

Aikido Shudokan 37th Anniversary Demonstration
Kihon Waza Competition

Round 1

Yokomen uchi ikkajo osae 1
Ushiro ryote mochi sankajo osae 2
Ryote mochi tenchinage 1

Round 2

Kata mochi sokumen irminage 2
S/W Shomen uchi hijishime 1
Shomen tsuki hijiate kokyunage 2

Round 3

Shomen uchi nikajo osae 1
S/W Ryote mochi kokyuho 1
Katate mochi kotegaeshi 2

* Techniques executed on one side only * This competition is open to kyu grades only

Announcer's Instructions at Start of Round

Shomen ni rei	Bow to judges
Mukai atte	Face your partner
Otagai ni rei	Bow to your partner
Migi hanmi Kamae	Right Kamae

Technique Name

Hajime	Begin technique
Shite uke kotai onajiku	Shite & uke change roles
Hajime	Begin technique
Shite uke kotai	Shite & uke change roles

Announcer's Instructions at End of Round

Kamae naore	Feet together
Otagai ni rei	Bow to your partner
Shomen	Face the front
Shomen ni rei	Bow to judges
Taijo	Walk off mats



In the Yoshinkan system of aikido, the relationship between Shite and Uke is particularly unique. The purpose of these respective roles is to promote mutual learning and to develop greater understanding of technique. Unlike other forms of budo, we do not seek to compete against our partner but by performing and receiving the technique we can gain a deeper understanding of how, by using rational methods of guiding energy, we can unbalance our partner. To be able to successfully do this we need to train diligently as both Shite and Uke .

As we do not compete against our partner, there are no competitions as such in Aikido. Training Kihon Waza competition however, is a chance to develop strong technique with the aid of a partner with the goal of harmonizing and developing correct technique. The challenge is then to produce the best possible technique on the day under pressure.