

Memorial University Aikido Club - 6th Kyu (Rokkyu)

Minimum 20 Days Training Required (these days can be applied towards 5th kyu)	Fundamentals		
	Skill	Details	
	Kamae	Proper stance (left and right)	
	Tai-sabaki	Tenkan, Irimi, Irimi-tenkan, Tenshin	
	Shikko-ho	Knee-walking (forwards and backwards)	
	Ukemi (rolls)	Forward and backward	
	Ukemi (breakfall)	Forward and backward	
	Basic Attacks and Other Kihon		
	Method	Types	
	Grabs	Katate-dori, Ryote-dori, Morote-dori	
	Open-hand strikes	Tsuki, Shomen-uchi, Yoko-menuchi	
	Receiving	Tsuki, Shomen-uchi, Yoko-menuchi	
	Hanmi/waza	Attack	Technique
	Gyaku-hanmi	Katate-dori	Taino henko and tenkan
		Ryote-dori	Tenchi-nage
	Suwari-waza	Shomen-uchi	Ikkyo (omote and ura)
		Shomen-uchi	Ikkyo (omote and ura)
	Suwari-waza	Ryote-dori	Kokyu-dosa