

Adult Grading Syllabus 2009



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The techniques contained in this syllabus are an outline of grading requirements only.

Students may be asked to demonstrate additional techniques and not all listed tasks may require demonstration during the grading.

Students will be assessed on the following:

**Knowledge of technique
Correctness of technique
Effectiveness of technique
Posture and Maai
Flow and flexibility
Zanshin and Spirit
Ukemi
Manner and attitude
Commitment**



Dojo Etiquette

**No shoes on the mats. Do not lay or recline on the mat.
Bowling and politeness is a show of respect and appreciation.**

Class Format

Formal:

Instructor in seiza at the front facing the class.

Class lines up in seiza in separate lines facing the instructor. Highest grade at the front to lowest grade at the rear. Each line is in rank within the grade.

Alternately in a small class a single line in grade/rank order.

Instructor may choose to meditate (seiza – eyes closed). Class meditates until instructor claps hands once.

Instructor turns to bow to Dojo Kamiza (picture of O Sensei and/or sword display). Class bows with the instructor.

Instructor turns to class and head of class states “Sensei ni rei” (bow the sensei) to which everyone bows. Then states “Otegai ni rei” (bow to the class) and everyone bows again.

At the start of a class the instructor will then issue instructions.

At the end of a class the instructor will bow to Dan grades either in groups or to Dan grades as a whole stating “arigato gozaimashita” (Thank you very much) to which the Dan grades respond. The instructor then bows and thanks the Uke. No other students bow at this time.

Finally the instructor will stand and may leave the mat. All students then move in shikko (knee walking) down the line to the front right corner of the mat. They then stand and bow to the Dojo Kamiza before leaving the mat.

Informal (small class or limited time):

Instructor stands at the front facing the class.

Class lines up in a single line in grade order facing the instructor.

Instructor turns and bows to the Dojo Kamiza. Class bows with the instructor. Instructor then turns and bows to the class and states “arigato gozaimashita”. Class bows with the instructor and states “arigato gozaimashita”.

Instructor and students may then leave the mat.

Arriving and leaving the class

Anyone entering or leaving the class must request permission from the instructor.

Late arrivals wait in seiza at the edge of the mat – until acknowledged by the instructor. No warm up – just wait. They bow when acknowledged.

Leaving the class requires waiting near the instructor until acknowledged. Explain why you need to leave and then the instructor will bow if they give permission. The student then bows and states “arigato gozaimashita” (Thank you very much).

Leaving and returning to the mat.

If a student needs to go to the toilet or has been given permission to get a drink then they bow to the Dojo Kamiza just before they leave the mat or they return to the mat.

Correct Terminology

Instructors of Yon (4th) Dan and above are referred to as Sensei (teacher) as are any visiting instructors. ie Sensei Langley or John Sensei.

All other dan grade instructors are referred to as sempai (senior student) ie “Sempai ni rei” if they are running a class rather than “Sensei ni rei”.





<p>GENERAL TERMS Aikidoka - One who practises Aikido Dojo - Training Hall Kamiza - Focal point of the dojo (Photo and/or sword stand) Tatami - Training mats Gi - Training suit Obi - Belt Hakama - Traditional pleated trousers Sensei - Teacher, instructor (one who goes before) Dan - Black belt level rank Kyu - Lower levels in ranking system Sempai - Senior level student Sensei ni rei – Bow to the teacher Otegai ni rei – Bow to each other Domo arigato gozaimashita - Thank you very much Rei - Bow Keiko - Practise Hajime - Begin Yame - Stop Mate - Wait Mokuso - Meditate Taijutsu - Body arts Tori - Person carrying out the technique Uke - Person receiving the technique Tegatana - Hand blade Giri - Cut Ken - Japanese sword Tanto - Wooden knife Bokken - Wooden sword Jo - Wooden staff Suburi - Solo cutting exercise Kata - Formal practice of preset forms</p>	<p>MOVEMENTS & POSTURES Tai sabaki - Evasive body movement Te sabaki - Hand movement Irimi - Entering Tenkan - Turning Omote - Moving to the front of the attacker Ura - Moving to the rear of the attacker Tai no henko - Body blending exercise Ukemi - Breakfalls (art of receiving) Mae ukemi - Forward roll Ushiro ukemi - Roll to the rear Shikko - Moving on the knees Kamae - Posture Ai hanmi - Mutual oblique stance (rt to rt) Gyaku hanmi - Opposite oblique stance (mirror) Migi hanmi - Right stance Hidari hanmi - Left stance Shizentai - Natural posture Seiza - Sitting posture Hasso no kamae - Shoulder level posture (with a weapon) Hasso gedan -</p> <p>CONCEPTS & PRINCIPLES Ai - Harmony Ki - Energy/life force/spirit Do - The way Reigi - Etiquette Zanshin - Unbroken awareness and concentration Maai - Combative distance Awase - Blending Hara - Physical and spiritual centre Seika tanden - Centre, one point</p>
<p>ATTACKS Katate dori - One wrist held (1st & 2nd Forms) Sode dori - Sleeve hold Kata dori - Shoulder hold (5th Form) Eri dori - Collar hold (16th Form) Mune dori - Front chest grab Ryote dori - Two hands take both wrists (4th Form) Ryotemochi - Two hands take one wrist (3rd Form) Morote dori - One wrist held by two hands (3rd Form) Kubishime - Strangle (10th Form) Ushiro ryote dori - Both hands held from the rear (7th Form) Ushiro kubishime - Choke from the rear, while holding wrist Shomen uchi - Strike to the top of the head (13th Form) Yokemen uchi - Strike to the side of the head (14th Form) Chudan tsuki - Punch to the stomach (15th Form) Jodan Tsuki - Punch to the head Mae geri - Front kick Randori - Multiple attack Uchi - Strike Tsuki - Thrust Dori - Grab Geri - Kick Jodan - High level Chudan - Mid level Gedan - Lower level</p> <p>NUMBERS Ichi – One; Ni – Two; San – Three; Shi - Four (Also Yon) Go – Five; Rokku – Six; Shichi - Seven (Also Nana); Hachi – Eight; Ku – Nine; Jyu – Ten; Jyu Ich – Eleven Jyu Ni – Twelve; Ni Jyu - Twenty</p>	<p>TECHNIQUES Kihon waza - Basic techniques Osae waza - Pinning techniques Katame waza - Immobilisation techniques Nage waza - Projection techniques Kansetsu waza - Joint locking techniques Atemi waza - Striking techniques Suwari waza - Sitting techniques Tachi waza - Standing techniques Hanmi handachi waza - Tori sitting and uke standing Henka waza - Varied techniques Kaeshi waza - Counter techniques Ikkyo - 1st application (Ude Osae – arm pin) Nikyo - 2nd application (Kote Mawashi – wrist in turn) Sankyo - 3rd application (Kote Hineri – wrist twist) Yonkyo - 4th application (Tekubi Osae – wrist pin) Gokyo - 5th application (Ude Nobashi – arm lock) Rokyo - 6th application (Ude Higishi – arm smash) Shiho nage - Four directions throw Kote gaeshi - Outer wrist turn Shomen Irimi nage - Front approach entering throw Tenchi nage - Heaven and earth throw Kaiten nage - Rotary throw Sumi otoshi - Corner drop Juji nage - Cross arm throw Udekimi nage - Arm pin throw Hiji jime - Elbow lock Aiki nage - Balance throw Koshi nage - Hip throw Kokyu nage - Breath power throw Kokyu ho - Breath power exercise Jo dori - Techniques applied against attacks with jo Tanto dori - Techniques applied against knife attacks Tachi dori - Techniques against attacks with a bokken</p>



Forms	Japanese	English
1 st	gyaku hamni katate dori	One wrist held mirror stance (right vs left)
2 nd	ai hanmi katate dori	One wrist held cross stance (right vs right)
3 rd	mae ryote i-ipo dori	front hold both hands one side mirror stance
4 th	mae ryote dori	front hold both hands
5 th	kata dori	one hand on shoulder mirror stance
6 th	ryote kata tori	two hand hold shoulders both sides
7 th	ushiro tekubi tori	both wrists held from behind
8 th	ushiro ryote hiji tori	both elbows held from behind
9 th	ushiro ryote kata tori	both sides shoulder hold from behind
10 th	ushiro kubi shime	strangulation from behind
11 th	ushiro kumitsuki	high rear bear hug
12 th	ushiro kumitsuki	middle rear bear hug
13 th	shomen uchi	straight strike to head
14 th	yokomen uchi	side strike to head
15 th	chudan tsuki	stomach punch (or ski)
16 th	jodan tsuki	head punch
17 th	eri tori	collar hold
18 th	ushiro i-ipo tekubi dori	one wrist held with two hands behind
19 th	ryote i-ipo eri tori	both hands hold collar one side
20 th	kami tori	hair hold

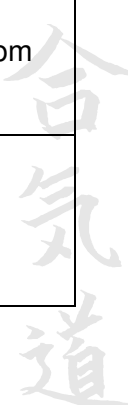


Notes: Basic movement, most basic techniques; ukemi; basic strikes/kick
Introduce shihonage, tenchinage, koetegaeshi, ikkyo, nikyo



White Belt (10th KYU)

<p>Movement Entering (irimi) Turning entry (tenkan) Breaking of grip on wrist. Sitting properly with legs underneath (Seiza).</p>	<p>Ki Testing Ki exercise in seiza (kokyo dosa suwarawaza) Rotating ki exercise in seiza (kokyo ho suwarawaza).</p>
<p>Rolls and Breakfalls (Ukemi) Forward ukemi from kneeling (mae kaiten ukemi) Backward ukemi from kneeling (ushiro kaiten ukemi) Side breakfall from kneeling. Back breakfall from deep squat.</p>	<p>Strikes (Atemi) Vertical head strike (shomenuchi), Diagonal temple strike (yokomenuchi), Middle straight punch (chudan tsuki) Kicks (Geri) Forward straight kick with heel. Forward straight kick with ball of foot.</p>
<p>Hand Techniques (Te Waza) 1st Form (gyaku hanmi katate dori) Shihonage (ura), tenchinage 2nd Form (ai hanmi katate dori): kotegaeshi, ikkyo, nikyo 7th Form (ushiro tekubi tori – both wrists held from behind) kotegaeshi, tenchinage</p>	<p>Body Turning (Tai No Tenkan-Ho) Irimi: (entering) 1st Form: sumi-otoshi (corner drop, figure eight) Oh irimi tenkan: (big entering turn) chudan tsuki (15th Form): ushiro kata otoshi (rear shoulder drop)</p>
<p>Kumi-Tachi with bokken Kamae with Bokken (basic sword stances) 1st movement – dai ichi ken (2 direction cut)</p>	<p>Kumi-Jo Kamae with Jo (basic jo stances) 1st movement – dai ichi jo (nippo yokomen from crook of elbow change to other side)</p>
<p>Conditioning Running Pushups Sit ups</p>	




Notes: Start to develop techniques; ukemi consolidation;
Introduce sankyo, tenbin nage, koto oshi adds lock to sumi otoshi, hiki otoshi falling and balance exercise.



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Yellow Belt (9th KYU)

<p>Movement Knee walking forward and backwards (shikko - suwarawaza) Demonstration of correct distance (Maai).</p>	<p>Ki Testing Unbendable Arm Rotating ki exercise in seiza (kokyo ho suwarawaza).</p> 
<p>Rolls and Breakfalls (Ukemi) Forward ukemi from standing (mae kaiten ukemi) Backward ukemi from standing (ushiro kaiten ukemi). Sideways ukemi (yoko kaiten ukemi) Side breakfall from standing. Back breakfall from deep squat.</p>	<p>Strikes (Atemi) Takaken (Knife hand strike) Kicks (Geri) Kake uke (hooking block) + Kansetsu Geri (Side kick to the knee) Basic atemi/geri kata</p>
<p>Hand Techniques (Te Waza) 1st Form (gyaku hanmi katate dori) ikkyo, nikyo, sankyo. 2nd Form (ai hanmi katate dori): shihonage, ikkyo, nikyo, sankyo. 5th Form (kata dori – mirror shoulder grab): nikyo 11th Form (ushiro kumitsuki – rear bear hug): sankyo</p>	<p>Body Turning (Tai No Tenkan-Ho) Nagashi: (backward step) Hiki otoshi (elbow drop) Irimi: (entering) Koto oshi (wrist push) Irimi tenkan: (entering turn) Tenbin nage (elbow throw)</p>
<p>Kumi-Tachi with bokken Kamae with Bokken (basic sword stances) 1st movement – dai ichi ken (2 direction cut) 2nd movement – dai ni ken (renzuko yokomen with guard)</p>	<p>Kumi-Jo Kamae with Jo (basic jo stances) 1st movement – dai ichi jo (nippon yokomen from crook of elbow change to other side) 2nd movement – dai ni jo (ippo rt-lt-over-under)</p>
<p>Conditioning Running Pushups on wrist from knees Sit ups Squats</p>	<p>Randori (Static, co-operative) Single technique from single attack multiple uke as required</p>

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Notes – 1st and 2nd form all basic techniques; developing strikes; fundamental strike defense

Yellow Belt (8th KYU)	
<p>Movement Irimi and tenkan movement random combinations. (tai sabaki)</p> <p>Suwarawaza movement forward, backwards and turning (shikko).</p>	
<p>Rolls and Breakfalls (Ukemi) Forward ukemi over knee high object (mae ukemi). Falling combinations (ukemi henka waza)</p> <p>Forward flat from kneeling.</p> <p>Forward ukemi from turning opposite arm with step.</p> <p>Back breakfall from knee high object.</p>	<p>Strikes (Atemi) Tate ken (vertical atemi) Ura ken (back fist) Hiji (elbow strike)</p> <p>Kicks (Geri) Kinteki geri (groin kick)</p> <p>Basic atemi/geri kata</p>
<p>Hand Techniques (Te Waza) From 1st Form (gyaku hanmi katate dori) and 2nd Form (ai hanmi katate dori):</p> <p>shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyō, sankyō, yonkyō.</p>	<p>Irimi: yokomenuchi (14th Form): tenchinage</p> <p>Irimi tenkan yokomenuchi (14th Form): shihonage chudan tsuki (15th Form): kotegaeshi</p>
<p>Kumi-Tachi with bokken Kamae with Bokken (basic sword stances) 1st movement – dai ichi ken (2 direction cut) 2nd movement – dai ni ken (renzuko yokomen with guard) 3rd movement – dai san ken (ikkyō movement)</p>	<p>Kumi-Jo Kamae with Jo (basic jo stances) 1st movement – dai ichi jo (nippon yokomen from crook of elbow change to other side) 2nd movement – dai ni jo (ippo rt-lt-over-under) 3rd movement – dai san jo (noppo yokomen - knee block – circular strike to groin)</p>
<p>Conditioning Running Pushups on wrist Sit ups Squats</p>	<p>Randori (Static, co-operative) Single technique from single attack multiple uke as required</p>



Notes: locks/restraining pins come in, Ude gaminage, aiki otoshi, dynamic iriminage, first ikkyo consolidation.

Orange Belt (7th KYU)

<p>Movement Irimi and tenkan movement random combinations. (tai sabaki) Suwarawaza movement forward, backwards and turning (shikko).</p>	<p>Ki Testing Ki exercise in seiza (kokyo dosa suwarawaza)  Rotating ki exercise standing (kokyo ho tachiwaza). Unbendable arm</p>
<p>Rolls and Breakfalls (Ukemi) Forward ukemi over knee high object (mae ukemi). Falling combinations (ukemi henka waza) Forward flat from standing.</p>	<p>Strikes (Atemi) Shomenuchi head punch (jodan tsuki). Yokomenuchi roundhouse punch.</p> <p>Kicks (Geri) Rotating side kick with top of foot. Rotating side kick with ball of foot. Kicks to rear and side.</p> <p>Atemi kata</p>
<p>Hand Techniques (Te Waza) Moving to rear (Ura) and front (Omote) From 1st Form (gyaku hanmi katate dori), 2nd Form (ai hanmi katate dori) – all with appropriate restraining pins: (dai ikkyo, dai nikyo, etc)</p> <p>shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo.</p> <p>4th Form (mae ryote dori) – both wrists held: aiki otoshi (over head)</p> <p>7th Form (ushiro tekubi tori – both wrists held from behind): ude gaminage, aiki otoshi (over head)</p>	<p>Body Turning (Tai No Tenkan-Ho) Irimi: katate dori (2nd Form): sumi-otoshi soto (outside) shomenuchi (13th Form): ikkyo (omote)</p> <p>Irimi tenkan Jodan tsuki (16th Form): ikkyo (hipturn), iriminage, Ude gaminage</p> <p>Oh irimi tenkan (big entering turn) shomenuchi (13th Form): ikkyo (hook pickup and double circle)</p> <p>Leg technique (Ashi No Waza) uchi hizi oshi (inside knee push)</p>
<p>Bokken 4th movement – dai shi ken (nikyo movement) Basic paired bokken movements (kumitachi). (1st through 4th)</p>	<p>Jo 4th movement – dai shi jo Basic paired jo movements (kumijo). (1st through 4th)</p> <p>Uke grabs jo and tori to demonstrate a range of techniques (Jo waza)</p>
<p>Conditioning Running with piggy back partner Pushups on wrist Sit ups Squats</p>	<p>Randori (Dynamic, co-operative) Single technique from various attacks multiple uke as required.</p> <p>Multiple techniques from single attack multiple uke as required.</p>

Notes: 3rd form comes in; consolidate shihon nage and kotegaeshi



Orange Belt (6th KYU)



<p>Movement Irimi and tenkan movement random combinations. (tai sabaki) Suwarawaza movement forward, backwards and turning (shikko).</p>	
<p>Rolls and Breakfalls (Ukemi) Forward ukemi over knee high object (mae ukemi). Falling combinations (ukemi henka waza) Forward flat from standing.</p>	<p>Strikes (Atemi) Spear hand atemi (under jaw, under arm) Atemi kata</p>
<p>Hand Techniques (Te Waza) Moving to rear (Ura) and front (Omote) From 1st Form (gyaku hanmi katate dori), 2nd Form (ai hanmi katate dori) and 3rd Form (mae ryote i-ipo dori) – all with appropriate restraining pins: (dai ikkyo, dai nikyo, etc) shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo.</p>	<p>Technique Focus Shihon nage: 4th, 5th, 7th, 12th, 14th, 16th, 17th Forms. Kotegaeshi: 4th, 5th, 7th, 12th, 14th, 16th, 17th Forms.</p>
<p>Bokken 5th movement – dai go ken (shihonage movement) Basic paired bokken movements (kumitachi). (1st to 5th)</p>	<p>Jo 5th movement – dai go jo Basic paired jo movements (kumijo). (1st through 5th)</p>
<p>Conditioning Running with piggy back partner Pushups on wrist Sit ups Squats with piggy back partner</p>	<p>Randori (Dynamic, co-operative) Single technique from various attacks multiple uke as required. Multiple techniques from single attack multiple uke as required.</p>

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Notes: Introduce dynamic Kaitenage, Kaiten o'soto gari (big circle move), Kubi Otoshi;
Consolidate: Tenbin, Nikyo, Sankyo, Rokyo. Introduce tachi dori and tanto dori. Introduce suwara waza techniques


Green Belt (5th KYU) minimum 3 months	
<p>Movement Irimi and tenkan movement against Shinnai attack. Irimi and tenkan movement against various attacks.</p>	<p>Atemi (Strikes) Atemi kata  Geru (Kicks) Forward, side and rotational kicks with increased power, height and balance</p>
<p>Ukemi (Rolls and Breakfalls) Forward ukemi over thigh high object (mae kaiten ukemi). Side flat from kotegaeshi over the top.</p>	<p>Forward ukemi from turning opposite arm with minimal stepping over knee high object. Bridgefall from handstand.</p>
<p>Hand Techniques (Te-waza) (Ura and Omote) Technique Focus Tenbin nage: 1st, 2nd, 3rd, 4th, 7th, 14th, 16th forms. Nikyo: 1st, 2nd, 3rd, 4th, 7th, 14th, 16th, 17th forms. Sankyo: 1st, 2nd, 3rd, 4th, 7th, 10th, 14th, 16th, 17th, 20th forms. Rokyo: 1st, 2nd, 3rd, 4th, 5th, 7th, 11th, 14th, 16th, 17th, 20th forms + hold and strike combination.</p>	<p>Body turning from strike (Tai No Tenkan-Ho) Irimi tenkan chudan tsuki (15th Form): kaitenage, sumi otoshi jodan tsuki (16th Form - head punch): kaitennage, kubi otoshi (neck drop), kaiten o'soto gari (outside rotation throw) Suwarawaza (kneeling) (Ura and Omote) Sumi otoshi, shihonage, kotegaeshi and ikkyo from ai hanmi and gyaku hanmi (1st and 2nd)</p>
<p>Bokken Bokken suburi (1st to 6th movements). Kumitachi (paired bokken movements). Tachi dori (shomenuchi attack unarmed defence) kokyonage</p>	<p>Jo Jo suburi Kumijo (paired jo movements 1st to 6th movements) Jo waza (uke grabs jo and tori to demonstrate a range of techniques). Jo dori (chudan tsuki attack unarmed defence) Jo kata</p>
<p>Tanto Tanto dori (chudan tsuki kotegaeshi, jodan tsuki ude garaminage)</p>	<p>Randori (Dynamic) Single technique from various attacks multiple uke as required. Multiple techniques from single attack multiple uke as required.</p>





Notes: Introduce kokyonage, koshinage, jujinage, henka waza

Green Belt (4th KYU) minimum 3 months

<p>Movement Irimi and tenkan movement against Shinnai attack. Irimi and tenkan movement against various attacks.</p>	<p>Ki Testing Ki exercise in seiza (kokyo dosa suwarawaza). Atemi (Strikes) Atemi kata</p> 
<p>Ukemi (Rolls and Breakfalls) Forward ukemi over hip high object (mae kaiten ukemi). Side flat from kotegaeshi over the top.</p>	
<p>Hand Techniques (Te-waza) (Ura and Omote) All 9 basic techniques from 1st form (gyaku hanmi katate dori), 2nd form (ai hanmi katate dori), 3rd form (mae ryote i-ipo dori), and 4th form (mae ryote dori) – all with appropriate restraining pins. shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo. Jujinage: 4th, 7th, 16th forms</p>	<p>Body turning from strike (Tai No Tenkan-Ho) Irimi tenkan yokomenuchi (14th Form): koshinage chudan tsuki (15th Form): kokyonage jodan tsuki (16th Form - head punch): kokyonage, koshinage Henka waza yokomenuchi shihonage then chudan tsuki kotegaeshi followed by shomenuchi iriminage.</p>
<p>Bokken Happo giri (8 direction cut) (rotations 180, 270, 180, 315, 180, 315, 180) Kumitachi (paired bokken movements). Tachi dori (shomenuchi attack unarmed defence) kokyonage</p>	<p>Jo Kumijo (paired jo movements 1st to 6th movements) Jo waza (uke grabs jo and tori to demonstrate a range of techniques). Jo dori (chudan tsuki attack unarmed defence) Basic Jo kata (rokyo jo).</p>
<p>Tanto Tanto dori (chudan tsuki kotegaeshi, yokomen gokyo, jodan tsuki hachi mawashi)</p>	<p>Randori (Dynamic) Single technique from various attacks multiple uke as required. Multiple techniques from single attack multiple uke as required.</p>

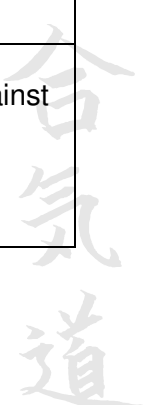
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Consolidate: Ikkyo, iriminage, kaitenage

3rd KYU (Blue Belt) minimum 3 months

<p>Movement Irimi and tenkan movement random combinations. Suwarawaza movement forward, backwards, turning, rolling (Shikko). Irimi and tenkan movement against various attacks.</p>	<p>Ukemi (Rolls and Breakfalls) Mae Ukemi (forward ukemi over hip high object). Side flat from kotegaeshi over the top. Ukemi Sequence – all ukemi and breakfalls until told to stop. Atemi Kata</p>
<p>Hand Techniques (Te-waza) (Ura and Omote) All 9 basic techniques from 1st form (gyaku hanmi katate dori), 2nd form (ai hanmi katate dori), 3rd form (mae ryote i-ipo dori), 4th form (mae ryote dori) and 5th form shoulder grab (kata dori) – all with appropriate restraining pins. shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo. Ikkyo: 6th, 7th, 11th, 13th, 16th forms Iriminage:, 6th, 7th, 11th, 13th, 16th forms Kaitenage: 6th, 7th, 11th, 13th, 16th forms</p>	<p>Body turning from strike (Tai No Tenkan-Ho) Irimi yokomenuchi (14th Form): tenchinage Irimi tenkan yokomenuchi (14th Form): shihonage, chudan tsuki (15th Form): kotegaeshi Suwarawaza (kneeling) (Ura and Omote) All 9 basic techniques from ai hanmi, gyaku hanmi and kata (shoulder) (1st, 2nd and 5th Forms) Leg techniques (Ashi No Waza) uchi hizi oshi (inside knee push) soto hizi oshi (outside knee push)</p>
<p>Kick Defence (Ashi Tori No Waza) uchi ashi sukui otoshi (inner scoop drop) soto ashi sukui otoshi (outer scoop drop) uchi hineri (inside twist) soto hineri (outside twist)</p>	<p>Henka waza Koto gaeshi then shiho nage ikkyo then udegarami tenbin then aiki otoshi sankyo then kataha</p>
<p>Bokken Kumitachi (paired bokken movements). Randori - Bokken against Bokken Randori - Shinnai against Shinnai Tachi dori (shomenuchi, yokomen and tsuki attack unarmed defence)</p>	<p>Jo Kumijo (paired jo movements) Jo dori (shomenuchi, yokomen and chudan tsuki attack unarmed defence). Jo kata</p>
<p>Tanto Tanto dori chudan tsuki kotegaeshi yokomenuchi shihonage, rokyo jodan tsuki shihonage, sankyo, rokyo</p>	<p>Randori (Effective) Multiple techniques from multiple attacks against two uke as required.</p>



Consolidate Kokyongage, Koshinage. Review fundamental defenses.



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2nd KYU (Blue Belt) minimum 3 months	
<p>Movement Irimi and tenkan movement random combinations. Suwarawaza movement forward, backwards, turning, rolling (Shikko). Irimi and tenkan movement against various attacks.</p>	<p>Ukemi (Rolls and Breakfalls) Mae Ukemi (forward ukemi over hip high object). Side flat from kotegaeshi over the top. Ukemi Sequence – all ukemi and breakfalls until told to stop. Atemi Kata</p>
<p>Hand Techniques (Te-waza) (Ura and Omote) All 9 basic techniques from 1st form (gyaku hanmi katate dori), 2nd form (ai hanmi katate dori), 3rd form (mae ryote i-ipo dori), 4th form (mae ryote dori), 5th form shoulder grab (kata dori), 6th form both shoulders from front (ryote kata dori) – all with appropriate restraining pins. shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo. Koshinage: 1st, 2nd, 5th, 13th, 16th forms Kokyongage: 13th, 14th, 15th, 16th forms</p>	<p>Body turning from strike (Tai No Tenkan-Ho) Irimi yokomenuchi (14th Form): tenchinage Irimi tenkan shomenuchi (13th Form): iriminage yokomenuchi (14th Form): shihonage, kaitenage chudan tsuki (15th Form): kotegaeshi, kaitenage Suwarawaza (kneeling) (Ura and Omote) All 9 basic techniques from ai hanmi, gyaku hanmi and kata (shoulder) (1st, 2nd and 5th Forms)</p>
<p>Leg techniques (Ashi No Waza) o'uchi gari (major inside foot sweep) o'soto gari (major outside foot sweep) Kick Defence (Ashi Tori No Waza) hizi oshi (knee push) iriminage (entering throw)</p>	<p>Henka waza Sankyo then kaiten nage sankyo then ude garamenagi sankyo then aiki otoshi</p>
<p>Bokken Kumitachi (paired bokken movements). Randori - Bokken against Bokken Randori - Shinnai against Shinnai Tachi dori (shomenuchi, yokomen and tsuki attack unarmed defence)</p>	<p>Jo Kumijo (paired jo movements) Jo dori (shomenuchi, yokomen and chudan tsuki attack unarmed defence). Jo kata</p>
<p>Tanto Tanto Dori - gokyo (ude nobashi – arm lock); rokyo (ude hishigi – arm smash); kotegaeshi, shihonage, ude garaminage, sankyo</p>	<p>Randori (Effective) Multiple techniques from multiple attacks against two uke as required.</p>

合気道



Basically a prequel dan grading.

1st KYU (Brown Belt) minimum 12 months

<p>Movement Irimi and tenkan movement random combinations. Suwarawaza movement forward, backwards, turning, rolling (Shikko). irimi and tenkan movement against various attacks.</p>	<p>Ukemi (Rolls and Breakfalls) Mae Ukemi (forward ukemi over waist high object). Side flat from shihonage over the top. Ukemi Sequence – all ukemi and breakfalls until told to stop. Atemi Kata</p>
<p>Hand Techniques (Te-waza) (Ura and Omote) All 9 basic techniques from 1st form (gyaku hanmi katate dori), 2nd form (ai hanmi katate dori), 3rd form (mae ryote i-ipo dori), 4th form (mae ryote dori), 5th form shoulder grab (kata dori), 6th form both shoulders from front (ryote kata dori) – all with appropriate restraining pins. shihonage, kotegaeshi, iriminage, kaitenage, tenchinage, ikkyo, nikyo, sankyo, yonkyo. Various attacks 7th form to 12th form, 17th form to 20th form and combination attacks demonstrating a selection of 9 basic techniques plus koshinage, jujinage, aiki otoshi (balance drop), sumi otoshi, tenbinage, ude gaminage, aiki nage (balance throw), kokyonage.</p>	<p>Body turning from strike (Tai No Tenkan-Ho) Irimi / Irimi tenkan All 9 basic techniques from 13th form (shomenuchi), 14th form (yokomenuchi), 15th form (chudan tsuki) and 16th Form (jodan tsuki)– all with appropriate restraining pins. Additional techniques – kokyonage, koshinage, tenbinage. Suwarawaza (kneeling) (Ura and Omote) All 9 basic techniques from ai hanmi, gyaku hanmi and kata (shoulder) (1st, 2nd and 5th Forms) Hanmi Handachi (Uke standing and Tori kneeling) (Ura and Omote) Selection of techniques from ai hanmi, gyaku hanmi, and shomenuchi (1st, 2nd, and 13th Forms) ikkyo, nikyo, shihonage, kotegaeshi, iriminage, tenchinage,</p>
<p>Leg techniques (Ashi No Waza) uchi hizi oshi (inside knee push) soto hizi oshi (outside knee push) o'uchi gari (major inside sweep) o'soto gari (major outside sweep)</p>	<p>Kick Defence (Ashi Tori No Waza) hizi oshi (knee push) iriminage (entering throw) uchi ashi sukui otoshi (inner scoop drop) soto ashi sukui otoshi (outer scoop drop) uchi hineri (inside twist) soto hineri (outside twist)</p>
<p>Bokken Bokken against Bokken two ukes. Shinnai against Shinnai two ukes. Tachi Dori (two ukes attack unarmed defence) rokyo (ude hishigi – arm smash) iriminage, kotegaeshi, shihonage</p>	<p>Jo Jo Dori (multiple ukes attack unarmed defence) Nikyo (kote mashi - wrist in turn) Rokyo (ude hishigi – arm smash) Kokyo nage (breath throw) Ashi Tori (leg sweep with jo) tenchinage outside and inside variations Jo Kata</p>
<p>Tanto Tanto Dori (two ukes attack unarmed defence) Tanto Dori - gokyo (ude nobashi – arm lock); rokyo (ude hishigi – arm smash); kotegaeshi, shihonage, ude gaminage, sankyo</p>	<p>Randori (Effective) Multiple techniques from multiple attacks against three (or more) uke as required.</p>

Appendix 1

Bokken Movements



1. Shomen Uchi in two directions (180 rotation) with step through.
2. Renzuko Yokomen Uchi with Guard (Continuous Front Diagonal Cuts with Guard)
3. Ikkyo (blade high jodan block (uke shomen cut) to turn and shomen cut as per ikkyo movement)
4. Nikyo (small circle blade under then over blade extending to gedan tsuki to wrist as per nikyo movement)
5. Shihonage (Draw back into sankyo stance yokomen cut continue though then change cut direction to belly cut stepping past uke (uke responds to belly cut by leaning forward). Turn and shomen cut to back neck as per shihonage movement)
6. Iriminage (flick blade sideward with blade extending to jodan tsuki to neck as per iriminage movement)

Jo Movements

1. Renzuko Yokomen Uchi - Nippo hands (opposite sides of jo) - Jo rests in crook of elbow – extend into yokomen strike with step through – swap jo to other side then strike again. (Kumijo opposite)
2. Ippo hands (same side of jo). Extend horizontal strike from right then left. Extend over to vertical downwards strike to extend under to vertical upwards strike. (Kumijo – reponse is left vertical block across body to right vertical block then up horizontal block then down horizontal block.
3. Yokomen strike from elbow rest with step to knee block with irimi back (front leg can lift) – Irimi enter with circular strike to groin – swap hands to other side.
4. Ippo hands. Move Jo to rear into hasso gedan position. Large vertical circle strike with step through. Hands slide forward as jo moves back into hasso gedan then repeat large vertical circle strike. Repeat. Then outside block/strike to knee.
5. Jo hidden behind back. Full 360 spin of jo with hand change into yokomen strike. Yokomen strike to other side (crossed arms). Under groin strike from right side. Left then right horizontal strikes from shoulder. Gedan Tsuki.
6. Big circle strike to head with step. Continue circle 360 to legs (uke jumps in kumijo) to shomen strike.



Appendix 2

Saito Sensei's 20 Jo Suburi

Used by Institute of Aikido UK & NZ, Iwama style and some Aiki kai

<http://www.youtube.com/watch?v=60y2LG01s0I&feature=related>

Tsuki Series

1. **Choku tsuki** - Direct (front) thrust
2. **Kaeshi tsuki** - Return (spiral) thrust
3. **Ushiro tsuki** - Thrust to the rear
4. **Tsuki gedan gaeshi** - Thrust with low return strike
5. **Tsuki jodan gaeshi uchi** - Thrust with high return strike

Uchikomi Series

1. **Shomen uchikomi** - Front strike, with stepping back
2. **Renzoku uchikomi** - Continuous front strikes
3. **Menuchi gedan gaeshi** - Front strike, low return strike
4. **Menuchi ushiro tsuki** - Front strike, thrust to the rear
5. **Gyaku yokomen ushiro tsuki** - Reverse side head strike, thrust to the rear

Katate Series

1. **Katate gedan gaeshi** - One handed strike, low to high
2. **Katate toma uchi** - One handed far-reaching strike
3. **Katate hachi no ji gaeshi** - One handed figure "eight" strike

Hasso Gaeshi Series

1. **Hasso gaeshi uchi** - Eight direction return, front strike
2. **Hasso gaeshi tsuki** - Eight direction return, front thrust
3. **Hasso gaeshi ushiro tsuki** - Eight direction return, thrust to the rear
4. **Hasso gaeshi ushiro uchi** - Eight direction return, strike to the rear
5. **Hasso gaeshi ushiro harai** - Eight direction return, sweep to the rear

Nagare Series

1. **Hidari nagare gaeshi uchi (usually left side only)** - Flowing to the left, front strike
2. **Migi nagare gaeshi tsuki (usually right side only)** - Flowing to the right, front thrust

Kata - 31 Jo movements

<http://www.youtube.com/watch?v=Z-DMXyqAq0c&feature=related>

<http://www.youtube.com/watch?v=VFfnimiC-KE>

<http://www.youtube.com/watch?v=iUYVU33wVsU&feature=related>

<http://www.youtube.com/watch?v=2TL5-Hlx-wA&feature=related>



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Appendix 3

Saito Sensei's 7 Bokken Suburi Used by Institute of Aikido UK & NZ, Iwama style and some Aiki kai



1. Shomen Uchi (Front Cut)

- Right kamae in seigan
- Inhale, raise sword to jodan while sliding R foot back to L foot
- Exhale, cut R while sliding R foot forward off the line

2. Shomen Uchi with Step Back

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Exhale, cut R while sliding R foot forward off the line

3. Ki Uchi (Energy Cut)

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Drop sword to modified hasso gedan, hold breath
- Kiai, step forward R, cut R

4. Renzuko Shomen Uchi (Continuous Front Cuts)

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Exhale, step forward R, cut R; Raise sword to jodan, step forward L, cut L...

5. Renzuko Shomen Uchi with Guard (Continuous Front Cuts with Guard)

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Exhale, step forward R, cut R, guard
- Raise sword to jodan, step forward L, cut L, guard
- Raise sword to jodan, step R, cut R...

6. Renzuko Shomen Uchi Komi, Tsuki (Continuous Front Cuts with Thrust)

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Exhale, step forward R, cut R, R thrust, guard
- Raise sword to jodan, step forward L, cut L, L thrust, guard...

7. Renzuko Shomen Uchi Komi, Step-in Tsuki (Continuous Front Cuts with Step-in Thrust)

- R kamae in seigan
- Inhale, raise sword to jodan while sliding R foot to rear off the line
- Exhale, step forward R, cut R, step forward L and thrust, guard
- Step forward R, cut R, step forward L and thrust, guard...

<http://www.youtube.com/watch?v=fqvlXdzngMw>
<http://www.youtube.com/watch?v=CoAMtI4e9Is>



Happo Giri (Eight direction cut)

(Cut then 180 rotation, 270 (step 90 + 180 rotation), 180, 315 (step 135 + 180 rotation), 180, 315 (step 135 + 180 rotation), 180)

<http://www.youtube.com/watch?v=GJDOOnAaU-q4&feature=related>



BASIC ATEMI KATA

After bow in formalities,

- right foot slides back to hammi stance, tori facing left
- irimi left with left hand blocking uke's jodan yokomen uchi
- cross arm stike, (right fist) jodan tusuki to uke's face
- step though with right leg to round house kick to uke's ribs
- bring right foot back left foot sliding to hammi stance facing right with right foot forward
- irimi right with right hand blocking uke's jodan yokomen uchi
- cross arm stike, (left fist) jodan tusuki to uke's face
- step though with left leg to round house kick to uke's ribs
- bring left foot back right foot sliding to hammi stance facing left with left foot forward
- cross step right foot moving to "O irimi tenkan" (ikkyo movement)
- striking uke's ribs chudan tusuki (left punch), completing ikkyo and hand movement
- left foot forward, step, front kick right side chudan
- bring right foot back to left foot in hammi stance left foot forward facing left
- irimi tenkan left side ikkyo movement
- striking uke's ribs chudan tusuki (right punch) , completing ikkyo and hand movement
- right foot forward, step, front kick left side chudan, bring left foot back to right foot step forward (left foot) and turn facing front and bow

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