

# Basics Curriculum

- Reiho (etiquette)
  - Class Etiquette:
    - Seiza (sitting at attention), Mokuso (meditation), Rei (bow)
    - Bow to head of dojo (O'Sensei): "Shomen ni Rei"
    - Beginning of class: "Onegai shimasu" ("please teach me")
    - End of class: "Domo arigato gozaimashita" (very polite "thank you")
  - Partner Etiquette:
    - Bow before practicing: "Onegai shimasu" ("please teach me")
    - Bow after practicing: "Domo arigato" (polite "thank you")
  - Hygiene
    - Dojo: Sweep mat before practice, make sure shomen is dust free...
    - Personal: Clean gi, short nails, hair secured, etc...
- Ukemi (falling)
  - Mae/Ushiro Ukemi
  - Katatedori Kokyunage as partnered ukemi practice
  - Sumiotoshi (focus on kuzushi and making mae/ushiro ukemi)
- Kamae (stances)
  - Hanmi (half body)
    - Ai Hanmi (mutual hanmi)
    - Gyaku Hanmi (opposite hanmi)
- Sabaki (movement)
  - Ashi Sabaki (foot movement)
    - Walking: Tsugi ashi (glide walking) and Ayumi ashi (walking)
    - Rotating: Tenkai (pivoting) and Tenkan (turning)
    - Combinations: Irimi Tenkai (entry for Iriminage, etc.) and Irimi Tenkan
  - Shikko (knee walking)
  - Tai Sabaki (body movement)
    - Tai no Henka (body changing)
      - Tenkan and Irimi
    - Undo (exercises)
      - Funekogi Undo [Torifune] (Rowing Exercise)
      - Ikkyo Undo (Extension Exercise)
- Basic Attacks (Subset)
  - Katatedori (one hand grab) [gyaku hanmi]
  - Kosadori (cross hand grab) [ai hanmi]
  - Munetsuki (chest punch) [gyaku hanmi]
  - Shomenuchi (strike to top of head) [ai hanmi]
  - Yokomenuchi (strike to side of head) [gyaku hanmi]
  - Note: hanmi indicates relation of nage/uke after attack complete, and is a subset of combinations encountered in advanced practice*
- Kihon Waza (basic techniques)
  - Ikkyo, Shihonage, Kote gaishi, Iriminage
- Suwari Waza (kneeling techniques)
  - Ikkyo
  - Kokyu Ho