



STUDENT HANDBOOK
OF

合氣道

居合道

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INTRODUCTION

This manual was created in order to help you on your journey into the Aikido world. It will be a great comfort for the beginning student, and excellent resource for the advanced. This handbook has a brief history of Aikido, principles of the art, etiquette, as well as test requirements. It is our intentions that students find this handbook a source of knowledge and encouragement.

WELCOME TO AIKIDO

Welcome to your first days of Aikido study. Starting on a journey of such importance one must realize the significance of opening one's mind to all that a Martial Art like Aikido can bring to you. There are the physical benefits of enjoying a healthier lifestyle simply by performing the various moves and activities of a Martial Art. But one must also be willing to challenge one's self to learn, to understand and to evolve through Aikido training. Aikido is a path that will allow students to succeed beyond their own expectations. Provided, of course, that students put forth an attitude of diligent training, respectfulness of others and wholehearted open-mindedness.

WHAT IS AIKIDO?

Founded by Morihei Ueshiba "O' Sensei" or "The Grand Teacher" (1883-1969) who taught martial arts to be used for the purpose of killing others during the war, but then became deeply conflicted after the war. Aikido was developed as a way to bring a state of harmony to one's mind. An Aikidoka's mind must be peaceful and non-violent. In Aikido one must utilize the power of an attacker completely, so that the more power the attacker uses, the easier it is to defend.



An Aikidoka's defense consists of a system involving throwing, joint – locking, striking and pinning. These techniques are enhanced with the training of bokken, jo and tanto. Using this system with the mind set of Budo, 'Martial Way,' Aikido has become one of the most widely practiced Martial Arts.

SOSEI AIKIDO KYOKAI DIRECTOR:

"In my opinion, it can be said to be the true martial art. . .based on universal truth. This universe is composed of many different parts, and yet the universe as a whole is united as a family and symbolizes the ultimate state of peace. Holding such a view of the universe, Aikido cannot be anything but a martial art of love."

Morihei Ueshiba O'Sensei, 1957

translated by Stanley Pranin and Katsuaki Terasawa

Sensei Roberto (Bob) A. Garza began his Martial Arts training in 1977 while serving in the United States Marine Corps. While in the USMC he studied Hwa Rang Do, which was at that time the only place to study this art outside of Korea. It was during these years of service when he was introduced to Aikido.

After his tour in the USMC, Garza Sensei returned to Chicago. In 1990, he joined the Aikido Association of America and was instructed by Shihan Fumio Toyoda and his various instructors. While a part of the Kenshusei program Garza Sensei was asked to take over the kids program at Soshinkan Dojo, at that time he was still only a 2nd Kyu. Later, as Nidan, 2nd degree Black Belt, he was asked to take over as Dojo Cho and has continued his dedication still to this day by teaching children. (Many of Sensei's students have grown up in the dojo and have gone onto college and also into the military. Some have called the Dojo from as far away as Afghanistan and Iraq to thank Sensei for his leadership and teachings, but most of all his friendship.)



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During his many years as an Aikido instructor, he was introduced to Japanese Swordsmanship by Toyoda Shihan. Garza Sensei, trying to further his Martial Arts training and his quest to achieve Budo, became a practitioner of Mugai Ryu Iai, a traditional Japanese Sword art.

Currently Sensei holds a Godan, 5th degree Black Belt, in Aikido and seeking to walk in the footsteps of Shihan Fumio Toyoda, Garza Sensei has taken on the challenge of opening and creating a new organization, Sosei Aikido Kyokai and Soseikan Dojo.

This is just a small part of the intense training that Sensei has acquired. He has hundreds of hours of Seminar training with people from around the globe, considerable amounts of personal study and diligent dedication to his art.

AIKIDO STUDENT ETIQUETTE

Towards The Sensei (instructor): The term Sensei means the, “one who is born before” (not necessarily referring to age, but one who entered the path of Aikido before you).

They should be treated with the upmost respect and have your full commitment. They have devoted their time to help you grow and further your path in Aikido.

- Whenever a sensei talking listen completely
- Watch intently
- At all times address your instructor as “Sensei”
- Bow before and after a conversation with your Sensei
- When called upon by your Sensei answer “Yes” or “Hai”
- A student is expected to help and protect their Sensei any way possible, such as carrying bags, old tradition required that a student walk behind, and to the left, of their Sensei. (This was the hardest place for a swordsman to defend.) This is also an excellent way to develop awareness.

In the Dojo: The term Dojo means “place of the Way,” or “place of enlightenment.” Although it has come to mean a school, in the past it was more a place where mind and body are both being developed by Zen Masters. This Dojo is YOUR Dojo! Your Dojo reflects you and it is our responsibility to maintain and respect where you and your fellow students train.

- Shoes should be remove upon entering the Dojo
- Talking should be kept low so as to not disturb an ongoing class
- It is a strict custom to bow when stepping on or off the mat
- Do not drink or eat on the mat
- While training with other maintain a serious, but cordial nature
- Volunteer your time for Dojo cleaning (This is considered Shugyo, a discipline of duty to honor your training)

Toward Others: In Aikido training it is necessary for both Uke, one who is thrown, and Nage, one who throws, to have mutual understanding and respect. In order to get the most of your training as Uke you should offer enough resistance to challenge Nage, but not impede their training. As Nage it is imperative to control technique during training as to prevent permanent injury. Training should not be a power struggle. Both Uke and Nage must trust each other and work in harmony.

- Proper student / teacher relationship should be maintained
- Treat others with the respect that you yourself would like
- Volunteer to assist others during training
- Taking ukemi for others is consider an honor
- Assist new students and familiarize them with the dojo
- Always practice within others capabilities and limitations

During Training: Training needs to be organized in order to make the most of our time on the mat. If there is any part of training etiquette you do not understand look to your Sensei or Kohai, senior students, they will lead by example. Such as, at the beginning of a class whoever assisted during warm up or a senior student will call out “Shomen ni rei” asking everyone to bow to the front. Then they will call out “Sensei ni rei” asking everyone to bow to the teacher. A proper response from all Aikido students is “Onegaishimasu” (Please teach us, in English). At the end of class the same person will again ask students to bow to the front and to the teacher, then all Aikido students are to respond “Arigato gozaimashita” (Thank you very much, in English). After which each student should bow to those whom he/she worked with that day. Again, it may seem complicated at first, but such shows of respect are also part of your Aikido training.

- Bowing is a form a respect, please bow when:
 - Entering or leaving the mat
 - When Sensei calls upon you to assist, and when you are done
 - When Sensei has finished instructing the class
 - To your partners when beginning or ending practice
 - When Sensei advises you individually on a technique
- When Sensei is instructing sit quietly and give your full attention
- When Sensei claps it is to call attention to all those training, please sit seiza in a straight line so that Sensei may instruct you
- Anytime you enter a class already in session, please sit quietly off to the side until Sensei calls you onto the mat. Also if you need to leave before class has ended, notify Sensei then bow to thank your partners
- Hygiene is important for yourself and for others, keep your keikogi / dogi clean your finger and toenails trimmed and remove all jewelry
- Practicing techniques you have not been taught or teaching to non practitioners is frowned upon

“RULES DURING PRACTICE”

Composed by the Founder

1. One blow in Aikido is capable of killing an opponent. In practice, obey your instructor, and do not make the practice period a time for needless testing of strength.
2. Aikido is an art in which one person learns to face many opponents simultaneously. It therefore requires that you polish and perfect your execution of each movement so that you can take on not only the one directly before you but also those approaching from every direction.
3. Practice at all times with a feeling of pleasurable exhilaration.
4. The teachings of your instructor constitute only a small fraction of what you will learn. Your mastery of each movement will depend almost completely on individual, earnest practice.
5. Daily practice begins with light movements of the body, gradually increasing in intensity and strength; but there must be no over-exertion. That is why even an elderly person may continue to practice with pleasure without bodily harm, and will attain the goal of his training.
6. The purpose of Aikido is to train both body and mind and to make a person sincere. All Aikido arts are secret in nature and are not to be revealed publicly, nor taught to rogues who will use them for evil purposes.

AIKIDO BASICS

The following is meant to be a helpful reference to every Aikido student. Some principles will be taught directly on the mat, some are abstract ideas which require a student to put forth their own time and effort to understand. It is always okay for any student to ask a Sensei or senior student to explain anything they wish to further understand.

The Four Basic Principles

- ❖ Keep one point
- ❖ Extend ki
- ❖ Keep weight underside
- ❖ Relax completely

Basic Aikido Techniques

Kihon Waza - Katami Waza ~ pinning techniques

Ikkyo ~ First Teaching

Nikyo ~ Second Teaching

Sankyo ~ Third Teaching

Yonkyo ~ Fourth Teaching

Gokyo ~ Fifth Teaching

Kihon Waza – Nage Waza ~ throwing techniques

Remember “KKKIS” (kiss)

Kokyunage ~ Timing Throw

Kaitenage ~ Rotary Throw

Kotegaeshi ~ Wrist Turning

Iriminage ~ Entering Throw

Shihonage ~ Four-Direction Throw

Other forms of Nage Waza ~ throwing techniques

Koshinage ~ Hip Throw

Sudori ~ Disappearing

Jujinage ~ Crossed Elbow Throw

Udegarami ~ Entwining Arm

Sumi Otoshi ~ Corner Drop

Aiki Otoshi ~ Aiki Drop

Kubinage ~ Neck Throw

Ganseki Otoshi ~ Boulder Drop

Aikido Strikes

Munetsuki – Punch or thrust to the torso

Ganmenuchi – Punch or thrust to the face

Shomenuchi – Downward Strike to the head

Yokomenuchi – Strike to the side of the head

Maegeri – Front kick

Yokogeri – Side kick

Mawashigeri – Roundhouse kick

Aikido Grabs

Katate tori – Same side wrist grab

Katate kosa tori – Cross hand wrist grab

Katate ryote tori – Both hands grasping one forearm

Ryo te tori – Both hands grasping a wrists each

Kata tori – Grabbing the shoulder

Ryo kata tori – Both hands grasping each shoulder

Ryo mune dori – Both hands grasping both lapels

Kubi shime – Choking the neck

Ushiro tekubi tori – Both wrists grabbed from behind

Ushiro hiji tori – Both elbows grabbed from behind

Ushiro Kata tori – Both shoulders grabbed from behind

Ushiro kubi shime – Choking the neck from behind

Ushiro Tekubi tori Kubi shime – Choking the neck and grabbing one wrist from behind

Aikido Exercises ~ Aikitaisho

Tenkan Undo – Pivot exercise

Tenkan Choyaku Undo – Pivot then step exercise

Funakogi Undo – Rowing exercise

Shomenuchi Ikkyo Undo – Parry exercise

Zengo Undo – Stationary Pivot exercise

Happo Undo – Eight Direction exercise (Similar to Shomenuchi Ikkyo Undo)

Tekubikosa Undo – Wrist Crossing exercise at belt level

Tekubikosa Joho Undo – Crossing Fingers at eye level

Sayu Undo – Lateral Sway exercise

Sayu Choyaku Undo – Lateral Sway with Step exercise

Udefuri Undo – Arm Swinging exercise

Udefuri Choyaku Undo – Arm Swing and Step exercise

Ushiro Tori Undo – Forward Extension exercise (bear hug)

Ushiro Tekubitori Undo – Bowing exercise

- **Zanshin** – forward step
- **Kotai** – backward step

Taisabaki Toshu: Empty Hand Body Movement

- Attack Shomenuchi (Head-hand, Head-hand)
 - 1) Outside to the head, counter strike
 - 2) Outside to the wrist, counter strike
 - 3) Inside to the head, counter strike
 - 4) Inside to the wrist, counter strike

- Attack Munetsuki (Head-hand, Head-hand)
 - 1) Outside to the head, counter strike
 - 2) Outside to the wrist, counter strike
 - 3) Inside to the head, counter strike
 - 4) Inside to the wrist, counter strike
 - 5) Outside – sokomen tenkan

- Attack Katate Tori
 1. Same side wrist grab, irimi, passing on the outside
 2. Same side wrist grab, shihonage motion
 3. Same side wrist grab, Tenkan

- Attack Yokomenuchi
 1. Shihonage motion
 2. Slide out toward the attacking hand, guide the attacking hand inward and passing the attacker on the outside.
 3. Counter strike then Tenkan

- Katate kosa Tori
 1. Cross hand grab, step in or step back versions, lead into tenkan

Taisabaki with Bokken (should match what we do in empty hand)

- Attack Shomenuchi
 - 5) Outside to the head, counter strike
 - 6) Outside to the wrist, counter strike
 - 7) Inside to the head, counter strike
 - 8) Inside to the wrist, counter strike
- Attack Sliding Munetsuki
 - 6) Outside to the head, counter strike
 - 7) Outside to the wrist, counter strike
 - 8) Inside to the head, counter strike
 - 9) Inside to the wrist, counter strike
- Attack Stepping Munetsuki
 1. Step across, guiding block, counter munetsuki
 - Side step, guiding block, counter munetsuki
- Attack Yokomenuchi
 4. Block left, slide to your right while pushing down the attackers bokken and counter strike shomenuchi
- Attack Gyaku Yokomenuchi
 1. Block right, while siding back push the attackers bokken down, step forward and counter strike shomenuchi
- Attack Yokomenuchi
 1. Block left, slide under (left foot forward) the attackers bokken, pivot and counter strike shomenuchi
- Attack Gyaku Yokomenuchi
 1. Block right, slide under (right foot forward) the attackers bokken pivot and counter strike shomenuchi
- Attack Yokomenuchi
 1. Counter strike, slide your feet together, tenkan, return to chudan
- Attack Gyaku Yokomenuchi
 1. Counter strike, slide feet together, pivot, return to chudan

Falling ~ Ukemi

Taking Ukemi (literally “catching your body”) is the art of falling and landing. Doing it correctly is crucial to Aikido training. For most beginning students Ukemi is neglected due to the difficulty involved. However, mastering Ukemi will allow a student to master the art of Aikido. Falling and landing safely on the mat and in everyday life is essential. The beginning of every Aikido class will involve some practice of Ukemi, the student must then translate it to falling while they are working as an Uke.

Koho Tendo Undo	Simple rolling exercise, sitting, kneeling, standing positions
Ushiro Ukemi/break fall	Falling backward and slapping the mat
Mae Ukemi/break fall	Falling forward and slapping the mat
Yoko Ukemi	Side Fall
Mae Ukemi/rolling	Simple forward roll
Ushiro Ukemi/rolling	Simple backward roll
Mae Ukemi/side fall	Rolling or flipping forward to land in the side fall position

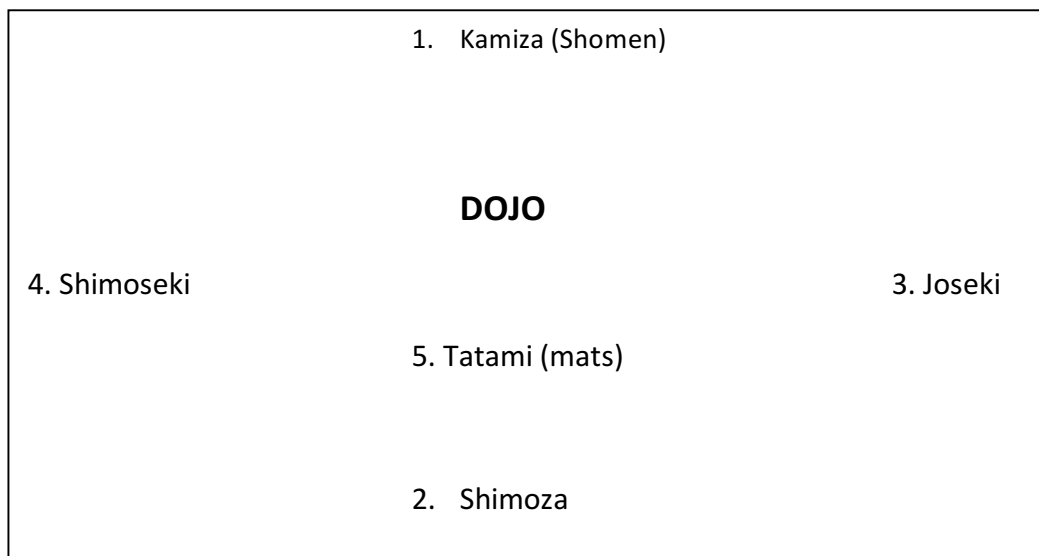
Formal Aikido Techniques ~ Waza

It is good to keep in mind that everyone's Aikido will develop differently, becoming their own Aikido. As a student progresses in their training the idea of these formal or rigid techniques will become more dynamic movements. In essence, you the Aikidoka will eventually attempt to take these forms and transcend them into formlessness.

Kihon-waza	Fundamental or basic techniques
Oyo-waza	Applied or advanced techniques
Nage-waza	Throwing techniques
Katame-waza	Pinning techniques
Kansetsu-waza	Joint locking techniques
Atemi-waza	Techniques of striking vulnerable points
Ushiro-waza	Defense against attacks from the rear
Kaeshi-waza	Methods of countering an opponent's technique
Henka-waza	Methods of freely switching from one technique to another
Renzoku-waza	Methods of switching from a technique to another variation of the same technique
Buki-waza	Weapons technique
Tachi-waza	Standing technique
Suwari-waza	Kneeling technique
Hanmi-hantachi-waza	Kneeling technique, defending against standing attackers
Jiyu-waza	Freestyle technique

Dojo Layout

This is the basic layout of a dojo. The below diagram will help you understand specific places on the mat, as they pertain to your Aikido training.



1. Kamiza: Front of the Dojo, the direction in which you will bow at the beginning and end of class
2. Shimoza: Back of the Dojo, opposite of the Kamiza
3. Joseki: Right side of the Dojo, also known as the High Side, begins the line of students the highest ranked first
4. Shimoseki: Left side of the Dojo, also known as the Low Side, ends the line of students lowest ranked last
5. Tatami: Japanese term for mats

AIKIDO TESTING

Testing is essential to all martial arts. Testing in Aikido consists of many different ideas. Essentially, it will recognize the time and effort that you have given to training in the art. Part of taking the test will be dealing with both the physical exertion of doing techniques and the stress of being in front of others while testing. Overcoming both is the point of taking a test.

Why do we test? Testing was developed so that students know that they are progressing in the right direction. This also is designed to keep the highest standard throughout the students. A minimum promotion testing requirement guideline has been established to award rank. A student should not focus all their attention to just these requirements, as they are only minimum test requirements. Just relying on the test requirements will not achieve Budo.

What is expected of you on test day? Testing is subjective; you will be tested according to your own achievement. It should be the goal of everyone who is testing to perform to their best ability. No more than your determination, your attitude and your own skill will be expected. Give your all on every test throughout your training.

Please Note: It should be understood that although you have met the testing requirements, it is at the instructor's discretion as to when you take a test.

Testing Etiquette

- On test day be prepared to take Ukemi for others who are testing, you will need volunteers for your test as well
- When the test committee calls you, say "Hai" loudly and take your seat, bow to the shomen and wait to be instructed
- If you make any mistakes on the test, do not let it stop you, continue and remain composed
- Your test may require an Uke change, if so bow to your Uke and return to facing the shomen
- If the test committee speaks to you during your test, turn to face the test committee, sit seiza, listen attentively and bow to the committee when they are done
- At the conclusion of your test, bow to your Uke, turn to the shomen and bow, then face the test committee and bow to them. Return to your seat and be patient and attentive to other who will be testing that day.

ADULT TESTING REQUIREMENTS FOR KYU RANKS

7th Kyu White Belt with a Stripe

Time Requirements

- Minimum **2 months** and **20 hours** of training

Ki Tests and Exercises

- **Seiza** - Sitting Japanese style with legs folded underneath
- **Shizentai** - Natural stance with feet shoulder-width
- **Orenaitte** - Unbendable arm, tested while in hanmi stance
- **Koho Tendo Undo** - Rolling backward and forward from sitting, kneeling and standing positions
- **Ushiro Ukemi, Rolling** - Tumbling backward completely, from kneeling and standing positions
- **Mae Ukemi, Rolling** - Tumbling forward completely, from kneeling and standing positions
- **Kokyudosa** - Partner practice in seiza position; exercise to develop timing or “breath” power

Technique

- **Katatekosatori Kotegaeshi** - Cross-hand wrist grab/ “Wrist-turning” throw, pin
- **Katatori Ikkyo** - Lapel grab/ “First teaching” and pin
- **Katatekosatori Kokyunage** - Cross-hand wrist grab/ “Timing throw;” controlling the head

Taisabaki Toshu

- **Katate kosa Tori**
 1. Cross hand grab, step in, irimi tenkan
 2. Cross hand grab, step back, tenkan irimi
- **Katate Tori**
 1. Same side wrist grab, irimi, passing on the outside (a) Step back version
 2. Same side wrist grab, stepping back, shihonage motion (a) Irimi version
 3. Same side wrist grab, Tenkan (Static and Dynamic versions)

6TH Kyu Yellow Belt

Time Requirements

- Minimum **3 months** and **30 hours** of training after earning 7th Kyu

Ki Tests and Exercises

- **Ushiro Ukemi, Break fall** - Rolling backward with slap, and returning to standing position
- **Mae Ukemi, Break fall** - Falling forward with slap, and returning to standing position
- **Empty Hand Strikes** - Shomenuchi, Yokomenuchi, and Munetsuki; demonstration of basic strikes
- **Funakogi Undo** - “Rowing exercise”
- **Shomenuchi Ikkyo Undo** - Raising and lowering the arms as if cutting with a sword
- **Renzoku Kokyudosa** - Kokyudosa practiced continuously, one side to another without pause

Technique

- **Shomenuchi Kokyunage** - Downward strike to the head/ “Timing throw;” controlling the head
- **Katatetori Shihonage** - Same side wrist grab/ “Four directions throw”
- **Shomenuchi Iriminage** - Downward strike to the head/ “Entering throw”
- **Katatori Nikyo** - Lapel grab/ “Second teaching” and pin

Taisabaki Toshu

- **Shomenuchi** -
 1. Outside to the head, counter strike
 2. Outside to the wrist, counter strike
 3. Inside to the head, counter strike
 4. Inside to the wrist, counter strike

5th Kyu Yellow Belt with a Stripe

Time Requirements

- Minimum **3 months** and **30 hours** of training since earning 6th Kyu.

Ki Tests and Exercises

- **Hanmi No Kamae** - “Half-body stance”
- **Banzai no Kamae** - Stance with feet shoulder-width and both arms raised
- **Zengo Undo** - Raising and lowering arms as if cutting with a sword, with 180 degree pivoting motion
- **Happo Undo** - Raising and lowering arms with movement as if cutting in eight directions
- **Tekubikosa Undo** - “Crossing the wrists exercise;” high and low variations required
- **Kamae with Bokken** - Demonstration of five basic sword stances
- **Bokken and Jo Suburi** - Demonstration of basic strikes with sword and staff

Technique

- **Shomenuchi Kotegaeshi** - Downward strike to the head/ “Wrist turning” throw and pin
- **Shomenuchi Ikkyo** - Downward strike to the head/ “First teaching” and pin
- **Katatetori Sankyo** - Same side wrist grab/ “Third teaching;” both nage waza (throwing) and katame waza (pinning) variations required
- **Yokomenuchi Sokumen Iriminage** - Strike to the side of the head/ “Side of the face, Entering throw” (technique performed in the manner of Sayu Undo)
- **Munetsuki Kotegaeshi** - Thrusting strike to the chest / “Wrist turning” throw and pin
- **Katatetori Kaitenage** - Same side wrist grab/ “Rotary throw”. Tenkan variation required

Taisabaki Toshu

- **Munetsuki** -
 1. Outside to the head, counter strike
 2. Outside to the wrist, counter strike
 3. Inside to the head, counter strike
 4. Inside to the wrist, counter strike
 5. Outside, sokomen tenkan
-

4TH Kyu Blue Belt

Time Requirements

- Minimum **3 months** and **30 hours** of training since earning 5th Kyu, must have attended aikido seminar at home dojo or other member dojo.

Ki Tests and Exercises

- **Ushirosori** - Bending backwards while in hanmi stance
- **Maekagami** - Stooping forward while in hanmi stance
- **Sayu Undo** - "Left and right exercise;" extending arms to the left and right and sinking the hips
- **Sayu Choyaku Undo** - "Left and right exercise;" with stepping movement
- **Udefuri Undo** - "Swinging the arms exercise" to left and right
- **Udefuri Choyaku Undo** - "Swinging the arms exercise" with stepping and turning motion
- **Ushirotori Undo** - "Grasped from behind exercise"
- **Ushiro Tekubitori Undo** - "Wrists grasped from behind exercise"
- **Shikko** - Walking and turning on one's knees
- **Taisabaki Toshu** - "Empty-hand body movement" against Katatetori, Shomenuchi, Yokomenuchi and Munetsuki attacks.
- **Yokomenuchi Shihonage** - Strike to the side of the head/ "Four directions throw"
- **Ushiro Tekubitori Kokyunage** - Wrists grasped from behind/ "Timing throw;" variation in the manner of Ushirotekubitori Undo required
- **Ushiro Tekubitori Kotegaeshi** - Wrists grasped from behind/ "Wrist turning" throw and pin
- **Katatori Yonkyo** - Lapel grab/ "Fourth teaching" and pin
- **Ryotetori Tenchinage** - Grasping both wrists/ "Heaven and Earth throw"
- **Ryotetori Kokyunage** - Grasping both wrists/ "Timing throw;" pivot throw variations required

Taisabaki Toshu

- **Yokomenuchi –**
 1. Shihonage motion Ura motion (a) Irimi version
 2. Slide out toward the attacking hand, guide the attacking hand inward and passing the attacker on the outside. (a) Soto (Uke nagashi) Tenkan version
 3. Counter strike then Tenkan
 - **Taisabaki with Jo**
-

3rd Kyu Blue Belt with a Stripe

Time Requirements

- Minimum **6 months** and **60 hours** of training since earning 4th Kyu

Ki Tests and Exercises

- **Yoko Ukemi** - "Side fall" exercise, from squatting and standing position, from tumbling forward, and while hand is grasped by a partner
- **Tenkan Undo** - "Spinning change exercise;" turning body movement (direct pivot and step-with-pivot variations required)

Technique

- **Ushihiro Hijitori Kotegaeshi** - Grasping elbows from behind/ "Wrist-turning" throw and pin
 - **Munetsuki Kokyunage** - Thrusting strike to the chest / "Timing throw;" pivot-throw variation required
 - **Katatori Gokyo** - Lapel grab/ "Fifth teaching" and pin
 - **Ushirotori Kokyunage** - Grasping from behind (bear hug)/ "Timing throw;" executed in the manner of Ushirotori Undo
 - **Ryotetori Kaitenage** - Grasping both wrists/ "Rotary throw"
 - **Katateryotetori Nikyo** - Grasping a forearm with both hands/ "Second teaching" and pin
 - **Suwari waza** (the following techniques performed from seated (seiza) position):
 - **Shomenuchi Kokyunage**
 - **Shomenuchi Ikkyo**
 - **Katatori Nikyo**
 - **Bokken Kata I** - First sword form; 13 movements ("Happo Giri;" cutting in eight directions)
 - **Jiyu Waza** - "Free technique;" defense against any grasping attack
-

2nd Kyu Brown Belt

Time Requirements

- Minimum **6 months** and **60 hours** of training since earning 3rd Kyu, must have attended aikido seminar at other member dojo.

Ki Tests and Exercises

- **Agura no Shisei** - Sitting cross legged
- **Kata Ashiage** - Raising one leg, hand extended in front
- **Agaranai Karada** - Unliftable body
- **Questions** - Verbal examination will be administered by test committee on the following topics:
 - Four Basic Principles of Aikido
 - What is Aikido?
- **Meisoho** – Questions regarding meditation training
- **Kokyuho** - Demonstration of and questions on breathing training

Technique

- **Ryokatatori Kokyunage** - Grasping both lapels/ "Timing throw;" pivot-throw variations required
 - **Ushiro Katatori Kokyunage** - Grasping both shoulders from behind/ "Timing throw;" variation with bowing movement required
 - **Katateriyotetori Kokyunage** - Grasping a forearm with both hands/ "Timing throw"
 - **Ryokatatori Kotegaeshi** - Grasping both lapels / "Wrist-turning" throw, pin
 - **Katatori Menuchi Iriminage** - Lapel grab with shomenuchi or yokomenuchi to head/ "Entering throw"
 - **Hanmi Hantachi Waza** (the following techniques performed from a seated (seiza) position against a standing attacker:
 - **Katatetori Shihonage**
 - **Katatetori Sankyo**
 - **Munetsuki Kotegaeshi**
 - **Ryotetori Koshinage** - Grasping both wrists/ "Hip throw"
 - **Maegeri Kokyunage** - Front snapping kick/ "Timing throw"
 - **Jiyu Waza** - "Free technique;" defense against any attack
 - **Jo Kata I** - First staff form; 22 movements (Tested with Jo in Left Hand, but should be able to do with Right Hand)
-
- **Attendance at the yearly Instructors Seminar**

1st Kyu Brown Belt with a Stripe

Time Requirements

- Minimum **6 months** and **60 hours** of training since earning 2nd Kyu

Ki Tests and Exercises

- **Tai Sabaki with Bokken** - Body movement and striking with the sword against an opponent, against shomenuchi, yokomenuchi/ gyaku-yokomenuchi, sliding munetsuki, and stepping munetsuki attacks

Technique

- **Ushiro Tekubitori Jujinage** - Grasp both wrists from behind/ Entwining the arms in the shape of the Japanese number "10" (a cross) and throwing
 - **Yokomenuchi Sudori** - Strike to the side of the head/ "Disappearing" throw
 - **Katateriyotetori Kotegaeshi** - Grasping a forearm with both hands/ "Wrist turning" throw and pin
 - **Munetsuki Sumiotoshi** - Thrusting attack to the chest/ "Corner drop" throw
 - **Katatori Ganmenuchi Ikkyo** - Lapel grab with straight punch to face/ "First teaching" and pin
 - **Tantodori** - Defense against knife attacks; at least three techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required
 - **Bokken Kata II** - Second sword form; 13 movements
 - **Randori** - "Seizing chaos;" defense against multiple attackers (3)
-
- **Attendance at the yearly Instructors Seminar**

Important Note: All test are comprehensive, you are required to know not just what is on your test, but all that you have been tested on previously. There are many variations and the testing only covers the minimum required to earn rank. Many testing techniques have Omote (front) and Ura (rear) variations that will be required on test day. While taking the test you are encouraged to show both static and dynamic techniques, as well as any variations you may know. This is your day to Shine!

Note: In general Omote and Ura refer to pinning techniques and Irimi and Tenkan refer to throwing techniques.

ADULT TESTING REQUIREMENTS FOR DAN RANKS

Shodan – Black Belt, 1st Degree

Two written essays required:

“What is Aikido?”

“What is Shugyo?”

Technique

- **Munetsuki** - Free demonstration; minimum five arts
- **Yokomenuchi** - Free demonstration; minimum five arts
- **Ushirotekubitori** - Free demonstration; minimum five arts
- **Ryotetori** - Free demonstration; minimum five arts
- **Hanmi Hantachi** - Free technique
- **Bokken Dori** - “Seizing the wooden sword:” unarmed defense against sword attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required
- **Jo Kata II** - Second staff form; 22 movements
- **Randori** - Defense against multiple attackers (4)

Time and Events Requirements

- Minimum **10 months** and **100 hours** of training since earning 1st Kyu
 - Attendance at the yearly Instructors Seminar
-

Nidan – Black Belt, 2nd Degree

One written essay required:

“Aikido History and Future”

Technique

- **Katatori Ganmenuchi** - Free demonstration; minimum five arts
- **Shomenuchi** - Free demonstration; minimum five arts
- **Hanmi Hantachi** - Free technique against two attackers
- **Jo Dori** - “Seizing the staff:” unarmed defense against staff attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required
- **Randori** - Defense against multiple attackers (5)

Time and Events Requirements

- Minimum **18 months** and **50 hours** as Assistant Instructor
 - Attendance at the yearly Instructors Seminar
-

Sandan – Black Belt, 3rd Degree

One written essay required:

“Aikido Philosophy”

Technique

- **Jo Nage** - “Throwing with the staff;” free demonstration
- **Kumijo** - Staff versus staff forms (5)
- **Kumitachi** - Sword versus sword forms (6)
- **Randori** - Defense against multiple attackers (6)

Time and Events Requirements

- Minimum **33 months** and **100 hours** as Assistant Instructor
- Attendance at the yearly Instructors Seminar

Yondan – Black Belt, 4th Degree

Two written essays required:

“Application of Aikido”

“Instruction Methodology: Kihon to Oyo Waza”

It should be noted that this essay should coincide with what is actual show during your exam.

Technique

• **Instruction Methodology**

1. “Taisabaki” – Teach and explain a basic Taisabaki.
2. Teach a “Kihon Waza” based on the Taisabaki shown above.
3. Teach an “Oyo Waza” based on the Kihon shown above.

- **Kihon Waza** - “ Basic Techniques” – five minutes free demonstration.
- **Henka Waza** - “ Changing Techniques” – Kihon to Kihon – five minutes free demonstration.
- **Oyo Waza** - “Applied or Advanced Techniques” – Kihon to application or advanced technique five minutes free demonstration.

Time and Events Requirements

- Minimum **45 months** and **250 hours** as Instructor
- Attendance at the yearly Instructors Seminar

KIDS TESTING REQUIRMENTS FOR KYU RANKS

8th KYU Orange Belt

Minimum 3 months and 20 hours of training

Ki Tests and Exercises

Technique

Seiza

Katatori Ikkyo

Hanmi No Kamae

Katatekosatori Kokyunage

Orenaito

Katatekosatori Kotegaeshi

Koho Tendo Undo

Shomenuchi

7.5 KYU Orange Belt with one stripe

Minimum 3 months and 20 hours after earning 8th Kyu

Ki Tests and Exercises

Technique

Shizentai

Shomenuchi Kokyunage

Agura No Shisei

Katatetori Shihonage

Funakogi Undo

Katatetori Nikyo

Munetsuki

7th KYU Orange belt with two stripes

Minimum 3 months and 20 hours after earning 7.5 Kyu

Ki Tests and Exercises

Technique

Shomenuchi Ikkyo Undo

Shomenuchi Kotegaeshi

Zengo Undo

Shomenuchi Iriminage

Mae Ukemi, Rolling

Katatekosatori Sankyo

Yokomenuchi

Munetsuki Kotegaeshi

KIDS TESTING REQUIRMENTS FOR KYU RANKS

6.5 KYU Blue belt

Minimum 3 months and 20 hours after earning 7th Kyu

Ki Tests and Exercises

Technique

Happo Undo

Yokomenuchi Kokyunage

Banzai no Kamae

Katatetori Kaitenage

Ushiro Ukemi, Rolling

Ushiro Ryokatatori Kokyunag

6th KYU Blue belt with one stripe

Minimum 3 months and 20 hours after earning 6.5 Kyu

Ki Tests and Exercises

Technique

Tekubikosa Undo

Yokomenuchi Shihonage

Sayu Undo

Ushiro Tekubitori Kokyunage

Sayu Choyaku Undo

Shomenuchi Ikkyo

Udefuri Undo

Udefuri Choyaku Undo

5.5 KYU Blue belt with two stripes

Minimum 3 months and 20 hours after earning 6th Kyu

Ki Tests and Exercises

Technique

Ushirosori

Ushirotekubitori Kotegaeshi

Maekagami

Katatori Yonkyo

Ushirotori Undo

Ryotetori TENCHINAGE

Ushiro Tekubitori Undo

KIDS TESTING REQUIRMENTS FOR KYU RANKS

5th KYU Blue belt with three stripes

Minimum 3 months and 20 hours after earning 5.5 Kyu

Ki Tests and Exercises

Technique

Tenkan Undo

Ryotetori Kokyunage

Shikko

Ushiro Hijitori Kotegaeshi

Yoko Ukemi (full break fall)

Munetsuki Kokyunage

Suwari waza: Shomenuchi Ikkyo

4.5 KYU Purple belt

Minimum 3 months and 20 hours after earning 5th Kyu

Ki Tests and Exercises

Technique

Kata Ashiage

Katatori Kokyunage

Kamae with Bokken

Ushirotori Kokyunage

Ryotetori Kaitenage

4th KYU Purple belt with one stripe

Minimum 3 months and 20 hours after earning 4.5 Kyu

Ki Tests and Exercises

Technique

Agaranai Karada

Katateriyotetori Nikyo

Bokken Suburi

Suwari waza:

Shomenuchi Kokyunage

Katatori Nikyo

KIDS TESTING REQUIRMENTS FOR KYU RANKS

3.5 KYU Purple belt with two stripes

Minimum 3 months and 20 hours after earning 4th Kyu

Ki Tests and Exercises

Jo Suburi

Technique

Ryokatatori Kokyunage

Katatetori Sumiotoshi

Katateriyotetori Kokyunag

3rd KYU Purple belt with three stripes

Minimum 4 months and 30 hours after earning 3.5 Kyu

Ki Tests and Exercises

Kokyuho

Meisoho

Technique

Ryokatatori Kotegaeshi

Ryokatatori Ikkyo

Hanmi Hantachi Waza:

Katatetori Shihonage

Katatetori Sanky

2.5 KYU Brown belt

Minimum 4 months and 30 hours after earning 3rd Kyu

Ki Tests and Exercises

Questions about Four Basic Principles of
Aikido

Technique

Ushiro Tekubitori Jujinage

Ushiro Katatedori Kubishime Kokyunage

Ryotetori Koshinage

Hanmi Hantachi Waza:

Munetsuki Kotegaeshi

KIDS TESTING REQUIRMENTS FOR KYU RANKS

2nd KYU Brown belt with one black stripe

Minimum 4 months and 30 hours after earning 2.5 Kyu

Ki Tests and Exercises

Walking with mind and body unified

Technique

Yokomenuchi Sudori

Ushirotekubitori Shihonage

Katateriyotetori Kotegaeshi

Jiyu waza: Grasping attacks

1.5 KYU Brown belt with two black stripes

Minimum 6 months and 50 hours after earning 2nd Kyu

Ki Tests and Exercises

Bokken Kata I

(Happo Giri)

Technique

Munetsuki Kaitenage

Yokomenuchi Sokumen Iriminage

Hanmi Hantachi: Jiyu waza

Randori (2 attackers)

1st KYU Brown belt with three black stripes

Minimum 6 months and 50 hours after earning 1.5 Kyu

Ki Tests and Exercises

Jo Kata I

(22 movement)

Technique

Ushirotekubitori Koshinage

Ushiro Waza Free Technique

Tanto Dori

Randori (3 attackers)

KIDS TESTING REQUIRMENTS FOR KYU RANKS

SHODAN Black belt, first degree

Minimum 8 months and 70 hours after earning 1st Kyu

Ki Tests and Exercises

Technique

Written essays:

Munetsuki - Five Arts

What is Aikido?

Shomenuchi - Five Arts

What is Shugyo?

Ushiro Tekubitori - Five Arts

Bokken Kata II

Randori (4 attackers)

Jo Kata II

Important Note: All testS are comprehensive, you are required to know not just what is on your test, but all that you have been tested on previously. There are many variations and the testing only covers the minimum required to earn rank. Many testing techniques have Omote (front) and Ura (rear) variations that will be required on test day. While taking the test you are encouraged to show both static and dynamic techniques, as well as any variations you may know. This is your day to Shine!

Note: In general, Omote and Ura refer to pinning techniques and Irimi and Tenkan refer to throwing techniques.

Glossary of JAPANESE TERMS

Note: Most Japanese words are spoken how they are read. Where possible we have added American Phonetics to help with pronunciation.

General Terms

O'Sensei – venerable teacher. Refers to the founder of Aikido, Morihei Ueshiba

Kaiso – founder

Doshu – master of the way

Aikidoka (I key doe ka) – person who practices Aikido

Cho – chief or head

Dan (Don) – black belt ranks

Dojo (Doe Joe) – a place of enlightenment, training hall

Dojo Cho – head of dojo

Kenshusei (Ken Shoe Say) – students committed to a more intense study of Aikido

Kohai (Co Hi) – junior student

Kuden (Coo Den) – oral instruction

Kyu (Q) – ranks below dan (black belt) rank

Nage (Na Gay) – the person executing the throw

San (Son) – suffix, expression of respect (Smith San)

Sempai (Sem Pie) – senior

Shihan (She Han) – teacher of teachers

Shugyo (Shoe Ge O) – intense physical/ internal training to perfect character and realize one's true nature. To go beyond just training.

Tori Uage – to grab or seize defender

Uchideshi (Ooo She Desh E) – “inner disciple,” students living in a dojo and committed to full-time training

Uke (Ooo Kay) – one who is thrown, one who receives

Zanshin – “remaining mind,” a continued extension of concentration. Energy and awareness at the conclusion of a technique and immediately afterward, the follow through of the technique.

Zen – meditation

STANCES

Kamae (Calm May) - stance or position

Hanmi (Ham May) - half body stance (standing with one foot forward)

Ai hanmi (I Ham May) - mutually agreeing stance (standing with the same foot forward)

Gyaku hanmi (Guy Q Ham May) - opposite stance (standing with opposite foot forward)

Hidari hanmi (He Dar He Ham May) - left stance (left foot forward)

Migi hanmi (Mig E Ham May) - right stance (right foot forward)

Sankakutai - triangular stance

POSITIONS

Chudan (Chew Dan) - middle position

Gedan (Gay Dan) - low position

Hantai - opposite or reverse

Jodan (Joe Dan) - upper position

Ma-ai (My I) - distance

Mae (May) - front or forward

Omote (O Moe Tay) - front

Seiza (Say Sa) - formal kneeling position

Shomen (Show Man) - front

Shisei (She Sigh) - posture, body alignment

Ura - behind

Ushiro (You Sheer O) - from behind or rear

MOTION / MOVEMENT

Aikitaiso (I Key Tie So) - mind and body coordination exercises

Awase - meeting or coming together

Ayumi ashi - normal stepping as in walking

Fudo - immovable (fudoshin – immovable mind , fudo no shisei – immovable posture)

Gaeshi - reversal

Ki musubi - linking one's energy with that of the opponent

Kotai (Coat Hi) - movement to the rear

Irimi - entering

Rei (Ray) - bow

Ritsurei - standing bow

Shikko (She Co) - walking on the knees

Suri ashi - sliding foot

Tai sabaki (Tie Sa Ba Key) - body movement

Tenkan (Ten Con) - spinning change (a turning body movement)

Tori - to grab or seize

Undo - exercise

Yame - stop

Zanshin - “remaining mind,” a continued extension of concentration, energy and awareness at the conclusion of a technique and immediately afterward, the follow through of a technique.

WEAPONS and related

Bokken / Bokuto (Bo Ken) - wooden sword

Bokken dori / tachitori - sword taking techniques

Iaito - metal practice sword

Ken - sword

Shinken - a live, steel sword with a sharpened edge

Shinken shobu - a fight to the death, figuratively. Implies a situation requiring total abandon and concentration. The spirit of good practice should be “shinken shobu”

Katana - a type of long sword, worn edge upwards

Suburito - a heavy bokken used for suburi and sometimes for kumitachi

Tachi - a type of long sword, technically refers to swords worn edge downward

Jo dori - jo taking techniques

Jo - short wooden staff (usually 50”)

Tanto - knife

Tanto dori - knife taking technique

Chudan no Kamae - a stance where the bokken or jo is held in the center position

Gedan no Kamae - a stance where the bokken or jo is held in the low position

Jodan no Kamae - a stance where the bokken or jo is held in the upper position / over the head

Hasso no Kamae – a stance where the bokken or jo is held to one side of the head, extending up from the shoulder

Waki gamai - a stance where the bokken or jo is held behind so as to hide its length

Kiri - cut

Kesa giri - a downward angular cut. Upper right to lower left or upper left to lower right

Kiriage - an upward angular cut. Lower right to upper left, lower left to upper right

Kiri o roshi - cutting straight down the middle, starting at the top of the head

Suye - horizontal cut

Suburi - “empty swing,” individual striking practice with a weapon

Common Terms

Good Morning - Ohayogozaimasu

am - gozen

Hello / Good Afternoon - Konnichiwa

pm - gogo

Good Evening - Komabanwa

Good Night – Oyasumi nasai

Good bye - Sayonara

How are you? - O-genki desu ka

Begin /start – Hajime

Ready - Yoi

Stop - yame

Good - yoku

No good / Bad - Dame yo

Yes – ee / hai

No -iie

Person - hito

Man - otoko no hito

Boy -otoko no ok

Woman – onna no hito

Girl - onna no ko

Friend - tomodachi

Mr / Mrs - san

Student - gakusei

Excuse me / I'm sorry – Sumimasen

Thank you very much – Domo Arigato gozaimasu

Once more please – Mo ichido Onegaishimasu

Counting

- 1 – Ichi
- 2 – Ni
- 3 – San
- 4 – Shi
- 5 – Go
- 6 – Roku
- 7 – Shichi
- 8 – Hachi
- 9 – Kyu
- 10 – Ju
- 11 – Ju Ichi
- 12 – Ju Ni
- 13 – Ju San
- 14 – Ju Shi
- 15 – Ju Go
- 16 – Ju Roku
- 17 – Ju Shichi
- 18 – Ju Hachi
- 19 – Ju Kyu
- 20 – Ni Ju
- 21 – Ni Ju Ichi
- 22 – Ni Ju Ni
- 23 – Ni Ju San
- 24 – Ni Ju Shi
- 25 – Ni Ju Go
- 26 – Ni Ju Roku
- 27 – Ni Ju Shichi
- 28 – Ni Ju Hachi
- 29 – Ni Ju Kyu
- 30 – San Ju
- 31 – San Ju Ichi