

January 2023 - Week #1

All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen-Uchi Ikkyo Omote and Ura - Suwariwaza** - Open-handed, vertical strike to the forehead from seated position to first control. Omote are techniques executed by entering to the opponent's front-side. Ura are techniques executed by entering to the opponent's blind side or rear.
- **Shomen-Uchi Sankyo Omote - Tachiwaza** - Open-handed, vertical strike to the forehead from standing position to third control. Omote are techniques executed by entering to the opponent's front-side.
- **Shomen-Uchi Irimi Nage - Tachiwaza** - Open-handed, vertical strike to the forehead using the aikido principle of entering inside of and moving through an attack from a standing position.
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

January 2023 - Week #2

All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kosadori Nikyo - Suwariwaza - Omote and Ura** - Grab or hold of nage's cross hand (wrist or forearm) from a seated position to second control. Omote are techniques executed by entering to the opponent's front-side. Ura are techniques executed by entering to the opponent's rear.
- **Kosadori Sankyo - Tachiwaza Omote and Ura** - Grab or hold of nage's cross hand (wrist or forearm) from a standing position to third control.
- **Kosadori Kokyunage - Tachiwaza** - Grab or hold of nage's cross hand (wrist or forearm) from a standing position to third control. Kokyūnage is a breathing throw and practiced both forward (uke is thrown forward, taking a forward roll) and backward (uke falls backward, taking a backward roll).
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.
- **Randori Practice** (senior students if time permitted)

Mat Chat and Awards:

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

January 2023 - Week #3
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen-Uchi Ikkyo Omote and Ura - Suwariwaza**
- **Shomen-Uchi Sankyo Omote - Tachiwaza**
- **Shomen-Uchi Irimi Nage - Tachiwaza**
- **Kosadori Nikyo - Suwariwaza - Omote and Ura**
- **Kosadori Sankyo - Tachiwaza - Omote and Ura**
- **Kosadori Kokyunage - Tachiwaza**
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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January 2019 -Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

DETERMINATION - Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #1
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kosadori Iriminage - Tachiwaza** - Grab or hold of nage's cross hand (wrist or forearm) from a standing position using the aikido principle of entering inside of and moving through an attack from a standing position.
- **Ryotedori Iriminage - Tachiwaza** - Uke holds both Tori's hands. Tori using the aikido principle of entering inside of and moving through an attack from a standing position.
- **Yokomen-Uchi Ikkyo - Tachiwaza** - Open-handed, diagonal strike to the temple, side of the face, or side of the neck to first position from a standing position.
- **Randori using the above techniques with one Uke** - In randori practice, Uke may use any of the above techniques of attack and Tori responds accordingly.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi - Shihonage** - Open-handed, diagonal strike to the temple, side of the face, or side of the neck to first position from a standing. Tori executes a four direction throw.
- **Katatedori - Shihonage** - One hand grab or hold. Tori executes a four direction throw.
- **Shomen-Uchi - Shihonage** - Open-handed, vertical strike to the forehead. Tori executes a four direction throw.
- **Randori using the above techniques with one Uke** - In randori practice, Uke may use any of the above techniques of attack and Tori responds accordingly.
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

February 2023 - Week #3
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kosadori Iriminage - Tachiwaza**
- **Ryotedori Iriminage - Tachiwaza**
- **Yokomen-Uchi Ikkyo - Tachiwaza**
- **Yokomen-Uchi - Shihonage**
- **Katatedori - Shihonage**
- **Shomen-Uchi - Shihonage**
- **Randori using the above techniques with one Uke** - In randori practice, Uke may use any of the above techniques of attack and Tori responds accordingly.

Mat Chat and Awards:

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



February 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards:

Name the IBR belt ranks in order up to black belt.

*Hachikyu - Nanakyu - Rokyū - Gokyu - Yonkyū - Sankyu - Nikyu -
Ikkyū - Shodan*

March 2023 - Week #1
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Ushiro Tekubidori Kotegaeshi - Tachiwaza** - (backside or behind wrist(s) grab with a turning of the wrist/forearm” throw)
- **Ushiro Tekubidori Sankyo - Tachiwaza**
(behind wrist(s) grab to third control)
- **Ushiro Ryokatadori Sankyo - Tachiwaza** (backside or behind holding of both shoulders to third control)
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

What is the name of the organization that our dojo belongs to and what is our style? *International Budo Renmei/Bodai Shindo Ryu*

March 2023 – Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen-Uchi Nikyo and Sankyo - Suwariwaza- Omote and Ura** - Open-handed, vertical strike to the forehead from seated position to first and second control. Omote are techniques executed by entering to the opponent's front-side. Ura are techniques executed by entering to the opponent's blind side or rear.
- **Ushiro Katadori Sankyo - Tachiwaza - Omote and Ura Hanmi-Handachi** - Backside or behind shoulder grab or hold to third control where tori is seated and executes techniques against a standing uke.
- **Chudan-Tsuki Kotegaeshi - Tachiwaza** - Chest level punch from uke with tori using a turning of the wrist/forearm” throw from a standing position.
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies

What is the name Bodai Shindo Ryu mean?

The Way of the Inherently Enlightened Heart/Mind/Spirit.

March 2023 - Week #3
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Ushiro Tekubidori Kotegaeshi - Tachiwaza**
- **Ushiro Tekubidori Sankyo - Tachiwaza**
- **Ushiro Ryokatadori Sankyo - Tachiwaza**
- **Shomen-Uchi Nikyo and Sankyo – Suwariwaza Omote and Ura**
- **Ushiro Katadori Sankyo – Hanmi-Handachi Omote and Ura**
- **Chudan Tsuki Kotegaeshi – Tachiwaza**
- **Atemi** - Work on various strikes both to initiate the irimi and after the uke grabs the tori. Focus of striking vital target areas.

Mat Chat and Awards:

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



March 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #1
All Belt Ranks Aikido**EMPOWER – MOTIVATE – REWARD**

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi Iriminage - Tachiwaza** - Open-handed, diagonal strike to the temple, side of the face, or side of the neck to first position from a seated position using the aikido principle of entering inside of and moving through an attack from a standing position.
- **Chudan Gyaku Tsuki Iriminage - Tachiwaza** - Chest level punch from uke with tori using the aikido principle of entering inside of and moving through an attack from a standing position.
- **Ryotedori TENCHINAGE - Tachiwaza/Suwariwaza** - Uke holds both Tori's hands. Tori executes a heaven and earth throw from a standing and seated position.
- **Randori using the above techniques with one Uke**
- **Jo Kihon (basics) striking and defensive techniques**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards:

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Kosadori Ikkyo, Nikyo, Sankyo – Suwariwaza - Omote and Ura** (cross hand grab)
- **Chudan Jun Tsuki Kaitennage – Tachiwaza** (stepping punch)
- **Katatedori Kaitennage – Tachiwaza** (one hand grab on the same side)
- **Randori using the above techniques with one Uke** - In randori practice, Uke may use any of the above techniques of attack and Tori responds accordingly.
- **Jo Kihon** (basics) - striking and defensive techniques

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

April 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi Iriminage - Tachiwaza**
(side head strike)
- **Chudan Gyaku Tsuki Iriminage - Tachiwaza**
(middle reverse punch)
- **Ryotedori TENCHINAGE - Tachiwaza**
- **Kosadori Ikkyo, Nikyo, Sankyo – Suwariwaza - Omote and Ura** (cross hand grab)
- **Chudan Jun Tsuki Kaitennage – Tachiwaza** (stepping punch)
- **Katatedori Kaitennage – Tachiwaza**
(one hand grab on the same side)
- **Jo Kihon** (basics) - striking and defensive techniques

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



April 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

May 2023- Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Chudan Gyaku Tsuki Kotegaeshi – Tachiwaza**
(middle reverse punch)
- **Jodan Kizami Tsuki Kotegaeshi – Tachiwaza**
(head level jabbing punch)
- **Yokomen-Uchi Kotegaeshi – Tachiwaza**
(side head strike)
- **Jo Kata – Work on the first half of the kata**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

May 2023 - Week #2
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen Uchi Iriminage Kaishiwaza – Tachiwaza**
(downward strike attack with the reversal)
- **Katatedori Iriminage - Tachiwaza** (one hand grab)
- **Shomen-Uchi Ikkyo Kaishiwaza – Suwariwaza**
(downward strike attack with the reversal)
- **Jo Kata – Work on the first half of the kata**
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei/Bodai Shindo Ryu

May 2023 - Week #3
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Chudan Gyaku Tsuki Kotegaeshi – Tachiwaza**
- **Jodan Kizami-Tsuki Kotegaeshi – Tachiwaza**
(head level jabbing punch)
- **Yokomen-Uchi Kotegaeshi – Tachiwaza**
(side head strike)
- **Jo Kata – Perform the first half of the kata**
- **Shomen-Uchi Iriminage Kaishiwaza – Tachiwaza**
(downward strike attack with the reversal)
- **Katatedori Iriminage - Tachiwaza**
- **Shomen-Uchi Ikkyo Kaishiwaza – Suwariwaza**
(downward strike attack with the reversal)

Mat Chat and Awards

PRIDE and RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



May 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Morotedori Kokyunage – Tachiwaza**
(two hands grabbing one)
- **Kisami-Tsuki – Gyaku-Tsuki Kotegaeshi - Tachiwaza**
(jab to the head – reverse punch to the body)
- **Shomen-Uchi Kokyunage – Suwariwaza**
- **Jo Kata – Start to finish**
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #2
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Ushiro Tekubidori Shihonage – Tachiwaza**
(two hand grab from behind)
- **Ryotedori Kotegaeshi – Suwariwaza**
(two hand grab from the front)
- **Ryotedori Kotegaeshi Kaishiwaza** (counter technique) –
Suwariwaza (two hand grab from the front, with the reversal)
- **Jo Kata – Start to finish**
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

EFFORT Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

June 2023 - Week #3
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Morotedori Kokyunage – Tachiwaza**
(two hands grabbing one)
- **Kisami-Tsuki – Gyaku-Tsuki Kotegaeshi - Tachiwaza**
(jab to the head – reverse punch to the body)
- **Shomen-Uchi Kokyunage – Suwariwaza**
- **Jo Kata – Start to finish**
- **Ushiro Tekubidori Shihonage – Tachiwaza**
(two hand grab from behind)
- **Ryotedori Kotegaeshi – Suwariwaza**
(two hand grab from the front)
- **Ryotedori Kotegaeshi Kaishiwaza (counter technique) – Suwariwaza** (two hand grab from the front, with the reversal)

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



June 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

July 2023 - Week #1
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen-Uchi Ikkyo Omote and Ura - Suwariwaza**
(first control off a downward strike – across and around the body from kneeling)
- **Shomen-Uchi Sankyo Omote - Tachiwaza**
(third control off a downward strike – across the body)
- **Shomen-Uchi Iriminage - Tachiwaza**
(front head strike-entering throw)
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

Name the IBR belt ranks in order up to black belt.

Hachikyu - Nanakyu - Rokyu - Gokyu - Yonkyu - Sankyu - Nikyu - Ikkyu - Shodan

July 2023 - Week #2
All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kosadori Nikyo - Suwariwaza - omote and ura**
(Cross hand grab-kneeling position-across & around)
- **Kosadori Sankyo - Tachiwaza - omote and ura**
(cross hand grab-standing-across and around the body)
- **Kosadori Kokyu Naga - Tachiwaza**
(cross hand grab-breath throw)
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

July 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Shomen-Uchi Ikkyo Omote and Ura from Suwariwaza**
(first control off a downward strike – across and around the body from kneeling)
- **Shomen-Uchi Sankyo Omote - Tachiwaza**
(third control off a downward strike – across the body)
- **Shomen-Uchi Iriminage - Tachiwaza**
(front head strike-entering throw)
- **Kosadori Nikyo - Suwariwaza - omote and ura**
(cross hand grab-kneeling position-across & around the body)
- **Kosadori Sankyo - Tachiwaza - omote and ura**
(cross hand grab-standing-across and around)
- **Kosadori Kokyu-Naga - Tachiwaza**

Mat Chat and Awards

RESPONSIBILITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



July 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

August 2023 - Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Kosadori Iriminage - Tachiwaza**
(cross hand grab from standing)
- **Ryotedori Irimi-Nage - Tachiwaza**
(two handed grab from standing)
- **Yokomen-Uchi Iriminage - Tachiwaza**
(side head strike from standing)
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

What is the name Bodai Shindo Ryu mean?

The Way of the Inherently Enlightened Heart/Mind/Spirit.

August 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi Shihonage - Tachiwaza**
(Side head strike from standing)
- **Katatedori Shihonage - Tachiwaza**
(one hand grab straight across from standing)
- **Shomen-Uchi Shihonage - Tachiwaza**
(downward head strike from standing)
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei/Bodai Shindo Ryu

August 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Kosadori Iriminage - Tachiwaza**
(cross hand grab from standing)
- **Ryotedori Iriminage - Tachiwaza**
(two handed grab from standing)
- **Yokomen-Uchi Iriminage - Tachiwaza**
(side head strike from standing)
- **Yokomen-Uchi Shihonage - Tachiwaza**
(Side head strike from standing)
- **Katatedori Shihonage - Tachiwaza**
(one hand grab straight across from standing)
- **Shomen-Uchi Shihonage _ Tachiwaza**
(downward head strike from standing)

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



International Budo Renmei



August 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Ushiro Tekubidori Kotegaeshi - Tachiwaza**
(two handed grab from the rear)
- **Ushiro Tekubidori Sankyo - Tachiwaza**
(two handed grab from the rear)
- **Ushiro Ryokatadori Sankyo - Tachiwaza**
(two handed shoulder grab from the rear)
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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September 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Shomen-Uchi Nikyo and Sankyo – Suwariwaza**
(omote and ura)
- **Ushiro Katadori Sankyo – Hanmi-Handachi** (omote)
- **Chudan-Tsuki Kotegaeshi – Suwariwaza** (middle punch)
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

September 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Ushiro Tekubidori Kotegaeshi - Tachiwaza**
(two handed grab from the rear)
- **Ushiro Tekubidori Sankyo - Tachiwaza**
(two handed grab from the rear)
- **Ushiro Ryokatadori Sankyo - Tachiwaza**
(two handed shoulder grab from the rear)
- **Shomen-Uchi Nikyo and Sankyo – Suwariwaza**
(omote and ura)
- **Ushiro Katadori Sankyo – Hanmi-Handachi** (omote)
- **Chudan Tsuki Kotegaeshi – Suwariwaza** (middle punch)

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.



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September 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

RESPONSIBILITY Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023- Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi knife attack Ikkyo - Tachiwaza**
(side head slash with a knife)
- **Chudan Knife Attack Kotegaeshi - Tachiwaza**
(knife thrust to the mid-section)
- **Ryotedori Tenchinage - Tachiwaza**
- **Jo Kata Review**
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Kosadori Ikkyo, Nikyo, Sankyo – Suwariwaza Omote and Ura** (moving quickly and smoothly through each technique)
- **Chudan Tsuki Kaitennage – Tachiwaza**
- **Katatedori Kaitennage – Tachiwaza**
- **Jo Dori – using any attack** (take away, disarms)
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

DETERMINATION: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

October 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Yokomen-Uchi knife attack Ikkyo - Tachiwaza**
(side head slash with a knife)
- **Chudan Knife Attack Kotegaeshi - Tachiwaza**
(knife thrust to the mid-section)
- **Ryotedori TENCHINAGE - Tachiwaza**
- **Jo Kata**
- **Kosadori Ikkyo, Nikyo, Sankyo – Suwariwaza Omote and Ura** (moving quickly and smoothly through each technique)
- **Chudan Tsuki Kaitennage – Tachiwaza**
- **Katatedori Kaitennage – Tachiwaza**

Mat Chat and Awards

EFFORT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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October 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

HONOR: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

November 2023 - Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Chudan-Tsuki Kotegaeshi – Suwariwaza**
(mid-level punch)
- **Yokomen-Uchi Shihonage – Tachiwaza**
(side head strike, you may also use a knife with the attack)
- **Katadori Nikyo Ura – Tachiwaza**
(chest grab-second control)
- **Jo Kata – Start to finish**
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPECT: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

November 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Katatedori Kokyū Kaishiwaza (reversal) – Suwariwaza**
- **Yokomen-Uchi Sankyō - Tachiwaza**
(side head strike, third control, you may also use a knife attack)
- **Shomen-Uchi Ikkyō Kaishiwaza (reversal) – Suwariwaza**
(downward strike, reversal)
- **Jo Kata – Start to finish**
- **Instructor's Choice** - (if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

Who is the current Dojo Cho of our dojo?

November 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Chudan-Tsuki Kotegaeshi – Suwariwaza**
(mid-level punch)
- **Yokomen-Uchi Shihonage – Tachiwaza**
(side head strike, you may also use a knife with the attack)
- **Katadori Nikyo Ura – Tachiwaza**
(chest grab-second control)
- **Katatedori Kokyū Kaishiwaza (reversal) – Suwariwaza**
- **Yokomen-Uchi Sankyo - Tachiwaza**
- **Shomen-Uchi Ikkyū Kaishiwaza (reversal) – Suwariwaza**
- **Jo Kata – Start to finish**

Mat Chat and Awards

What is the name of the organization that our dojo belongs to?
International Budo Renmei/Bodai Shindo Ryu

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November 2023 - Week #4 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Stripe Testing Week”

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

Instructor Notes: Set your students up to succeed.

Keep in mind that this is a testing. Students who do not perform satisfactorily should be held back, especially if it is the last stripe on their belt before a belt promotion.

Give them the reason why. Suggest a private lesson if necessary or have a sempai help them after class.

They will be allowed a second opportunity during the current stripe week to try again.

Award Stripes at the end of class.

Mat Chat and Awards

What is the name Bodai Shindo Ryu mean?

The Way of the Inherently Enlightened Heart/Mind/Spirit.

December 2023 - Week #1 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Morotedori Kokyunage – Tachiwaza**
(two hands grabbing one)
- **Yokomen-Uchi Kotegaeshi – Hanmi-Handachi**
(side head strike, you may also use a knife)
- **Shomen-Uchi Kokyunage – Transition to Kosadori Ikkyo Ura**
(Uke strikes downward then grabs the wrist and Tori changes to Ikkyo Ura.)
- **Jo Kata – Start to finish**

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

PRIDE: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

December 2023 - Week #2 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

High Energy Warm up with stretching and ukemi, tenkan, and kokyu practice (No more than 10 minutes)

- **Ushiro Tekubidori Shihonage – Tachiwaza**
(rear double hand grab from behind)
- **Jodan-Tsuki Kubishime** (front head punch – neck lock)
- **Jodan-Tsuki - Ushironage**
(front head punch-throw from behind grabbing both shoulders)
- **Jo Kata – Start to finish**
- **Randori Practice** (senior students if time permitted)

Instructor Notes: When working on techniques always emphasize proper application of techniques, distancing, angles, offensive and defensive strategies.

Mat Chat and Awards

RESPONSIBILITY Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

December 2023 - Week #3 All Belt Ranks Aikido

EMPOWER – MOTIVATE – REWARD

“Review Week 1 and 2”

High Energy Warm up with stretching and ukemi, tenkan, and kokyū practice (No more than 10 minutes)

- **Morotedori Kokyunage – Tachiwaza**
- **Yokomenuchi Kotegaeshi – Hanmi-Handachi**
- **Shomen-Uchi Kokyunage – Transition to Kosadori Ikkyo Ura**
(Uke strikes downward then grabs the wrist and Tori changes to Ikkyo Ura.)
- **Jo Kata – Start to finish**
- **Ushiro Tekubidori Shihonage – Tachiwaza**
(rear double hand grab from behind)
- **Jodan-Tsuki Kubishime** (front head punch – neck lock)
- **Jodan-Tsuki – Ushiro-Nage**
(front head punch-throw from behind grabbing both shoulders)

Mat Chat and Awards

INTEGRITY: Discuss with students why this character quality is important. Ask questions to engage the students in discussion.

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**December 2023 - Week #4
All Belt Ranks Aikido**

EMPOWER – MOTIVATE – REWARD

Closed For Christmas and New Year Break!