

**SENTOU RYU AIKI HEIHO REVISED REQUIREMENTS**  
**(01/01/2022)**

**WHITE BELT (90 Days Training)**

**Ukemi Waza: Safety Methods**

**Mae Ukemi – Front Roll/Break Fall**  
**Yoko Ukemi (Migi/Hidari) – Side Roll/Break-Fall (Right/Left)**  
**Ushiro Ukemi – Backward Roll/Break Fall**

**Geri Waza: Kicking Techniques**

**Mae Geri – Front Kick (Kekomi/Snapping & Keage/Thrusting)**  
**Yoko Geri – Side Crescent Kick (Kekomi & Keage)**  
**Knee Strikes**

**Striking Waza:**

**Straight Punch- Jab/Cross**  
**Hook Punch**  
**Uppercut Punch**  
**Overhead Strike**  
**Side Strike**  
**Backfist**  
**Ridge hand and Knife hand Strikes**  
**Slashing and straight elbow**

**Goshin Waza: Parry and block**

**Basic Parry Pattern (Inside/Outside)**  
**Unbendable Arm**  
**Uke Nagashi Block**  
**Attacking Arm Block**

**Yawara: Basic Hand Techniques**

**Kakate Hazushi Ichi – Outside Wrist Release**  
**Kakate Hazushi Ni – Inside Wrist Release**  
**Morote Hazushi – Two-on-one Wrist Release**  
**Ryote Hazushi – Double Wrist Grab Release**

**Ground Defense:**

**Demonstrate Basic Guard Position**

**Demonstrate Basic Mount Position**

**Tachi Waza: Standing Waza Techniques (cross hand single wrist)**

**Katatetori Ikkyo, Katatetori Nikkyo, Katatetori Sankyo, Katateori Iriminage, Katateori Kaitenage, Katatetori Shihonage.**

**YELLOW BELT (90 Days Training)**

**Ukemi Waza: Safety Methods**

**Zenpo Kaiten Ukemi – Forward Roll Break Fall  
Ushiro Kaiten Ukemi – Backward Roll Break Fall  
Yoko Mawashi Ukemi – Side Turning Break Fall**

**Yawara: Basic Hand Techniques**

**Momiji Hazushi – Front Choke Hold Release  
Ryoeri Hazushi – Double Lapel Grab Release  
Yubi Tori Hazushi – Release from Four Finger Grip  
Yubi Tori – Handhold on Sensitive Third Finger**

**Nage Waza: Throwing Techniques**

**Kakato Otoshi – Heel to Heel Trip  
Osoto Gari – Pendulum Sweep  
Deashi Harai – Lower Foot Sweep**

**Seiza Kata- Seated Forms**

**Kata Ichi-**

**Kata Ni-**

**Ground Defense:**

**Demonstrate break from guard and pass**

**Demonstrate Arm bar from guard  
Demonstrate Kamura from guard**

**Tachi Waza: Standing Waza Techniques (same side lapel/shoulder grab)**

**Katadori Shihonage, Katadori Ikkyo, Katadori Nikkyo, Katadori Ude Guruma, Katadori Iriminage.**

**ORANGE BELT (90 Days Training)**

**Yawara: Basic Hand Techniques**

**Moro Yubi – Four Finger Come-Along  
Imon Tori – Defense against Chest Push  
Ryoeri Tori – Double Lapel Torture Hold  
Akushu Kote Tori – Handshake into Wristlock  
Akushu Ude Tori – Straight Armbar from Handshake**

**Nage Waza: Throwing Techniques**

**Ogoshi – Major Hip Throw  
Tsurikomi Goshi – Lift and Pull Hip Throw  
Ippon Seoi Nage – One Arm Shoulder Throw  
Dakikubi Goshi – Headlock Hip Throw**

**Seiza Kata- Seated Forms**

**Kata San-**

**Kata Yon-**

**Ground Defense:**

**Demonstrate punch defense from guard**

**Demonstrate Americana from Mount  
Demonstrate Gift wrap from mount**

**Demonstrate Side Mount**

**Tachi Waza: Standing Waza Techniques (overhead strike)**

**Shomenuchi Ikkyo, Shomenuchi Kotegaeshi, Shomenuchi Iriminage, Shomenuchi Nikkyo,  
Shomenuchi Sankyo.**

**GREEN BELT (90 Days Training)**

**Nage Waza: Throwing Techniques**

**Sode Tsurikomi Goshi – Lift and Pull Sleeve Hip Throw  
Soto Gama – Outside Sickle  
Uchi Gama – Inside Sickle  
Tai Otoshi – Body Drop**

**Seiza Kata: Seated Forms**

**Kata Go-**

**Kata Roku-**

## **Goshin-no-Kata: Forms of Self-Defense**

**Defense from Front Chokehold  
Defense from Rear Chokehold  
Defense from Side Headlock  
Defense from Front Headlock  
Defense from Overhead Club Attack**

### **Ground Defense:**

**Demonstrate Proper Guard  
Demonstrate Proper Mount  
Demonstrate break from guard and pass  
Demonstrate punch defense from guard  
Demonstrate Bump and Roll  
Demonstrate Arm bar from guard  
Demonstrate Kamura from guard  
Demonstrate Americana from Mount  
Demonstrate Gift wrap from mount**

### **Tachi Waza: Standing Techniques (mid body punch)**

**Tsuki Hijime, Tsuki Kotegeshi, Tsuki Iriminage, Tsuki Kaitenage, Tsuki Shihonage, Tsuki Nikkyo.**

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### ***BLUE BELT (90 Days Training)***

### **Nage Waza: Throwing Techniques**

**Seoi Nage – Shoulder Throw  
Seoi Otoshi – Shoulder Drop  
Makikomi – Winding Art/Snake Throw  
Wazakomi – Winding Arm Throw**

### **Seiza Kata: Seated Defense Forms**

**Shichi –  
Hachi –**

### **Goshin-no- Geri Kata- Kick Defense:**

**Defense from Front Kick  
Defense from Side Kick/Crescent Kick  
Defense from Roundhouse Kick  
Defense from Back Kick**

**Tachi Waza: Standing Techniques (side of head strike)**

**Yokomenuchi Iriminage, Yokomenuchi Shihonage, Yokomenuchi Kotegaeshi,  
Yokomenuchi Nikkyo, Yokomenuchi Koshinage.**

**PURPLE BELT (120 Days Training)**

**Nage Waza: Throwing Techniques**

**Uki Otoshi – Floating Throw  
Okuri Harai – Side Stepping Throw  
Kote Gaeshi – Wrist Throw  
Kubi Nage – Neck Throw  
Kubi Otoshi – Neck Drop**

**Seiza Kata: Seated Defense Forms**

**Ku-  
Ju –**

**Goshin-no-Kata: Forms of Self-Defense**

**Defense from Swinging Club Attack  
Defense from Choking Club Attack  
Defense from Stabbing Club Attack  
Defense from Stabbing Knife Attack  
Defense from Swinging Knife Attack**

**Tachi Waza: Standing Techniques (wrist grab from front to rear in motion)**

**Ushiro Shihonage, Ushiro Sankyo, Ushiro Iriminage, Ushiro Kokunage, Ushiro Kotegeshi.**

**BROWN BELT (180 Days Training)**

**Seiza Kata: Seated Defense Forms**

**Demonstrate defense against wrist grab  
Demonstrate defense against lapel grab  
Demonstrate defense against punch to face  
Demonstrate defense against side strike**

**Ashi Sabaki from Ryotetori**

**Aiki-blending 1 Aiki Age  
Aiki-blending 2 Aiki Sage  
Aiki-blending 3 Wrist out  
Aiki-blending 4 Wrist In**

## **Goshin-no-Kata: Forms of Self-Defense**

**Demonstrate 3 defenses against knife (candidate's choice)**  
**Demonstrate 3 defenses against sword (candidate's choice)**  
**Demonstrate 3 defenses against stick (candidate's choice)**  
**Demonstrate 3 defenses against pistol (candidate's choice)**

## **Hamni Handachi: Uke Standing/Tori Seated**

**Demonstrate defense against straight kick**  
**Demonstrate defense against grab**  
**Demonstrate defense against punch**  
**Demonstrate defense against roundhouse kick**

## **Tachi Waza: Standing Techniques**

**(25) Techniques of Instructors Choice**

## **Nage Waza: Throwing/Projections/Manipulations**

**Shomenuchi Iriminage**  
**Shomenuchi Kaitennage**  
**Yokomenuchi Suimitoshi**  
**Ryotedori Tenshinnage**  
**Morotedori Kokyu ho**  
**Katate osae projection**  
**Tsuki Jujinnage**  
**Osoto Gari**  
**Deashi Harai**  
**Te Hanna**

## **BLACK BELT (320 Days Training)**

## **Goshin-no-Kata: Forms of Self-Defense**

**Demonstrate 3 defenses against knife (candidate's choice)**  
**Demonstrate 3 defenses against sword (candidate's choice)**  
**Demonstrate 3 defenses against stick (candidate's choice)**  
**Demonstrate 3 defenses against pistol (candidate's choice)**

## **Tachi Waza: Standing Techniques- Ikkajo, Nikajo, Sankajo, Kotegaeshi, Shiho nage**

**(5) Techniques against Straight Punch**  
**(5) Techniques against Overhead Strike**  
**(5) Techniques against Side of Head Strike**  
**(5) Techniques against same hand grab of wrist**  
**(5) Techniques against two hand grab of one wrist**  
**(5) Techniques against cross hand grab of wrist**

- (5) Techniques against 1 hand grab of lapel/shoulder**
- (5) Techniques against hand grab of each hand**
- (5) Techniques from behind wrists/wrist-neck/ around body**

#### **Hamni Handachi: Uke standing / Tori Kneeling**

- Demonstrate defense against straight kick**
- Demonstrate defense against grab**
- Demonstrate defense against punch**
- Demonstrate defense against roundhouse kick**

#### **Swari Waza: Seated Techniques**

- Demonstrate defense against wrist grab**
- Demonstrate defense against lapel grab**
- Demonstrate defense against punch to face**
- Demonstrate defense against side strike**

#### **Nage Waza: Throwing/Projections/Manipulations**

- Shomenuchi Iriminage**
- Shomenuchi Kaitennage**
- Yokomenuchi Suimitoshi**
- Ryotedori Tenshinnage**
- Morotedori Kokyu ho**
- Katate osae projection**
- Tsuki Jujinnage**
- Osoto Gari**
- Deashi Harai**
- Te Hanna**

#### **Henka Waza (Mid technique change)**

- Nikyo to Sankyo**
- Nikyo to Ikkyo**
- Nikyo to Kotegaeshi**
- Ikkyo to Kotegaeshi**
- Ikkyo to Nikyo**
- Shihonage to kotegaeshi**
- Shihonage to kokyu ho**
- Shihonage to Nikyo**

#### **Randori: Multi person attack against 3 attackers**

**Written Requirement: 1000 word essay on the purpose of Budo training.**

**2<sup>nd</sup> DEGREE BLACK BELT (320 Days Training)**

**All requirements for Shodan**

**Randori: Multi Person Attack against 3 attackers**

**Firearms retention techniques**

**Tanto Jutsu fundamentals**

**Tachi Waza: 3 techniques**

**Jo Waza: 3 techniques**

**Kaeshi Waza: Counter techniques**

**Henka Waza: Switch of techniques**

**Teaching Requirement: Teach (1) Technique of Student choice with PROPER technique and principal explanation.**

**Written Requirement: 1000 word essay (max) explaining Aikijujutsu principal of choice.**

**3<sup>rd</sup> DEGREE BLACK BELT (420 Days Training)**

**All Shodan and Nidan Techniques**

**Randori: Multi Person Attack against 4 attackers**

**Demonstrate all Tachi fundamentals**

**Tachi Kata: 1-3**

**Demonstrate all Jo fundamentals**

**Jo Kata: 1-3**

**Demonstrate all Tessen fundamentals**

**Tessen Kata: 1-3**

**Teaching Requirement: Teach (3) Techniques of Students choice with PROPER technique and principal explanation.**



**4<sup>th</sup> DEGREE BLACK BELT (600 Days Training)**

**All Shodan thru Sandan Requirements**

**Additional Requirements to be determined by the grading board at time of examination. Board will be at Hombu and made up of Chief Examiner, Deputy Examiner and 3 other board members *NOT* from candidates dojo.**

**5<sup>th</sup> DEGREE BLACK BELT (720 Days Training)**

**Testing requirements same as Yondan.**