

Tsubomi Seishin Kan Dojo - Aikido Program

425-771-6816 • www.tsubomidojo.com

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

Tuesday	7-8:30pm	Adult Aikido	Spartan Olympic Room
Thursday	5-5:50pm	Youth Aikido	Spartan Olympic Room
Thursday	6-7:00pm	Aiki-ken/Aiki-jo	Spartan Olympic Room
Thursday	7-8:30pm	Adult Aikido	Spartan Olympic Room

Also Available:

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

Private lessons Schedule with Sensei Tsubomi members Edmonds Dojo

Every member is encouraged to schedule private study time in the Edmonds Dojo, and avail themselves of private, one-on-one monthly training. Suggested donation \$20/hr.

Our Mission

Tsubomi Seishin Kan Dojo *Aikido Kai* 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 Development	20%
Aikido Self-Defense	40%
Aiki-Ken/Aiki-Jo	20%
Ki Breathing/Meditation	10%
Kiatsu Ryoho Massage	10%

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

Tsubomi Seishin Kan Basic Principles

- Create a Calm Center
- Be Comfortably Relaxed
- Practice Dependable Posture
- Seek the Simplest Solution
- Smile and Be Natural

Jonathan Bannister, *Founder & President*

Ki Development Exercises

These 35 basic movements are taken from self-defense movements. Studying them with an eye towards unifying body, mind, and spirit will aid the development of *Ki*, or spiritual energy.

Sitting with mind-body coordinated (seiza and hiza)

Bowing

Standing up

Sitting down

Shiza (natural stance)

Koho Tendo Undo

Ushiro Ukemi

Unliftable body

Unbendable body

Raising both hands

Nikkyo Undo

Kote Gaeshi Undo

Sankyo Undo

Tekubi Furi Udo

Walking

Hanmi

Bending Backwards

Stooping

Unbendable Arm

Extending Wrist (hanmi and one leg)

Funekogi Undo

Shomenuchi Undo

Zengo Undo

Happo Undo

Tenkan Undo

Tekubi Kosa Undo

Sayu/Sayu Choyaku Undo

Ude Furi/Ude Furi Choyaku Undo

Ushiro Undo

Ushiro Tekubi Tori Koshin/Kotai Undo

Ude Mawashi Undo

Zenshin Koshin/Kotai Undo

Kokyu Dosa

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 Kokyunage
 - Kata Tori Ikkyo (irimi/pin)
 - Katate Tori Shihinage (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 Sankyō (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 Happo 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 Shitekata (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

- Introductions
- Hajime no Reiho
- Warm-up
- Ki Exercises (standing, walking, hanmi, irimi, tenkan)
- Ukemi (back fall)
- Technique
 - Katate Tori Kokyunage (irimi)
 - Katate Tori Kokyunage (“Tsubomi Nage”)
- 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 (Tsubomi Nage)
 - 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

