



Nomenclature

Bokuto waza – Techniques performed with bokken (wooden sword)

Hanmi – Standard Aikido stance

Hanmi handachi – Uke standing and nage sitting

Henka waza – Switching from one technique to another, examiner will call the starting technique

Irimi – forward movement (can be either a step or a slide)

Jiyu waza – Interval attacks with nage varying techniques

Jo dori – Disarm attacker of jo (staff)

Jo waza – Techniques performed with jo (staff)

Katate-dori – One hand grab to wrist

Kaeshi waza – Counter techniques (Uke applies the technique to Nage), starting technique will be called by examiner (e.g. to apply Sankyo against Nikyo)

Kata-dori – One hand grab to shoulder

Kata-dori Men-uchi – Grab to shoulder with strike to head

Ma-ai – Distance between uke and nage (changes depending on the participants and whether weapons are involved)

Morote-dori – Two hands grab to one wrist

Nage – Person performing the techniques

Ninin-gake (Randori) – Freestyle-rapid “all-out” simultaneous attacks

Omote – Techniques where nage applies the technique while moving or standing in front of uke

Ryote-dori – Both wrists held from the front

Seiza – Sitting-meditative posture

Shikko – Walking on feet and knees while in Seiza

Shomen-uchi – Strike to forehead

Soto-mawari – Technique performed by turning to uke's outside

Suwari waza (Zagi) – Techniques performed while sitting

Tai sabaki – Body movement

Tachi dori – Disarm attacker of bokken

Tanto dori – Disarm attacker of tanto

Tenkan – 180 degree rotation on the lead foot

Tenshin – Movement backwards at 45 degrees (can be either to inside or to outside)

Tsuki – Thrust or punch with closed fist

Uke – Person being thrown

Undo – Exercise

Uchi-mawari – Technique performed by turning to uke's inside, which usually means under uke's outstretched arm

Ura – Techniques performed while nage is behind or traveling behind uke (usually involves a tenkan)

Ushiro Kubishime – Choke from behind with wrist grab

Ushiro Ryokata-dori – Both shoulders held from behind

Ushiro Ryotekubi-dori – Both wrists held from behind

Waza – Technique

Yokomen-uchi – Strike to side of head

Zagi (Suwari-waza) – Sitting-active posture



6th Kyu (Rokkyu)

“To Understand The Basic Movements”

20 Days Minimum

Sitting in Seiza, standing in Hanmi, Shikko

Irimi, Tenkan, Irimi Tenkan

Tenshin (soto and uchi)

Rolls (front and back), Falls (back)

Knowing what's said at the beginning and end of class

(Onegai Shimasu and Domo Arigato Gazaimashita)



5th Kyu (Gokyu)

"To Know the Basic Forms with Accuracy"

50 Days Minimum

Ai-hanmi Shomen-uchi
Ai-hamni Shomen-uchi
Gyaku-hamni Katate-dori
Gyaku-hamni Ryote-dori
Gyaku-hamni Tsuki
Ushiro Ryotekubi-dori
Gyaku-hamni Morote-dori
Suwari-waza Ryote-dori

Ikkyo (omote/ura)
Irimi-nage
Shiho-nage
Tenchi-nage
Kote-gaeshi (tenkan)
Kote-gaeshi (tenkan)
Kokyu-nage (omote/ura)
Kokyu-dosa



4th Kyu (Yonkyu)

"To Have Proper Balance and Timing"

60 Days Minimum, includes all previous techniques

Ai-hanmi Shomen-uchi
Yokomen-uchi
Gyaku-hamni Tsuki
Ushiro Ryotekubi-dori
Ushiro Ryokata-dori
Gyaku-hamni Katate-dori
Suwari-waza Shomen-uchi
Suwari-waza Kata-dori
Suwari-waza Kata-dori

Nikyo (omote/ura)
Shiho-nage (omote/ura)
Irimi-nage (irimi/tenkan/tenshin)
Sankyo (omote/ura)
Kote-gaeshi (omote/ura)
Nikyo (omote/ura)
Ikkyo (omote/ura)
Nikyo (omote/ura)
Sankyo (omote/ura)



3rd Kyu (Sankyu)

"To Have Speed and Stability"

70 Days Minimum, includes all previous techniques

Ai-hamni Shomen-uchi

Yokomen-uchi

Yokomen-uchi

Gyaku-hanmi Tsuki

Gyaku-hanmi Ryote-dori

Ushiro Ryokata-dori

Gyaku-hamni Morote-dori

Suwari-waza Shomen-uchi

Suwari-waza Shomen-uchi

Hamni-handachi Kata-dori

Hamni-handachi Kata-dori

Sankyo (omote/ura)

Irimi-nage

Kote-gaeshi (omote/ura)

Kaiten-nage (omote/ura)

Shiho-nage (omote/ura)

Sankyo (omote/ura)

Irimi-nage (omote/ura)

Irimi-nage

Nikyo (omote/ura)

Shiho-nage (omote/ura)

Kaite-nage (uchi/soto)



2nd Kyu (Nikyu)

"To Have Power and Be Flowing"

100 Days Minimum, includes all previous techniques

Ai-hanmi Shomen-uchi

Ai-hanmi Shomen-uchi

Ai-hanmi Shomen-uchi

Yokomen-uchi

Gyaku-hamni Kata-dori

Gyaku & Ai-hamni Katate-dori

Gyaku & Ai-hamni Katate-dori

Ushiro Ryotekubi-dori

Ushiro Kubishime

Ushiro Ryotekubi-dori

Gyaku-hamni Morote-dori

Hamni-handachi Shomen-uchi

Hamni-handachi Katate-dori

Hamni-handachi Yokomen-uchi

Katate-dori

*Ikkyo/Nikyo/Sankyo/Yonkyo/Gokyo
(omote/ura)*

Shiho-nage (omote/ura)

Kaite-nage (omote/ura)

Gokyo (omote/ura)

Ikkyo (omote/ura)

Irimi-nage

Kaite-nage (omote/ura)

Shiho-nage (omote/ura)

Koshi-nage

Juji-nage

Nikyo (omote/ura)

Irimi-nage

Nikyo (omote/ura)

Kote-gaeshi

Jiyu-waza

Randori (2 attackers)



1st Kyu (Ikkyu)

*120 Days Minimum, includes all previous techniques
Must have attended one seminar per year*

Ushiro Ryotekubi-dori
Gyaku-hamni Morote-dori
Yokomen-uchi
Gyaku-hamni Morote-dori
Gyaku & Ai-hamni Tsuki
Gyaku-hamni Katate-dori
Ushiro Ryotekubi-dori
Kata-dori Men-uchi
Ai-hamni Shomen-uchi
Gyaku & Ai-hamni Katate-dori
Gyaku & Ai-hamni Tsuki
Ushiro Ryotekubi-dori
Gyaku-hamni Ryote-dori
Gyaku-hamni Morote-dori

Suwari-waza Shomen-uchi
Suwari-waza Shomen-uchi
Suwari-waza Kata-dori
Suwari-waza Ryote-dori

Hamni-handachi Kata-dori
Hamni-handachi Ryote-dori

Kata-dori Men-uchi
Yokomen-uchi
Morote-dori
Shomen-uchi
Ryote-dori
Katate-dori
Hamni-handachi
Ushiro waza

Sankyo (omote/ura)
Yonkyo (omote/ura)
Irimi-nage
Irimi-nage
Kote-gaeshi
Kote-gaeshi
Kote-gaeshi (omote/ura)
Shiho-nage (omote/ura)
Shiho-nage (omote/ura)
Shiho-nage (omote/ura)
Kaiten-nage
Kaiten-nage
Tenchi-nage
Kokyu-nage (omote/ura)

Ikkyo to Gokyo (omote/ura)
Irimi-nage
Nikyo (omote/ura)
Kokyu-ho

Shiho-nage (omote/ura)
Shiho-nage (omote/ura)

Jiyu-waza
Jiyu-waza
Jiyu-waza
Jiyu-waza
Jiyu-waza
Jiyu-waza
Jiyu-waza
Jiyu-waza
Koshi-nage (all attacks)

Tanto-dori
Randori (3 attackers)



1st Dan (Shodan)

150 Days Minimum

Must have attended two seminars per year

Suvari-waza (zagi) Shomen-uchi
Suvari-waza (zagi) Kata-dori
Ushiro Ryotekubi-dori
Morote-dori

Suvari-waza (zagi) Shomen-uchi
Shomen-uchi
Yokomen-uchi
Morote-dori

Tsuki
Gyaku-hanmi Katate-dori
Ushiro Ryotekubi-dori

Hanmi-handachi Katate-dori
Hanmi-handachi Ryote-dori
Kata-dori Men-uchi
Shomen-uchi
Katate-dori

Tsuki
Ushiro Ryotekubi-dori
Ryote-dori

Morote-dori
(Various attacks)
Suvari-waza Ryote-dori

Ikkyo (omote/ura)
Nikyo (omote/ura)
Sankyo (omote/ura)
Yonkyo (omote/ura)

Irimi-nage
Irimi-nage
Irimi-nage
Irimi-nage

Kote-gaeshi
Kote-gaeshi
Kote-gaeshi

Shiho-nage
Shiho-nage
Shiho-nage
Shiho-nage
Shiho-nage

Kaiten-nage
Kaiten-nage
Tenchi-nage

Kokyu-ho
Jiyu-waza
Kokyu-ho



2nd Dan (Nidan)

*200 Days Minimum, includes all previous dan techniques
Must have attended two seminars per year*

Suwari-waza Shomen-uchi
Kata-dori

Ninin-gake Morote-dori
Ninin-gake Free Attacks

Nikyo/Sankyo/Yonkyo (omote/ura)
Nikyo (omote/ura)
Tanto-dori
Kokyu-nage
Jiyu-waza



3rd Dan (Sandan)

*300 Days Minimum, includes all previous dan techniques
Must have attended two seminars per year*

Hanmi-handachi Shomen-uchi
Hanmi-handachi Shomen-uchi
Hanmi-handachi Katate-dori
Suwari-waza Shomen-uchi
Shomen-uchi
Hanmi-handachi Ushiro Ryokata-dori
Ushiro Ryokata-dori

Irimi-nage
Kote-gaeshi
Kaiten-nage
Kote-gaeshi
Kote-gaeshi
Sankyo (omote/ura)
Sankyo (omote/ura)
Jo-dori
Tachi-dori



4th Dan (Yondan)

*400 Days Minimum, includes all previous dan techniques
Must have attended two seminars per year*

All above attacks

Jiyu-waza
A short essay