

*Aikido Shudokan 36th Anniversary Demonstration
Jiyu Waza Competition*

This year the Jiyuwaza Competition will have will be a paired event.

Aim

The Jiyu Waza Competition is designed to produce sharp flowing technique, variety and speed in Shite and good, fast ukemi from uke.

The selection and variety of techniques is an important criterion of this competition. Points are awarded for variety of technique, speed, fluidity and the general timing and co-ordination of the routine.

Directions

You are required to develop a 1 minute jiyuwaza sequence. You may include any or a variety of attacks, and/or weapons. You will be judged on how you demonstrate form, variety, fluidity and speed. Points are based on both Shite and Uke and both participants must perform both roles. Originality and creativity is encouraged.

Time

There is a time limit of 1 minute. It is crucial that the pair completes their intended routine in the allotted time. Points are deducted for running over time.

Participants

The competition is open to pairs of any level, although some degree of ukemi (falling) skill is required. You should pick a partner you can train with regularly and who you work well with. Hakama is optional but strongly advised.