<table>
<thead>
<tr>
<th>Minimum 12 Days Training Required</th>
<th>Aikido Terminology</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counting</td>
<td>ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju</td>
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<tr>
<td>Starting phrase</td>
<td>Onegaishimasu (Please practice with me)</td>
</tr>
<tr>
<td>Finishing phrase</td>
<td>Domo arigato gozaimashita (Thank-you very much)</td>
</tr>
<tr>
<td>Right / Left</td>
<td>Migi / Hidari</td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>Fundamentals</strong></th>
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<tbody>
<tr>
<td><strong>Skill</strong></td>
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<tr>
<td>Bowing</td>
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<tr>
<td>Shikko-ho</td>
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<tr>
<td>Ukemi (rolls)</td>
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<tr>
<th><strong>Attack</strong></th>
<th><strong>Technique</strong></th>
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<tbody>
<tr>
<td>Ryote-dori</td>
<td>Tenchi-nage</td>
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