

SENTOU RYU AIKI HEIHO REVISED REQUIREMENTS

Revised 10/01/2024

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

Demonstrate Proper way to get up

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

Katatetori Ikkyo, Katatetori Nikkyo, Katatetori Sankyo, Katatetori Kote Gaeshi, Katateori Iriminage, Katateori Kaiten Nage, 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

O- Goshi- Large Hip Throw
O Soto Gari- Large Outer Reaping
Tai Otoshi- Body Drop

Seiza Kata- Seated Forms

(4) Techniques from same side grab

Ground Defense:

Demonstrate Guard pass
Demonstrate Kimura
Demonstrate Arm bar

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

Katadori Shihonage, Katadori Ikkyo, Katadori Nikkyo, Katadori Sankyo, Katadori Kote Gaeshi, Katadori Iriminage, Katadori Kaiten Nage.

Jo Techniques- Jo Kata

Kenjutsu Techniques- Kamae, Basic Cuts

Iaijutsu Techniques- Mai, Migi, Hidari, Ushiro

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

Koshi Guruma- Hip Wheel
Deashi Harai- Forward Foot Sweep

Kouchi Gari- Small Inner Reap

Seiza Kata- Seated Forms

(4) Techniques from Lapel Grab

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, Shomenuchi Kaiten Nage, Shomenuchi Shiho Nage.

Kenjutsu- Paired Kumiuchi 1-3

Iaijutsu- Yaegaki, Uke Nagashi, Kaishaku, Tsukekomi

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

Seiza Kata: Seated Forms

(4) Techniques from Shomenuchi

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:

Punch defense ranges 1-5

Demonstrate various bump and roll

Demonstrate Rear Naked Choke

Demonstrate Rear Naked Choke Counter

Tachi Waza: Standing Techniques (mid body punch)

Tsuki Hijime, Tsuki Kotegeshi, Tsuki Iriminage, Tsuki Kaite Nage, Tsuki Shihonage, Tsuki Nikkyo, Tsuki Sankyo, Tsuki Ikkyo.

Iaijutsu- Tsukikage, Oikaze, Nukiuchi

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
(4) Techniques from side strike**

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 Ikkyo, Yokomenuchi Sankyo, Yokomenuchi
Koshinage.

PURPLE BELT (120 Days Training)

Nage Waza: Throwing Techniques

Kote Gaeshi – Wrist Throw

Tenshin Nage- Heaven and Earth

Jujin Nage- + Throw

Sokomen Irimi Nage- Side entry

Seiza Kata: Seated Defense Forms (4) Techniques from a Punch

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,
Ushiro Ikkyo, Ushiro Nikkyo.

Tessen Jutsu- Postures and (3) Techniques

Jo Jutsu- (3) Immobilizations or throws

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 Aiki Elongation
Aiki-blending 4 Aiki Shoulder lock and projection

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
Ryotetori Tenshinnage
Morotetori Kokyu ho
Katate osae projection
Tsuki Jujinnage
Osoto Gari
Deashi Harai
Te Hanna

Iaijutsu- All kata

Kenjutsu- All Kata and cuts

Jo Jutsu- Defense against Sword (3) techniques

Tanto Jutsu- All fundamentals

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 handed 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

(25) Techniques (candidate's choice)

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 kokyū ho
Shihonage to Nikyō

Kaeshi Waza (Reversal or counter of Technique)

(5) demonstrated

Kenjutsu- All Requirements

Iaijutsu- All Requirements

Jo Jutsu- All Requirements

Randori: Multi person attack against 3 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

Additional requirements to be determined at examination

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

Written Requirement: 1000-word essay (max) explaining Aiki jujutsu principal of choice.

3rd DEGREE BLACK BELT (420 Days Training)

All Shodan and Nidan Techniques

Randori: Multi Person Attack against 4 attackers

Additional requirements to be determined at examination.

Teaching Requirement: Teach (3) Techniques of Students choice with PROPER technique 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 the time of examination. The Board will be at Hombu and made up of Chief Examiner, Deputy Examiner and 3 other board members *NOT* from candidates' dojo.

5th DEGREE BLACK BELT (720 Days Training)

Testing requirements are the same as Yondan.

