

# *AiShinKai* - AiShinRyu Aikido

425-771-6816 • [www.aishinkai.com](http://www.aishinkai.com)

## **Practice Schedule** (Spartan Rec Center - 18560 First NE, Shoreline, WA 98133)

Thursday	5-5:50pm	Youth Aikido	Spartan Olympic Room
Thursday	6-7:00pm	Aiki-ken/Aiki-jo	Spartan Olympic Room

### **Also Available:**

Thursday	7:15-8:45	laido	Spartan Dance Room
Saturday	1:30-3:00pm	laido	Spartan Dance Room

Private lessons	Schedule with Sensei	Members	Edmonds Bannister Dojo
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*AiShinKai members are encouraged to schedule private study time in the Edmonds Dojo, and avail themselves of private, one-on-one monthly training. \$30/hour; reduced cost lesson cards available.*

## **Our Mission**

**AiShinKai** is dedicated to fostering character development and the creation of better citizens through the study of the principles, techniques, history, and ideals of modern Japanese martial arts. Our primary topics of study are Ki Development Exercises, Aikido Self-Defense, Aiki-Ken/Aiki-Jo, Ki Breathing/Meditation, and Kiatsu Ryoho Massage. The balance we recommend in these disciplines is as follows:

Ki Breathing / Meditation	10%
Ki Development	10%
AiShinRyu Aikido Self-Defense	40%
AiShinRyu Aiki-Ken/Aiki-Jo	20%
Kiatsu Ryoho Massage	10%

Curriculum for each segment of our program is detailed on the subsequent pages.

### **AiShinKai Basic Principles for Life**

- Create a Calm Center
- Be Comfortably Relaxed
- Practice Dependable Posture
- Unify Body, Mind and Spirit
  
- Strive for Excellence
- Be Loyal, Brave and Sincere
- Seek the Simplest Solution
- Smile and Be Natural

### **AiShinKai Basic Principles of Weapons Practice**

- Correct Stance
- Proper Grip
- Sharp Footwork
- Correct Motion
- Proper Strike Angle
  
- Control Distance and Timing
- Understand the Scenario
- Correct Technique
- Correct Form
- Continuous Awareness

Dr. Jonathan Bannister, *Founder & President*

## Warm-Up Exercises

10 movements that stretch and warm critical areas of the body prone to injury.

1. Bending Backwards
2. Arching Forwards
3. Leg Stretches
4. Horse Stance
5. Knee Stretches
6. Calf Stretches
7. Torso Side Stretches
8. Torso Circles
9. Neck Exercises
10. Arm Swinging

## Mind-Body Coordination Exercises

40 basic movements taken from self-defense movements, 20 for self-study and 20 partner exercises. Study them with an eye towards unifying body, mind, and spirit to develop *Ki*, or spiritual energy.

### Solo Exercises

1. Standing / Sitting
2. Align Wrists
3. Turning Wave
4. Arm Circles
5. Principle 2
6. Wrist Rotation
7. Principle 3
8. Reverse Principle 2
9. Principle 6
10. Wrist Shaking
11. Rowing Exercise
12. Forehead Defense
13. Two Directions
14. Eight Directions
15. Left-Right Movement
16. Turning
17. Arm Swinging
18. Backwards and Forwards
19. Rear Guard
20. Rear Wrist Hold

### Partner Exercises

1. Standing Up
2. Sitting Down
3. Sitting Cross-Legged
4. Rolling Backwards and Forwards
5. Bending Backwards
6. Stooping
7. Walking
8. Bowing
9. Raising Arms
10. One-Legged Bait
11. Self-Reliance
12. Unbendable Arm
13. Immovable Mind Body
14. Unliftable Body
15. Unbendable Body
16. Finger Link
17. Rope Connection
18. Spinning Lead
19. Moving Mountains
20. Timing Movement

## Aikido Self-Defense

### Ukemi Arts

Attacks (grabs and strikes)  
Falls (backfall, forward fall, forward roll, backroll, break fall)

### Kihon

Footwork (irimi, tenkan, omote, ura)  
Leading Drills

## Technique

- 6 kyu Kata Tori Fudoshinnage  
Kata Tori Ikkyo (irimi/pin)  
Katate Tori Shihonage (irimi/tenkan)  
Ushiro Kubishime Kokyunage
- 5 kyu Kata Tori Ikkyo (irimi/tenkan)  
Katate Tori Shihonage (irimi/tenkan)  
Katate Kosa Tori Kokyunage  
Ushiro Kubishime Kokyunage
- 4 kyu Ryote Mochi Kokyunage (scarf)  
Ushiro Tekubitori Kokyunage (sayu)  
Shomenuchi Ikkyo (pin)  
Yokomenuchi Shihonage (irimi/tenkan)
- 3 kyu Ushiro Ryokata Tori Kokyunage (sayu)  
Munetsuke Kotegaeshi (pin)  
Ushiro Tekubitori Kokyunage  
Tsuki Keri Kokyunage
- 2 kyu Yokomenuchi Kokyunage (koshin/kotai)  
Ryokata Tori Kokyunage  
Ushiro Tekubi Tori Kokyunage  
Yoko Keri Kokyunage
- 1 kyu Kata tori Nikkyo (pin)  
Ushiro Kata Tori Sankyo (pin)  
Mawashi Keri Kokyunage  
Shomenuchi Kokyunage (large ukemi)  
Suwari Waza
- 1 dan Ryokatate Tori TENCHINAGE (irimi/tenkan)  
Katate Tori Kaitennage  
Shomenuchi Kokyunage  
Mentsuki Kokyunage (large ukemi)  
Hanmi Handachi

**Randori** (freestyle against multiple attackers)

## Tanto tori

### Aiki-Ken/Aiki-Jo

- 6 kyu Happa Giri Kata
- 5 kyu 1st Jo Taigi
- 4 kyu Kamae Kata
- 3 kyu 2nd Jo Taigi
- 2 kyu Shomenuchi Kata
- 1 kyu 1st Jo Kata
- 1 dan Yokomenuchi Kata
- 2 dan 2nd Jo Kata
- 3 dan Shiteikata (jo/mogito); Waza/Tori (jo/bokken); Bokken Taigi

## **Ki Breathing/Meditation**

Basic breathing instruction emphasizing calmness, relaxation, and naturalness; guided Ki meditations (infinitely small/large/return)

## **Kiatsu Ryoho Massage**

Basic introduction to the principles of Ki massage

## **Beginners Course Curriculum**

### **First Class**

Hajime no Reiho  
Warm-up  
Ki Exercises (standing, walking, hanmi, irimi, tenkan)  
Ukemi (back fall)  
Technique  
    Katate Tori Kokyunage (irimi)  
    Katate Tori Kokyunage  
Review  
Owari no Reiho

### **Second Class**

Mokuso/Reiho  
Warm-up  
Ki Exercises (shiza, walking, standing bow, hanmi, irimi, tenkan)  
Ukemi (back fall, flat fall)  
Technique  
    Katate Tori Kokyunage  
    Katate Kosa Tori Ikkyo (irimi/tenkan)  
Review  
Mokuso/Reiho

### **Third Class**

Mokuso/Reiho  
Warm-up  
Ki Exercises  
Happo Giri Kata  
Ukemi (back fall, flat fall)  
Technique  
    Kata Tori Kokyunage  
    Yokomenuchi Kokyunage (koshin/kotai)  
Review  
Mokuso/Reiho

### **Fourth Class**

### **Fifth Class**

**Sixth Class** (*Identify those who might like to continue and discuss the future and equipment*)

### **Seventh Class**

### **Eighth Class**

Party: *Discuss Japan and adventures awaiting those who wish to continue*