

***SENTOU RYU AIKI HEIHO REQUIREMENTS (02/2018) REVISED***

***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 (Taihojutsu)***

**Mae Geri – Front Kick (Kekomi/Snapping & Keage/Thrusting)**

**Yoko Geri – Side Crescent Kick (Kekomi & Keage)**

**Knee Strikes**

***Atemi Waza: Hand and Arm Strikes (Taihojutsu)***

**Straight Punch- Jab/Cross**

**Hook Punch**

**Uppercut Punch**

**Overhead Strike**

**Side Strike**

**Backfist**

**Ridge hand and Knife Hand Strikes**

**Slashing and straight elbow**

**Palm Heel**

***Goshin Waza: Parry and block (Taihojutsu)***

**Basic Parry Pattern (Inside/Outside/Up/Down)**

**Unbendable Arm**

**Uke Nagashi Block**

**Attacking Arm Block**

*Hand Positions-*

**Aiki-blending 1 Aiki Age**

**Aiki-blending 2 Aiki Sage**

**Aiki-blending 3 Wrist out**

**Aiki-blending 4 Wrist In**

*Kamae-*

**Hamni and Gakyu Hamni**

*Footwork-*

**Tsuki Ashi**

**Aiumi Ashi**

**Tenkan**

**Tenshin**

**Tenkai**

*Self Defense Kata- Kata Chi #1*

*Ground Defense-*

**Demonstrate Basic Guard Position**

**Demonstrate Basic Mount Position**

*Ikkyo Principal-* Ikkyo, Ude Osae Dori, Ude Otosu Odori.

*Techniques demonstrated-* Katadori Ikajo (Omote and Ura);  
Shomenuchi Ikkyo (Omote and Ura); Yokomenuchi Ikkyo;  
Katatedori Ikkyo (same side and cross hand).

**Successful grading results in White Belt with a black stripe.**

*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**

*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**

*Self Defense Kata- Kata Chi #2*

*Ground Defense:*

**(2) Techniques from Guard**

**(2) Techniques from Mount**

*Nikkyo Principal-* **Nikajo, Kote Mawashi (Wrist Turn In), Kagi (key lock), Shuto Jime (Knife Hand Lock).**

*Techniques demonstrated-* **Shomenuchi Nikkyo (Omote and Ura); Katatedori Nikkyo (Same side and cross hand); Katadori Nikkyo (Omote and Ura); Yokomenuchi Nikkyo (Omote and Ura); Tsuki Nikkyo.**

**Successful grading results in Yellow Belt**

*ORANGE BELT (90 Days Training)*

*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-**

*Self Defense Kata- Kata Chi #3 and 4*

*Ground Defense:*

**(3) Techniques from Guard**

**(3) Techniques from Mount**

**Demonstrate Side Mount**

*Sankyo Principal-* Sankajo, Kote Hineri (Wrist Turn), Mochi Mawari (Grip Turn).

*Techniques demonstrated-* Shomenuchi Sankyo (Omote and Ura with Projection); Katatedori Sankyo (Same side and cross hand); Katadori Sankyo; Yokomenuchi Sankyo; Ushiro Ryotedori Sankyo.

**Successful grading results in Orange Belt.**

***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-**

*Self Defense Kata- Kata Chi #5 and 6*

**Goshin-no-Kata: Forms of Self-Defense (Taihojutsu)**

**Defense from Front Chokehold**

**Defense from Rear Chokehold**

**Defense from Side Headlock**

**Defense from Front Headlock**

*Ground Defense:*

**(4) Techniques from Guard**

**(4) Techniques from Mount**

**(2) Techniques from Side Mount**

**Yonkyo Principal- Kotegaeshi (Wrist Reversals), Konoha Gaeshi (Leaf Reversal), Kote Makikomi (Wrist Winding), Kote Makigashi (Winding Reversal), Gakyu Kote (reverse Wrist).**

**Techniques demonstrated- Yokomenuchi Kotegaeshi; Tsuki Kotegaeshi; Ushiro Ryotedori Kotegaeshi; Katatedori Kotegaeshi; Ryotedori Kotegaeshi; Morotedori Kotegaeshi.**

**Successful grading results in Green Belt.**

***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 –**

*Self Defense Kata- Kata Chi #7 and 8*

**Goshin-no- Geri Kata: Kick Defense (Taihojutsu)**

**Defense from Front Kick**

**Defense from Side Kick/Crescent Kick**

**Defense from Roundhouse Kick**

**Defense from Back Kick**

***Gokyu Principal-* Katate Osae (Wrist Press), Shiho Nage (4/8 Corner Throws), Te Hanna (Flower Throws), Projections (Irimi/Tenshin Nage /Sumio Toshi /Kaiten Nage / Kokyu Nage/ Kokyu Ho /Juji Nage/Niho Nage/ Ushiro Mae Nage).**

***Techniques demonstrated-* Katatedori Osae (Lock and Projection); Katatedori Shihonage (Two directions); Tsuki Irimi nage; Shomenuchi Kaiten nage; Yokomenuchi Sumio Toshi; Ryotedori Tenshin nage; Morotedori Kokyuhō; Morotedori Kokyu nage; Tsuki Juji nage.**

**Successful grading results in Blue Belt.**

***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 Forms*

**Ku-**

**Ju –**

*Self Defense Kata- Kata Chi #9 and 10*

**Goshin-no-Kata: Forms of Self-Defense (Taihojutsu)**

**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**

**Rokyū Principal- Yubi waza (Finger techniques), Shime waza (Strangulations), Osae waza (Pinning techniques).**

**Techniques demonstrated- (5) Finger locks of tori's choice; (5) Strangulations of tori's choice; (5) Pinning techniques of tori's choice.**

**Successful grading results in Purple Belt.**

***BROWN BELT (180 Days Training)***

**Seiza Kata: Seated Defense Forms (Taihojutsu)**

**(5) Techniques of Tori's Choice**

**Goshin-no-Kata: Forms of Self-Defense (Taihojutsu)**

**Disarming of Sword Techniques #1- 3**

**Tanto Disarming Techniques- demonstrate 3**

**Jo Disarming Techniques #1 - 3**

**Handgun Disarming Techniques- demonstrate 3**

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

**(5) Techniques of Tori's Choice**

**Tachi Waza: *Standing Techniques***

**(25) Techniques of Tori's Choice**

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

**(10) Techniques of Tori's Choice**

**Successful grading results in Brown Belt.**

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

**Tachi Waza: *Standing Techniques*- Black Belt candidates choice.  
Candidate **MUST** demonstrate at least 2 techniques from each section  
of the curriculum (Ikkyo principal, etc.)**

**(5) Techniques against Straight Punch**

**(5) Techniques against Overhead Strike**

**(5) Techniques against Side of Head Strike**

**(5) Techniques against 1 hand grab of wrist**

- (5) Techniques against 2 hand grab of wrist**
- (5) Techniques against 1 hand grab of lapel/shoulder**
- (5) Techniques against 2 hand grab of lapel/shoulder**
- (5) Techniques from behind wrists/wrist-neck/ around body**

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

**(10) Techniques- Students choice**

**Seiza Waza: *Seated Techniques***

**(10) Techniques- Students choice**

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

**(10) Techniques- Students choice**

**Randori: *Multi person attack against 2 attackers***

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

***2nd 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.***

***3rd DEGREE BLACK BELT (420 Days Training)***

**All Shodan and Nidan Techniques**

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

**Demonstrate all Tachi fundamentals**

**Tachi Kata: 1-5**

**Demonstrate all Jo fundamentals**

**Jo Kata: 1-5**

**Demonstrate all Tessen fundamentals**

**Tessen Kata: 1-3**

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

***4th 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 examiners.**

***5th DEGREE BLACK BELT (720 Days Training)***

**Testing requirements same as Yondan.**