no Yosei ni

Entry level - Ninja Turtles  
White Belt to Yellow belt 2 Orange stripes

## Requirements for White Belt Sendokan Dojo

1. **Seiza**  
Sitting in kneeling position
2. **Kiritsu**  
Standing up from seiza
3. **Ichi Ni Tsuki**  
Moving quickly (running) to your position
4. **Kyotsu Tsukei**  
Coming to attention
5. **Rei Ho Tachi Kara**  
Method of bowing - from standing
6. **Migi Hanmi no Kamae**  
Right side basic stance
7. **Hidari Hanmi no Kamae**  
Left side basic stance
8. **Seiza Ho Kamae kara**  
Method of entering and exiting seiza from kamae
8. **Rei Ho Tachi Kara**  
Method of bowing - from standing

**Questions:** Why do we practice Kamae?  
How can Kamae help us in our everyday lives?

**White Belt Focus:** Respect for self, parents, siblings, classmates, teachers,  
instructors, and the dojo

## Sendokan Dojo Requirements for White Belt, 1 Yellow Stripe

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ni**  
Cross step and body change # 2
4. **Hiriki no Yosei Ichi**  
Elbow power # 1
5. **Suri Ashi**  
Shuffling forward movement
6. **Shaku Undo**  
Cross stepping forward movement
7. **Koho Ukemi Ichi**  
Backward breakfall # 1
8. **Shomen Uchi Ikkajo Osae Ichi**  
Front Strike, first control pin, # 1

**Question:** Why are the kihon dosa so important?

**White Belt Focus:** Respect for self, parents, siblings, classmates, teachers, instructors, and the dojo

## Requirements for White Belt 2 Yellow stripes Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Jushin Nido**  
Body shift with weight change
4. **Shumatsu Dosa Ichi**  
Finishing exercise # 1
5. **Yoko Ukemi**  
Side Breakfall
6. **Koho Ukemi Ni**  
Backward breakfall # 2
7. **Shiko Ho Ichi,**  
Knee walking # 1
8. **Katate Mochi Shihonage Ichi**  
One wrist grasp, all (four) direction pin, #1

**Question: What is the easiest way to show respect and honour for the dojo?**

**White Belt Focus: Respect for self, parents, siblings, classmates, teachers, instructors, and the dojo**

## Requirements for Yellow Belt Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Haku Hachi Ju No Taiken**  
One Hundred and 180 degree pivot
4. **Tai No Henko Ichi**  
Cross step and body change # 1
5. **Koho Ukemi San**  
Step back back Breakfall # 3
6. **Shiko Ho Ni**  
Knee walking # 2
7. **Katate Mochi Shihonage Ni**  
One wrist grasp, all (four) direction pin, # 2

**Question: What is the meaning of OSU!?**

**Yellow Belt Focus: Perseverance and determination.  
The meaning of OSU! To endeavor to persevere beyond what you  
believe are our limits.**

## Requirements for Yellow Belt 1 Orange stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Hiriki No Yosei Ni**  
Elbow power # 2
4. **Zenpo Ukemi Ichi**  
Forward break fall (roll) # 1
5. **Shomen Uchi Ikkajo Osae Ni**  
Front strike first control pin, # 2
6. **Katate Mochi Nikkajo Osae Ichi**  
One wrist grasp second control pin, # 1

**Question:** How have you demonstrated perseverance and dedication at the dojo and at school?

**Yellow Belt Focus:** Perseverance and determination.  
The meaning of OSU! To endeavor to persevere beyond what you believe are our limits.

## Requirements for Yellow Belt 2 Orange stripes Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Shumatsa Dosa Ni**  
After class exercise # 2
4. **Zempo Kaiten Ukemi Ni**  
Forward roll # 2
5. **Shomen Uchi Ikkajo Osae Ni**  
Front Stike, first control pin, # 2
6. **Katate Mochi Nikkajo Osae Ni**  
One wrist grasp second control pin, #2

**Question:** What is the most challenging thing about learning Aikido? What is the hardest part of achieving great results at school? What have you done to help you accomplished both of these things?

**Yellow Belt Focus:** Perseverance and determination.  
The meaning of OSU! To endeavor to persevere beyond what you believe are our limits.

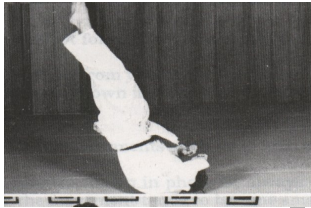


# Sendokan Dojo

## Testing techniques 2019 –2021

One of the best ways to learn a technique is to “feel” it. Being a good

Koho ukemi



uke enables aikidoka to train more intensely and allows the aikido student

Zenpo kaiten ukemi



to feel techniques being applied by some of the top sensei in the world. If you want



to catch the feeling of the technique you must be able to take uke.



Hyaku ukemi

Koho ukemi kuzushi

Middle level - Little Dragons  
Orange Belt to Green Belt 2 blue stripes

## Requirements for Orange Belt Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Koho Ukemi Ichi**  
Backward breakfall # 1
4. **Koho Ukemi Ni**  
Backward breakfall # 2
5. **Yoko Ukemi**  
Side breakfall
6. **Koho Ukemi San**  
Backward breakfall # 3
7. **Zenpo Kaiten Ukemi San**  
Forward breakfall # 3
8. **Ryote Mochi Shihonage Ichi**  
Both wrists grasp four (all) direction pin # 1
9. **Shomen Uchi Sankkajo Osae Ichi**  
Front strike third control pin, # 1

### **Buki Waza**

1. **Bokken—Tandoku—Seigan no Kata**  
Method of entering and existing basic stance with sword

**Question:** Martial Arts training helps us with our self discipline; Tell us an example of how you have more self discipline now than you did when you began your training.

**Orange Belt Focus:** Self discipline, self confidence and honesty.

## Requirements for Orange Belt 1 Green stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi**  
Left side basic stance
3. **Tai No Henko Ichi**  
Cross step and body change # 1
4. **Hiriki no Yosei Ichi**  
Elbow power # 1
5. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
6. **Katate Mochi Sokomen Irimi Nage Ichi**  
One wrist grasp side entering throw # 1
7. **Ryote Mochi TENCHINAGE Ichi**  
Both wrist grasp heaven and earth throw # 1
8. **Yokomen Uchi Ikkajo Osae Ni**  
Side strike first control pin, # 2
9. **Shomen Uchi Shihonage**  
Front strike four (all) direction pin

### Buki Waza

1. **Bokken - Kunitachi - Hiza Giri Kote Osae**  
Knee Cut Wrist Cut

**Question:** Martial Arts training helps us with our self-confidence; Tell us an example of how an aikido posture, movement or technique has helped you with your self confidence.

**Orange Belt Focus:** Self discipline, self confidence and honesty.

## Requirements for Orange Belt 2 Green stripes Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai No Henko Ni**  
Cross step and body change # 2
4. **Hiriki no Yosei Ni**  
Elbow power # 2
5. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
6. **Yokomen Uchi Ikkajo Osae Ichi**  
Side strike first control pin, # 1
7. **Katae Aya Mochi Nikkajo Osae Ichi**  
Cross wrist grasp second control pin, # 1
8. **Katate Mochi Sokumen Irimi Ni**  
One wrist grasp side entering throw, # 2

### Buki Waza

1. **Bokken - Kumitachi - Do Giri (Nihon)**  
Together with sword 2 types of body cuts

**Question:** One of the virtues of the Samurai was honesty. Proper training in Martial arts will help develop this virtue in everyone. Give an example of your growing virtue of honesty?

**Orange Belt Focus:** Self discipline, self confidence and honesty.

## Requirements for Green Belt Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai No Henko Ichi**  
Cross step and body change # 1
4. **Tai No Henko Ni**  
Cross step and body change # 2
5. **Hiriki no Yosei Ichi**  
Elbow power # 1
6. **Hiriki no Yosei Ni**  
Elbow power # 2
7. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
8. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
9. **Katate Mochi Sokumen Iriminage Ni**  
One wrist grab side entering throw # 2
10. **Yokomen Uchi Sankkajo Osae Ichi**  
Side strike, third control pin, # 1
11. **Katate Aya Mochi Nikkajo Osae 2**  
Cross wrist grasp, second control pin, #2

### Buki Waza

1. **Kumijo Tsuki Yokomen**  
Together with jo thrust, yokomen strike two types

**Question:** How do you express the positive attitude you have developed from your training at home and at school?

**Green Belt Focus:** Positive attitude , effort, empathy and kindness

## Requirements for Green Belt 1 blue stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai No Henko Ichi**  
Cross step and body change # 1
4. **Tai No Henko Ni**  
Cross step and body change # 2
5. **Shiko Ho San**  
Knee walking # 3
5. **Yokomen Uchi, Shihonage Osae Ni**  
Side strike, four (all) direction pin, # 2
6. **Katate Mochi Ikkajo Osae Ichi**  
One wrist grasp first control pin, # 1
7. **Kata Mochi, Sokumen Irimi Nage Ni**  
Chest grasp side entering throw # 2
10. **Suwari Ryote Mochi Kokyuhō Ichi**  
From kneeling both wrist grasp breath method # 1

### **Buki Waza**

1. **Kumijo — Toi Ma Tsuki—(Yonhon)**  
Jo Thrusting 4 types

**Question:** You have put in a great deal of effort to be able to test for your Green Belt—One Blue Stripe. Given an example of how you put in the same amount of effort at school.

**Green Belt Focus:** Positive attitude , effort, empathy and kindness

## Requirements for Green Belt 2 blue stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Hiriki no Yosei Ichi**  
Elbow power # 1
4. **Hiriki no Yosei Ni**  
Elbow power #2
5. **Zenpo Kaiten Ukemi San**  
Forward breakfall #3
6. **Koho Ukemi San**  
Backward breakfall # 3
7. **Ryote Mochi Shihonage Ichi**  
Both wrist grasp four (all) direction pin #1
8. **Katate Mochi Ikkajo Osae Ni**  
One wrist grasp first control pin, # 2
9. **Hiji Mochi Nikkajo Osae Ichi**  
Elbow grasp, second control pin, # 1
10. **Ryote Mochi Tenchi Nage Ni**  
Both wrist grasp heaven and earth throw # 2

### Buki Waza

1. **Kumijo— Gyaku Zuki Makeage**  
Jo continuation

**Question:** Empathy and Kindness were part of the Samurai code, they are also key characteristics for a young person to develop. Empathy and kindness can make a positive difference at home and school. Tell us about a time when you showed Empathy and Kindness to someone else at school and home.

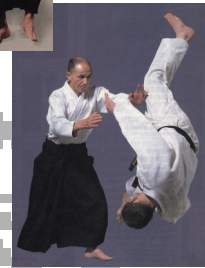
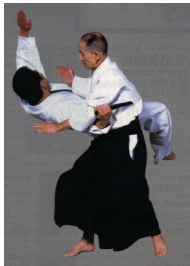
**Green Belt Focus:** Positive attitude , effort, empathy and kindness

# Sendokan Dojo

## Kyu testing techniques 2005 –2006



In aikido,  
we must  
learn how to  
control our own bodies. Once  
we have mastered this, it  
is easy to control others.  
It is important to know all  
the basic techniques with-  
out thinking, but perhaps  
what is more important is to  
recognize and internalize the  
principles hidden with-  
in each technique; for  
here are the real secrets  
of  
aikido.



Senior level Young Samurai  
Blue Belt to Brown Belt 2 black stripes



# Requirements for Blue Belt Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
4. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
5. **Zenpo Hyaku Ukemi (sode mocha)**  
Jumping forward breakfall (holding partners sleeve— optional)
6. **Yokkomen Uchi Shihonage Ichi**  
Side strike four (all) direction throw # 1
7. **Kata Mochi Ikkajo Osae Ichi**  
Shoulder grasp first control pin, # 1
8. **Yokomen Uchi Nikkajo Osae Ni**  
Side strike 2nd control pin # 2
9. **Kata Mochi Sokumen Irimi Nage Ichi**  
Shoulder grasp side entering throw # 1

## **Buki Waza**

1. **Bokken - Kumitachi - Hiji Giri Senaka Gin (yonhon)**  
Together with sword - cutting elbow cutting back (4 types)

**Question:** There are many types of courage. In Aikido we learn that one type of courage is to stay calm under stressful situations. Tell us about a time when you stayed calm under a stressful situation at school or in your neighbourhood .

**Blue Belt Focus:** Courage, Benevolence and Sincerity

## Requirements for Blue Belt 1 brown stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ichi**  
Cross step and body change # 1
4. **Tai no Henko Ni**  
Cross step and body change # 2
5. **Zenpo Hyaku Ukemi(sode mocha)**  
Jumping forward breakfall (holding partners sleeve— optional)
6. **Zenpo Kaiten Ukemi San**  
Forward rolling breakfall # 3
7. **Koho Ukemi San**  
Backward breakfall # 3
8. **Shiko Ho Ichi, Ni, San**  
Knee walking # 1, # 2, # 3
9. **Ryote Mochi Shihonage Ichi**  
Both wrists grasp all direction throw # 1
10. **Yokomen Uchi Nikkajo Osae Ni**  
Side strike 2nd control pin # 2
11. **Kata Mochi Sokumen Irimi Nage Ichi**  
Shoulder grasp side entering throw # 1

### Buki Waza

1. **Bokken - Kunitachi - Hiji Giri Tsuki (Nihon)**  
Together with sword - cutting elbow thrust (2types)

**Question:** The quality of Benevolence is having well or good meaning to others, when you do good things for other people, you are being benevolent. Benevolence was one of the 7 virtues of the Samurai. Tell us how you have been Benevolent to others.

**Blue Belt Focus:** Courage, Benevolence and Sincerity

## Requirements for Blue Belt 2 brown stripes Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Hiriki no Yosei Ichi**  
Elbow power # 1
4. **Hiriki no Yosei Ni**  
Elbow power # 2
5. **Zenpo Hyaku Ukemi(sode mocha)**  
Jumping forward breakfall (holding partners sleeve— optional)
6. **Zenpo Kaiten Ukemi San**  
Forward rolling breakfall # 3
7. **Koho Ukemi San**  
Backward breakfall # 3
8. **Shomen Uchi, Kote Gaeshi Ichi**  
Front strike reverse hand pin # 1
9. **Yokomen Uchi, Shomen Irimi Nage Ichi**  
Side strike, front entering throw # 1
10. **Kata Mochi Ikkajo Osae Ni**  
Shoulder grasp first control pin, #2
11. **Hiji Mochi Nikkajo Osae Ni**  
Elbow grasp, second control pin, # 2

### **Buki Waza**

1. **Bokken - Kunitachi - Harai Senaka Giri**  
Together with sword - blending and cutting elbow cutting back

**Question:** The quality of sincerity means to be genuine jo and at school or real and open and straightforward; without deceit or malice. When we train we need to be sincere with ourselves about our skill level and efforts we have made. In a sincere way tell us about your efforts to achieve your best in the dojo and at school.

**Blue Belt Focus:** Courage, Benevolence and Sincerity

## Requirements for Brown Belt Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ichi**  
Cross step and body change # 1
4. **Tai no Henko Ni**  
Cross step and body change # 2
5. **Hiriki no Yosei Ichi**  
Elbow power # 1
6. **Hiriki no Yosei Ni**  
Elbow power # 2
7. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
8. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
9. **Zenpo Hyaku Ukemi**  
Jumping forward breakfall
10. **Zenpo Kaiten Ukemi San**  
Forward rolling breakfall # 3
11. **Koho Ukemi San**  
Backward breakfall # 3
12. **Kata Mochi Nikkajo Osae Ichi**  
Shoulder grasp, second control pin, # 1
13. **Katate Mochi Sankkajo Osae Ichi**  
One wrist grasp, third control pin, # 1

*Students wishing to test for 1st kyu must be able to perform the above movements before requesting permission to test. Students may be asked to demonstrate techniques from previous tests.*

## Requirements for Brown Belt continued Sendokan Dojo

14. **Shomen Uchi Shomen Irimi Nage Ni**  
Front strike, front entering throw, # 2
15. **Yokomen Uchi Sokumen Irimi Nage Ni**  
Side strike, side entering throw, # 2
16. **Ryote Mochi Tenchi Nage Ni**  
Both wrists grasp, heaven and earth throw, # 2
17. **Katate Mochi Kokyunage**  
One wrist grasp **breath throw**
18. **Katate mochi Jiyu Waza**  
One wrist grasp free style

### **Buki Waza**

1. **Bokken — Tandoku — Happo Giri**  
Eight direction cut with bokken

**Question:**            **The mindset of always trying to continually improve oneself is a life skill that benefits everyone. In aikido we can see our improvement through our progression through the belt levels. In what ways can you improve your aikido, and your school work in the future ?**

**Brown Belt Focus:**   **Continuous improvement, honour, loyalty**

## Requirements for Brown Belt 1 black stripe Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ichi**  
Cross step and body change # 1
4. **Tai no Henko Ni**  
Cross step and body change # 2
5. **Hiriki no Yosei Ichi**  
Elbow power # 1
6. **Hiriki no Yosei Ni**  
Elbow power # 2
7. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
8. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
9. **Zenpo Hyaku Ukemi**  
Jumping forward breakfall
10. **Zenpo Kaiten Ukemi San**  
Forward rolling breakfall # 3
11. **Koho Ukemi San**  
Backward breakfall # 3
12. **Hiji Mochi Nikkajo Osae Ni**  
Elbow grasp, second control, # 2
13. **Shomen Uchi Shomen Irimi Nage Ichi**  
Front strike front entering throw # 1

## Requirements for Brown Belt 1 black stripe continued Sendokan Dojo

14. **Hiji Mochi Sankkajo Osae Ichi**  
Elbow grasp third control pin, # 1
15. **Shomen Uchi Nikkajo Osae Ni**  
Front strike, second control pin, # 2
16. **Yokomen Uchi Kote Gaeshi Ni**  
Side strike reverse hand pin # 2
17. **Katate Mochi Kokyu Nage**  
**One wrist grasp breath throw**
18. **Shomen Uchi Jiyu Waza**  
Front strike free style

### **Buki Waza**

1. **Bokken Kunitachi - Osae Zuki**  
Together with sword—locking and thrusting (4 types)

**Question:**           **Honour is the quality of knowing, and doing what is morally right.  
How have you lived honourably in your daily life?**

**Brown Belt Focus:**   **Continuous improvement, honour, loyalty**

*Students wishing to test for 1st kyu must be able to perform the above movements before requesting permission to test. Students may be asked to demonstrate techniques from previous tests.*

## Requirements for Brown Belt 2 black stripes Sendokan Dojo

1. **Migi Hanmi no Kamae**  
Right side basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ichi**  
Cross step and body change # 1
4. **Tai no Henko Ni**  
Cross step and body change # 2
5. **Hiriki no Yosei Ichi**  
Elbow power # 1
6. **Hiriki no Yosei Ni**  
Elbow power # 2
7. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1
8. **Shumatsu Dosa Ni**  
Finishing (after class) exercise # 2
9. **Zenpo Hyaku Ukemi**  
Jumping forward breakfall
10. **Zenpo Kaiten Ukemi San**  
Forward rolling breakfall # 3
11. **Koho Ukemi San**  
Backward breakfall # 3
12. **Shomen Uchi Nikkajo Osae Ichi**  
Front strike, second control pin # 2



## Requirements for Brown Belt 2 black stripes continued Sendokan Dojo

13. **Kata Mochi Sankkajo Osae Ichi**  
Shoulder grasp, third control pin, # 2
14. **Shomen Uchi Sokumen Irimi Nage Ichi**  
Front strike, side entering throw, # 1
15. **Shomen Uchi Shomen Irimi Nage Ichi**  
Front strike, front entering throw, # 1
16. **Katate Mochi Kote Gaeshi Ni**  
One wrist grasp, reverse hand pin, # 2
17. **Ryote Mochi Shomen Irimi Nage Ichi**  
Both wrists grasp, front entering throw, # 1
18. **Suwari Waza Ryote Mochi Kokyuho Ni**  
From kneeling , both wrists grasp, breath throw, # 2
19. **Shomen Uchi Kokyu Nage**  
Front strike breath throw
20. **Yokomen Uchi Jiyu Waza**  
Side strike free style

### Buki Waza

1. **Bokken Kunitachi - Ju No Kunitachi**  
Together with sword 10 basic movements
2. **Bokken - Kunitachi - Awase yokomen**  
Together with sword - 4 types of blending movements

**Question:** Over your years of diligent training you have been a loyal student to the Sendokan Dojo and to your sensei, and it shows in the progress you have made. Tell us how else you will use the quality of loyalty you have developed to improve you life and the lives of others?

**Brown Belt Focus:** Continuous improvement, honour, loyalty

## Requirements for Youth Black Belt Sendokan Dojo

1. **Migi Hanmi**  
Right side Basic stance
2. **Hidari Hanmi no Kamae**  
Left side basic stance
3. **Tai no Henko Ichi**  
Cross step and body change # 1 with partner
4. **Tai no Henko Ni**  
Cross step and body change #2 with partner
5. **Hiriki no Yosei Ichi**  
Elbow power # 1 with partner
6. **Hiriki no Yosei Ni**  
Elbow power #2 with partner
7. **Shumatsu Dosa Ichi**  
Finishing (after class) exercise # 1 with partner
8. **Shumatsu Dosa Ni**  
Finishing (after class) exercise #2 with partner
9. **Zenpo Hyaku Ukemi**  
Jumping forward breakfall
10. **Zenpo Kaiten Ukemi San**  
Forward breakfall #3
11. **Koho Ukemi San**  
Backward breakfall # 3
12. **Shiko Ho Ichi, Ni, San**  
Knee walking # 1, # 2, # 3

**THE REMIANDER OF THE YOUTH BLACK BELT TEST IS SET BY THE HEAD-  
QUARTER DOJO IN TOKYO JAPAN. A NEW TEST IS SET EVERY YEAR IN  
APRIL**

13. **Shite Waza - Juppon (Dai Ichi Kihon Waza )**  
techniques - 10 techniques (1st set basic techniques)

## Requirements for Shodan and Yudansha Sendokan Dojo

### **The Sendokan Dojo follows the Honbu Dojo Shodan test syllabus.**

(see next page.)

1. Testing requirements for Shodan include all material from previous tests.
2. Jiyu Waza - Katate Mochi, Shomen Uchi, Ryote Mochi, Yokomen Uchi, Shomen Tsuki, Shomen & Yokomen.

### **Testing Requirements for Instructors certificate**

Testing requirements for the instructors certificate are the same as the requirements for the Shodan test; however, the standards for the would-be instructor are higher. Performance should reflect the students' greater understanding and therefore ability to teach correct Yoshinkan Aikido to juniors and beginners.

Students wishing to take the instructors test are required to show leadership in the dojo; assisting with children's classes, helping with administrative duties, going above and beyond the call of duty when the dojo is hosting seminars or running demonstrations, would be some examples of good leadership.

The instructors test consists of a practical examination, including demonstrations of teaching techniques and self defense as well as a written test.

Students are advised to think about the possibility of taking the instructors test when they enter the senior levels (3rd, 2nd & 1st kyu). Students taking the instructors test will be asked to teach at least one technique during their test.

The Shodan and the Shodan instructors test are taken separately.

### **The Sendokan Dojo follows the Honbu Dojo Yudansha test syllabus.**

(see Yudansha Syllabus page.)

1. Testing requirements for Nidan include all material from previous tests.
2. Jiyu Waza - Katate Mochi, Shomen Uchi, Ryote Mochi, Yokomen Uchi, Shomen Tsuki, Shomen & Yokomen, Ushiro Ryote Mochi, Ushiro Ryo Hiji Mochi, Ushiro Ryo Kata Mochi.
3. Futari Dori Jiyu Waza (for Nidan) Sannin Dori Jiyu Waza for Sandan

## Shodan Syllabus

1. Migi hanmi no kamae
2. Hidari hanmi no kamae
3. Hiriki no yousei (1)
4. Hiriki no yousei (2)
5. Hanmi handachi katate mochi shihonage (1)
6. Katate mochi yonkajou osae (2)
7. Yokomen uchi hijiate kokyunage (2)
8. Shite waza
9. Shite waza
10. Shite waza
11. Shite waza
12. Shumatsu dosa (1)
13. Shumatsu dosa (2)
14. Shite jiyuu waza

### Shite Jiyuu Waza

Shoumen uchi  
Yokomen uchi  
Katate mochi  
Ryoute mochi  
Shoumen tsuki

- katate mochi shihounage (1) (2)  
ryoute mochi shihounage (1) (2)  
yokomen uchi shihounage (1) (2)  
hanmi handachi katate mochi shihounage (1) (2)  
hanmi handachi ryoute mochi shihounage  
•shoumen uchi ikkajou (1) (2)  
•yokomen uchi ikkajou osae (1) (2)  
•katate mochi ikkajou osae (1) (2)  
•kata mochi ikkajou osae (1) (2)  
ushiro waza ryoute mochi ikkajou (1) (2)  
ushiro waza katate eri mochi ikkajou osae (1) (2)  
•katate mochi nikajou osae (1) (2)  
•kata mochi nikajou osae (1)  
•shoumen uchi nikajou (1) (2)  
•yokomen uchi nikajou (1) (2)  
•shoumen uchi sankajou osae (1) (2)  
•yokomen uchi sankajou osae (1) (2)  
•kata mochi sankajou osae (1) (2)  
ushiro waza ryoute mochi sankajou (1) (2)

- ushiro waza katate eri mochi sankajou (1) (2)  
•shoumen uchi yonkajou osae (1) (2)  
•yokomen uchi yonkajou osae (1) (2)  
•katate mochi yonkajou osae (1) (2)  
•katate mochi sokumen iriminage (1) (2)  
•kata mochi sokumen iriminage (1) (2)  
•shoumen uchi shoumen iriminage (1) (2)  
•yokomen uchi shoumen iriminage (1) (2)  
•shoumen uchi hijishime (1) (2)  
•yokomen uchi hijishime (1) (2)  
•mune mochi hijishime (1) (2)  
•kata mochi hijishime (1) (2)  
•katate mochi hijiate kokyunage (1) (2)  
•shoumen uchi hijiate kokyunage (1) (2)  
•yokomen uchi hijiate kokyunage (1) (2)  
•shoumen uchi kotegaeshi (1) (2)  
•yokomen uchi kotegaeshi (1) (2)  
•shoumen tsuki kotegaeshi (1) (2)  
•ryoute mochi tenchinage (1) (2)  
suwari waza ryoute mochi kokyuu hou (1) (2) (3)

# Dai Ichi, Dai Ni, and Dai san Kihon Waza 1st, 2nd, and 3rd set of basic techniques

## Dai Ichi Kihon Waza

Katate Mochi Shihonage (1)(2)	Shomen Uchi Shomen Iriminage (1)(2)
Shomen Uchi Ikkajo Osae (1)(2)	Katate Mochi Hijishime (1)(2)
Katate Mochi Nikkajo Osae (1)(2)	Ryote Mochi Tenchinage (1)(2)
Yokomen Uchi Sankkajo Osae (1)(2)	Shomen Uchi Kotegaeshi (1)(2)
Shomen Uchi Yonkajo Osae (1)(2)	Suwari Ryote Mochi Kokyuho (1)(2)
Katate Mochi Sokumen Iriminage (1)(2)	

## Dai Ni Kihon Waza

Hanmi Handachi Katate Mochi Shihonage (1)(2)	Suwari Shomen Uchi Sankajo Osae (1)(2)
Hanmi Handachi Ryote Mochi Shihonage (1)(2)	Ushiro Ryote Mochi Sankajo Osae (1)(2)
Yokomen Uchi Shihonage (1)(2)	Katate Mochi Yonkajo Osae (1)(2)
Suwari Yokomen Uchi Ikkajo Osae (1)(2)	Kata Mochi Sokumen Iriminage (1)(2)
Katate Mochi Ikkajo Osae (1)(2)	Suwari Yokomen Uchi Shomen Iriminage (1)(2)
Ushiro Ryote Mochi Ikkajo Osae (1)(2)	Katate Mochi Hijiate Kokyunage (1)(2)
Suwari Shomen Uchi Nikkajo Osae (1)(2)	Shomen Tsuki Kotegaeshi (1)(2)
Kata Mochi Nikkajo Osae (1)(2)	Suwari Yokomen Uchi Kotegaeshi (1)(2)

## Dai San Kihon Waza

Shomen Uchi Shihonage	Shomen Uchi Hijishime (1)(2)
Kata Mochi Ikkajo Osae (1)(2)	Katate Mochi Hijishime (1)(2)
Hiji Mochi Ikkajo Osae (1)(2)	Ushiro Ryote Mochi Hijishime (1)(2)
Ushiro Eri Mochi Ikkajo Osae (1)(2)	Hiji Mochi Sokumen Iriminage (1)(2)
Ushiro Ryo Kata Mochi Ikkajo Osae (1)(2)	Shomen Uchi Sokumen Iriminage (1)(2)
Hiji Mochi Nikkajo Osae (1)(2)	Ushiro Ryote Mochi Sokumen Iriminage (1)(2)
Katate Aya Mochi Nikkajo Osae (1)(2)	Katate Mochi Shomen Iriminage (1)(2)
Katate Mochi Sankkajo Osae (1)(2)	Ryote Mochi Shomen Iriminage (1)(2)
Kata Mochi Sankkajo Osae (1)(2)	Shomen Tsuki Shomen Iriminage (1)(2)
Ushiro Ryokata Mochi Sankajo Osae (1)(2)	Shomen Uchi Hijiate Kokyunage (1)(2)
Ushiro Hiji Mochi Sankajo Osae (1)(2)	Yokomen Uchi Hijiate Kokyunage (1)(2)
Yokomen Uchi Yonkajo One (1)(2)	Ushiro Ryote Hijiate Kokyunage (1)(2)
Kata Mochi Yonkajo Osae (1)(2)	Ushiro Ryote Mochi Kotegaeshi (1)(2)

## Yudan Syllabus

Tai no Henko (1)  
 Suwari Waza Ryote Mochi Kokyuho (2)  
 Ushiro Waza Ryote Mochi Ikkajo Osae (1)  
 Shite waza  
 Shite waza  
 Shite waza  
 Shite waza  
 Shumatsu dosa (1)  
 Shumatsu dosa (2)  
 Shite Jiyu waza  
 Shite Jiyu waza  
 San nin dori Jiyu Waza

### **Shite Jiyu Waza**

Shomen Uchi	Ushiro Ryote mochi
Yokomen Uchi	Ushiro Hiji mochi
Katate mochi	Ushiro Kata mochi
Ryote mochi	Tanto dori
Shomen Tsuki	Shomen / Yokomen
Kata mochi	Ken dori

(San nin dori Jiyu waza is bokken, Tanto and Shomen Uchi)  
 (For nidan, Futari Dori is Tanto and Shomen Uchi)

Katate mochi Shihonage (1) (2)  
 Ryote mochi Shihonage (1) (2)  
 Yokomen Uchi Shihonage (1) (2)  
 Shomen Uchi Shihonage  
 Hanmi Handachi Katate mochi Shihonage (1) (2)  
 Hanmi Handachi Ryote mochi Shihonage  
 •Shomen Uchi Ikkajo (1) (2)  
 •Yokomen Uchi Ikkajo Osae (1) (2)  
 •Katate mochi Ikkajo Osae (1) (2)  
 •Hiji mochi Ikkajo Osae (1) (2)  
 •Kata mochi Ikkajo Osae (1) (2)  
 Ushiro waza Ryote mochi Ikkajo (1) (2)  
 Ushiro waza Katate eri mochi Ikkajo Osae (1) (2)  
 Ushiro waza Ryohiji mochi Ikkajo Osae (1) (2)  
 Ushiro waza Ryokata mochi Ikkajo Osae (1) (2)  
 Ushiro waza eri mochi Ikkajo Osae (1) (2)  
 •Katate mochi Nikkajo Osae (1) (2)  
 •Katate Aya mochi Nikkajo Osae (1) (2)  
 •Hiji mochi Nikkajo Osae (1) (2)  
 •Kata mochi Nikkajo Osae (1) (2)  
 •Mune mochi Nikkajo Osae (1) (2)  
 •Shomen Uchi Nikkajo Osae (1) (2)  
 •Yokomen Uchi Nikkajo Osae (1) (2)  
 •Shomen Uchi Sankajo Osae (1) (2)  
 •Yokomen Uchi Sankajo Osae (1) (2)  
 •Katate mochi Sankajo Osae (1) (2)  
 •Ryote mochi Sankajo Osae (1) (2)  
 •Hiji mochi Sankajo Osae (1) (2)  
 •Kata mochi Sankajo Osae (1) (2)  
 Ushiro waza Ryote mochi Sankajo (1) (2)  
 Ushiro Katate eri mochi Sankajo Osae (1) (2)  
 Ushiro Ryohiji mochi Sankajo Osae (1) (2)  
 Ushiro Ryokata mochi Sankajo Osae (1) (2)  
 Ushiro waza Katate eri mochi Sankajo (1) (2)  
 •Shomen Uchi Yonkajo Osae (1) (2)  
 •Yokomen Uchi Yonkajo Osae (1) (2)  
 •Katate mochi Yonkajo Osae (1) (2)  
 •Ryote mochi Yonkajo Osae (1) (2)

•Hiji mochi Yonkajo Osae (1) (2)  
 •Kata mochi Yonkajo Osae (1) (2)  
 •Katate mochi Sokumen Iriminage (1) (2)  
 •Kata mochi Sokumen Iriminage (1) (2)  
 •Yokomen Uchi Sokumen Iriminage (1) (2)  
 Ushiro Ryote mochi Sokumen Iriminage (1) (2)  
 Ushiro ryohiji mochi Sokumen Iriminage (1) (2)  
 Ushiro Ryokata mochi Sokumen Iriminage (1) (2)  
 •Shomen Uchi Shomen Iriminage (1) (2)  
 •Yokomen Uchi Shomen Iriminage (1) (2)  
 •Katate mochi Shomen Iriminage (1) (2)  
 •Ryote mochi Shomen Iriminage (1) (2)  
 •Shomen Uchi Hijishime (1) (2)  
 •Yokomen Uchi Hijishime (1) (2)  
 •Katate mochi Hijishime (1) (2)  
 •Mune mochi Hijishime (1) (2)  
 •Kata mochi Hijishime (1) (2)  
 Ushiro waza Ryote mochi Hijishime (1) (2)  
 •Shomen Uchi Hijiate Kokyunage (1) (2)  
 •Yokomen Uchi Hijiate Kokyunage (1) (2)  
 •Katate mochi Hijiate Kokyunage (1) (2)  
 •Ryote mochi Hijiate Kokyunage (1) (2)  
 •Shomen Tsuki Hijiate Kokyunage (1) (2)  
 Ushiro Ryote mochi Hijiate Kokyunage (1) (2)  
 •Shomen Uchi Kotegaeshi (1) (2)  
 •Yokomen Uchi Kotegaeshi (1) (2)  
 •Shomen Tsuki Kotegaeshi (1) (2)  
 •Katate mochi Kotegaeshi (1) (2)  
 •Ryote mochi Kotegaeshi (1) (2)  
 Ushiro waza Ryote mochi Kotegaeshi (1) (2)  
 •Ryote mochi Tenchinage (1) (2)  
 Shomen Uchi Kokyunage  
 Yokomen Uchi Kokyunage  
 Katate mochi Kokyunage  
 Ryote mochi Kokyunage  
 Shomen Tsuki Kokyunage  
 Suwari Waza Ryote mochi Kokyuho (1) (2) (3) (4) (5)

# Glossary of Terms

## DOJO TERMINOLOGY

- Ai: Harmony  
Aiki Nage: Special kind of breath throw  
Anza: Sitting Cross-legged  
Arigato Gozai Mashita: Thank you very much  
Ashi Kiriage: Cut the foot up  
Atemi: Hit  
Ateminashi: No hit  
Awaseru: Harmonize  
Aya: Cross  
Aya Gyakute Mochi: Cross wrist reverse grasp  
Aya Mochi: Cross hand grasp  
Aya Tegatana: Cross cut hand
- Bango Hajime: Begin counting  
Bokken: Wooden sword  
Bokken Motoe: Put away bokken  
Bokken Yoi: Get your bokken ready  
Bukiwaza: Weapons techniques
- Chikara o nuku: Relax  
Choyaku Undo: Jumping in place  
Chudan: Middle level  
Chushin: Centre
- Dai: Number  
Dai Ichi Kihon Waza: 1<sup>st</sup> basic techniques  
Dai Ni Kihon Waza: 2<sup>nd</sup> basic techniques  
Dai San Kihon Waza: 3<sup>rd</sup> basic techniques  
Do: Way or Path  
Do Giri: Body Cut  
Dojo: Place of the way  
Dosa: Movement
- Embu: Demonstration  
Eri Mochi: Collar grasp
- Fukkin: Sit-ups  
Fukuso o Totonoe (naoshite): Fix your uniform  
Fumikomi: Cross step  
Fumikomi Kotai: Cross step back  
Fumikomi Taihenko Ichi: Cross step body change  
Fumikomi Uketome: Cross step block  
Fumikomi Yoke: Cross step evasion
- Gaeshi: Reversal or change (direction)  
Gaiwan Yoke: Outside forearm block  
Gambatte: Give everything you have  
Ganmen Zuki: Face Thrust  
Geidan: Lower level  
Gorei: Command  
Gyaku Hanmi: Mirrored stance  
Gyaku Mawashi: Circles in opposite direction
- Gyakute Mochi: Reverse grasp
- Haba: Spacing  
Hajime: Begin  
Hajime Kara: From the Beginning  
Hakama: Divided Skirt  
Hanmi Handachi: Shite seated, Uke standing  
Hantai: opposite  
Happo Giri: Eight direction cut with sword  
Hashirikomi: Running steps  
Hasshu Giri: Eight different cuts with sword  
Hasso: Sword held vertically at shoulder  
Hayai: Quickly  
Hidari: Left  
Hiji: Elbow  
Hijiate Kokyu Nage: Touching elbow throw  
Hiji Giri: Elbow cut  
Hiji Mochi: Elbow grasp  
Hijishime: Elbow lock  
Hiji Osae: Elbow control  
Hikiashi: Step back  
Hikiotoshi Nage: Pulling down throw  
Hiki Tsukeru: Pull up  
Hiraku: Spread / Move to side  
Hiriki no Yosei Ichi: Elbow power #1  
Hiriki no Yosei Ni: Elbow power #2  
Hitoemi: Side Facing  
Hyaku Ukemi: Jumping forward breakfall  
Hiza: Knee  
Hiza Giri: Knee cut  
Hojodosa: Supplementary movement  
Hyaku Hachi Ju do Kaiten: 180-degree pivot
- Ichi ni Tsuite: Everyone to their place  
Ika: Less than  
Ikkajo: First control group  
Ikkyu Yoke: First kyu evasion  
Irimi: To enter  
Irimi Zuki: Step in thrust
- Jiku: Pivot  
Jiyu ni Keiko suru: Train by yourself  
Jo: Wooden staff  
Jodan: Upper level  
Jujikumi: Crossing (overlap)  
Juji Nage: Arm cross throw (Kanji for 10)  
Juji Yoke: Arm cross block  
Junbi Undo: Warm up exercise  
Jun Mochi: Straight grasp (natural grasp)  
Jushin: Weight  
Jushin no ido: Weight change (shifting)

# Glossary of Terms

## DOJO TERMINOLOGY



Kagami: Window	Miru: Look!
Kaiten: Pivot (Rotate)	Mo Ichi Do: Once more
Kaiten Nage: Rotary throw	Mochi: Grasp
Kaiten Yoke: Pivoting escape	Motto: More
Kakari Geiko: Group training	Motto Mageru: Bend more
Kakuji Hajime: Begin doing yourselves	Mukai Atte: Face each other
Kamae: Basic stance	
Katahizatsuki: One knee down	Nage: Throw
Katakotai: Put on shoulder	Naname: Diagonally
Kataoshi: Shoulder push	Nashi: Not included
Katate Aya Mochi: Cross wrist grasp	Nido: Two times
Katate Aya Jun Mochi: Cross wrist straight grasp	Nido Mawashi: Pivot two times
Katate Mochi: One wrist grasp	Nido Zuki: Two thrusts
Kazuri: Broken or sliding	Nikajo: Second control group
Keiko Shuryo: Class dismissed	Nikyu Yoke: Second kyu evasion (pivot)
Ken: Sword	Nishu Hanpuku: Two kinds - repeat
Ken Chaku Shugori: Squeezing sword when cutting	Nobasu: Stretch / straighten
Kenshu: Intensive training	
Kenshusei: Student involved in intensive training	Onaji: Same
Kesa Giri (Naname Giri): Diagonal cut	Onajiku: Do other side
Ki: Spirit; energy	Osae: Control
Kiai: Spirit shout	Osoi: Late
Kihon: Basic	Otagaini Rei: Bow to each other
Kihon Dosa: Basic movement	Oyo: Advance
Kihon Waza: Basic technique	
Kiri Kiashi: Block side with bokken	Rei: Bow
Kirioroshi: Cut down	Renshu: Practice
Kiritsu: Stand up!	Renzoku: Continuation
Kiriwake: Hands guiding; one palm up, other down	Riai: Logical structure
Kokoro Gamae: Mental preparation	Ryo: Both
Koho Kaiten Ukemi Ichi: Backward roll #1	Ryo Hiji Mochi: Both elbow grasp
Koho Kaiten Ni: Backward roll #2	Ryo Hiza Tsuki: Both knees down
Koho Ukemi Ichi: Backward break-fall #1	Ryote Hiraki: Both arms open
Koho Ukemi Ni: Backward break-fall #2	Ryote Mochi: Both wrist grasp
Koho Ukemi San: Backward break-fall #3	
Kotai: Change	Saisho Kara: From the beginning
Kote (Tekubi): Wrist	Sabaki: Body movement
Kubiate: Hit the neck	Sankajo: Third control group
Kumitachi: Together with bokken	Sankaku: Triangle
Kurikaesu: Repeat	Sankaku Yoke: Triangle block
Kuzusu: Break the balance	Sankaku Uchi Yoke: Inside triangle block
Kuzushi: Advanced; an advanced movement	Sankaku Soto Yoke: Outside triangle block
	Seiretsu: Line up!
Ma-ai: Appropriate distance	Seiza: Kneel
Mado (Gawa): Window (side)	Seiza Chumoku: Kneel and pay attention
Makio Otoshi: Pushing sword away circularly	Sekkin: Advance
Me o Okeru: Open your eyes	Sempai: Senior
Me o Tsuburu: Close your eyes	Senaka: Back
Memoku: Close your eyes; empty your mind	Senaka Giri: Back cut
Metsuke: Place to look towards	Senaka O Nobasu: Straighten your back
Migi: Right	Sensei: Instructor
Migi Hanmi: Right stance	Sensei Ni Rei: Bow to instructor!



# Glossary of Terms

## DOJO TERMINOLOGY

- Seoi: Over the shoulder  
Seoshi Undo: Back to back exercise  
Shido Ho: Teaching method  
Shiho Nage: All direction throw  
Shiho Sabaki: All direction movement  
Shikkari: Firmly  
Shin Ko Kyo: Breath exercise  
Shinkon: Meditation exercise  
Shisei O Tadashite: Stand up straight  
Shite: Protagonist  
Shite Uke Kotai: Change roles  
Shitoemi: Hide behind blade  
Shitsumon: Question  
Shomen: Front  
Shomen Ni Rei: Bow to the front  
Shomen Tsuki: Front thrust  
Shomen Uchi: Front strike  
Shuchu: Concentration  
Shumatsu Dosa Ichi: Finishing movement #1  
Shumatsu Dosa Ni: Finishing movement #2  
Sode Mochi Hyaku Ukemi: Sleeve grasp breakfall  
Sokumen Irimi Nage: Side step-in throw  
Sonomama De: Without change  
Sotai Dosa: Movement with partner  
Suigetsu Zuki: Body thrust  
Suriage: From under  
Suriashi: Sliding step  
Suwari Komi: Suddenly dropping to kneeling  
Suwari Waza: Kneeling techniques  
Syugo: Everyone together in a group
- Tachi: Sword  
Tai No Henko: Body Change  
Tai No Henko Ichi: Cross step-in body change #1  
Tai No Henko Ni: Cross step-in body change #2  
Taihiraku: Body open  
Tai Sabaki: Body movement  
Tandoku: Solo  
Tandoku Dosa: Solo movement  
Tanto: Knife  
Tatsu: Stand up  
Tegatana: Hand sword  
Tegatana Ate: Chop to face  
Tegatana Kirioshi: Chop with cut down  
Tegatana Kubi-ate: Chop neck  
Tegatana Michibiki: Lead / guide with hand  
Tegatana Sabaki: Knife hand control  
Tegatana Yoke: Knife hand block  
Te Kiriwake: Hands move in opposite directions  
Tekubi Mawashi: Wrist circles  
Tekubi Mochi: Wrist grasp  
Tenchi Nage: Heaven and Earth throw
- Tenkai: Pivot  
Tenkan: Body change  
Tenkan Nage: Body change throw  
Tenoko Mochi: Grab backside of hand  
Tenoshita Kuguri: Duck under arm  
Tenouchi Kirage: Cut up inside wrist  
Tobikoshi: Jump over hips  
Tor Fune Undo: Rowing exercise  
Toshu Waza: Empty hand techniques  
Tsugiashi: Shuffle  
Tsugiashi Taihenko: Shuffle in body change  
Tsuki (Zuki): Thrust  
Tsuyoi (Tsuyoku): Strong (Strongly)
- Uchi: Strike  
Udegarami: Arm lock  
Ude Osae: Arm control  
Ude Tate: Push-ups  
Ue: High  
Uke: Receiver of technique  
Uke Nagashi: Pivot block letting uke flow  
Uketome: Block / straight stop  
Ukemi: Breakfalls  
Ukemi Uchite Renshu: Mat hitting exercise  
Ugokuna: Don't move  
Undo: Exercise  
Usagitobi: Bunny-hops  
Ushiro: Back  
Ushiro Nage: Back throw  
Ushiro Waza: Behind techniques
- Waza: Techniques
- Yame: Stop  
Yarinaosu: Do it again correctly  
Yoke: Protection (evasion)  
Yoi: Prepare  
Yoko: Side  
Yokomen Uchi: Side Strike  
Yonkajo: Fourth control group  
Yubi: Finger
- Zanshin: Alert and ready manner kept on finish  
Zen In: Everyone  
Zenkei: Lean forward  
Zenko (Zempo) Kaiten Ukemi: Forward roll  
Zenko Kaiten Ukemi Ichi: Forward roll #1  
Zenko Kaiten Ukemi Ni: Forward roll #2  
Zenko Kaiten Ukemi San: Forward roll #3  
Zujo Mawashi: Turn above the head  
Zuki (Tsuki): Thrust

# Glossary of Terms

## DOJO TERMINOLOGY

Ichi:	1
Ni:	2
San:	3
Shi:	4
Go:	5
Roko:	6
Shichi:	7
Hachi:	8
Kyu:	9
Ju:	10
Hyaku:	100
Sen:	1000

