



## ZENSHINKAN DOJO YOUTH AIKIDO PROGRAM

# TOTS CLASS

### PROGRAM DESCRIPTION:

The tots program, appropriate for students aged 4 to 6, focuses on having a fun and engaging experience for children who are not yet ready to perform full Aikido techniques with a partner. We focus on expanding the child's awareness of their body in space using basic Aikido movements. Through this class, tots will develop focus, confidence, and interpersonal skills through games and group activities, and will learn valuable lessons of cooperation, gratitude, respect, and compassion.

The tots program is designed to be a place in which young children can begin to understand how their bodies move and how that movement relates to the world around them and to their interactions with others. Upon completion of the program, tots will be ready both physically and emotionally to begin participation in the children's program.

*The tots program is built on basic Aikido movements and gross motor activity with a concentration on understanding how our bodies move and the effect that movement can have on the environment and other people.*

### AIKIDO SCHEDULE:

*Students enrolled in the Tots Program are welcome and encouraged to train in both tots classes listed below.*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Tots 8:45-9:45 am
		Tots 5:30-6:30 pm			

### TESTING:

Students earn the opportunity to take promotion tests by:

1. earning stars on their cards for all of their test requirements for their next rank
2. training for a minimum number of hours and months specific to each rank
3. adequately reviewing all previous material
4. consistently following dojo etiquette, Sensei's instructions, and behaving in an age-appropriate manner

A student will test during class on a date arranged by the parent and instructor, once the student has met the requirements listed above.

On the day of the test, a student must submit a test application and test fee.

### FEES:

Monthly Dues:	\$90
Tots' Gi:	\$35
Testing Fee:	\$30

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TOTS TEST REQUIREMENTS

BELT & RANK	REQUIREMENTS
<b>1<sup>st</sup> Degree Fox</b>	Seiza, Hanmi no Kamae, Rolling in Line, Count to 5 in Japanese, Fair Play 2 months & 16 hours
<b>2<sup>nd</sup> Degree Fox</b>	Proper Bowing (words and action), Naming Aikido Body Parts, Orenaite 2 months & 16 hours
<b>3<sup>rd</sup> Degree --- Fox ---</b>	Shizentai, Katatekosatori Kokyunage (water pump), Grasping Attacks (naming and doing) 2 months & 16 hours
<b>1<sup>st</sup> Degree Dragon</b>	Solo & Partner Funakogi Undo, Solo & Partner Tenkan Undo, Solo & Partner Irimi Taisabaki Ho 2 months & 16 hours
<b>2<sup>nd</sup> Degree --- Dragon ---</b>	Shikko, Katatekosatori Kokyunage (palm up/palm down), Ryotetori Kokyunage (basic) 2 months & 16 hours
<b>3<sup>rd</sup> Degree Dragon</b>	Striking Attacks Kata (counting and naming), Munetsuki Into Target, Avoiding the Noodle Strike 2 months & 16 hours
<b>4<sup>th</sup> Degree --- Dragon ---</b>	The Clock Taisabaki for Munetsuki & Shomenuchi, Munetsuki Sumiotoshi (omote) 3 months & 24 hours
<b>1<sup>st</sup> Degree Crane</b>	Munetsuki Sumiotoshi (ura), Shomenuchi Kotegaeshi, Koho Tendo Undo 3 months & 24 hours
<b>2<sup>nd</sup> Degree --- Crane ---</b>	Ikkyo Ukemi, Stepping Back and Off the Line Taisabaki for Katatori, Partner Ikkyo Ho, Katatori Ikkyo (omote) 3 months & 24 hours
<b>3<sup>rd</sup> Degree Crane</b>	Airplane Ukemi, Zengo Undo, Partner Ikkyo Ura Ho, Katatori Ikkyo (ura) 3 months & 24 hours
<b>4<sup>th</sup> Degree --- Crane ---</b>	Mae Ukemi, Ushiro Ukemi, Taking Ukemi for Sensei 3 months & 24 hours