

AIKIDO Introductory Course

DURATION: 6 weeks, 1 hour per week (Mondays)

Week 1

KAMAE

- Conditioning: breathing and stretching exercises
- Kamae (posture): seiza (kneeling, toes flat), Hanmi (standing, oblique Aikido posture)

Week 2

UKEMI

- Ukemi (falling exercises): forward & backward falls or rolls from sitting and standing

Week 3

TAI SABAKI

- Tai sabaki (footwork):
 - standing: forward, entering, turning
 - sitting: shikko (knee-walking)

Week 4

STRIKES

- Strikes: shomen uchi (vertical strike to head), yokomen uchi (strike to side of head), tsuki (punch)

Week 5

WAZA

- Waza (technique): Katate dori ai hanmi ikkyo, pinning technique

Week 6

WEAPONS

- Introduction to bokken (Japanese wooden sword) and jo (Japanese wooden staff)

Dojo location:

*St. Edburg's Church Hall
Old place yard, Bicester, OX26 6AU*

Contact: bicester.dojo@gmail.com

