

## Aikido-Singapore Lesson Plan (for instructors)

#	Technique	Style	Week													
			1	2	3	4	5	6	7	8	9	10	11	12		
1	Ik kyo	Shomen-uchi (zagi and tachi waza/ free movement) Yokomen-uchi (zagi and tachi waza/ free movement)														
2	Ni kyo	Kata dori (zagi and tachi waza/ free movement) Ushiro Ryo tedor														
3	San kyo															
4	Yon kyo															
5	Go kyo	Yokomenuchi														
6	Shihonage	Kata tedor Ryo tedor														
7	Iriminage	Shomenuchi Tsuki														
8	Kotegaeshi	Kata tedor														
9	Kaitennage															
10	Tenchinage	Ryo tedor														
11	Jiyu waza	Kata tedor Ryo tedor														
12	Kokyuho	Zagi Tachi waza / free movement														

Students are expected to demonstrate the following:

1. Role as a Nage & Uke
2. Perform each technique based on the required form
3. Execute the kata (attack) with connection
4. Maintain poise and right attitude throughout