**Rank:** 7th Kyu (White Belt)

Students will gain a basic understanding of Aikido, Internal Martial Arts and structure. Central focus will be on learning what Aiki is, how it pertains to internal martial arts and how to start analyzing themselves and others from a martial perspective. Additional principles will focus on falling safely, and basic stances.

Students will learn basic walks from Tegatana-no-kata, and the body striking techniques from Randori-no-kata, applying principles to each. Light competition concepts will be introduced in a controlled and safe manner.

|  |  |
| --- | --- |
| Principles | Core Aiki Concepts* Center of Gravity
* Stability
* Balance
* Walls of Stability

Stance* Double Weight
* Single Weight

Walks* Down, over, and up
* Front wheel drive

Falls* Back fall
* Side fall
 |
| Kata | Tegatana-no-kata (Walking Kata)* Shomen Ashi: forward step
* Waki Ashi: side step
* Tenkan Ashi: corner step

Randori-no-kata 1–5 (Body Strikes)1. Shomen-ate: Inside strike
2. Aigamae-ate Outside strike
3. Gyaku-gamae-ate: Outside cross strike
4. Gedan-ate: Outside cross low strike
5. Ushiro-ate: Rear strike
 |
| Application | Randori-no-kata* Static: Single weight stance, right or left
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 6th Kyu (Yellow Belt)

Students will continue to build their understanding of internal martial arts and learn what a martial connection is, and how it applies to both attacker and defender

Students will add blocking techniques to Tegatana-no-kata. Additionally, students will learn the elbow techniques from randori-no-kata.

|  |  |
| --- | --- |
| Principles | Connection* Compression
* Extension
* Direct Touch
* Indirect Touch
* Tomoe

Falls* Forward roll fall: Kneeling
 |
| Kata | Tegatana-no-kata (Walking Kata)* Shomen Te Gatame: forward step, straight x-block
* Uchi Mawashi: forward step, cross x-block
* Soto Mawashi: forward step, reverse x-block

Randori-no-kata 6-10 (Elbow Techniques)1. Oshi-taoshi: Outside elbow roll
2. Ude-gaeshi: Reverse outside elbow roll
3. Hiki-taoshi: Extend elbow down
4. Ude-garame: Rear elbow twist
5. Waki-gatame: Elbow side lock
 |
| Application | Randori-no-kata* Static: Single weight stance, right or left
* Grabs: Cross and mirror stance
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 5th Kyu (Orange Belt)

Students will start to learn the basic principles around structure, analyzing both weak and strong structures and how they apply to martial arts. Students will analyze how techniques can fail if applied against strong structures, and how to correct the technique. Lock theory will be introduced and applied through Randori-no-kata.

Students will add foot sweep techniques to Tegatana-no-kata. Additionally, they will expand their understanding of Randori-no-kata by learning joint locking techniques. Kata demonstrations will include multiple methods of execution, including static, grabs, and strikes.

|  |  |
| --- | --- |
| Principles | Structure: Where are we weak* No-line/20
* Parallelism
* Dog spots
* B.A.T.H.

Structure: Where are we strong* Center
* Forward C
* Reverse C

Locks* Triangles and the Hypotenuse

Falls* Forward roll fall: Standing
 |
| Techniques | Tegatana-no-kata (Walking Kata)* Uchi Soto Gaeshi
* Uchi Mawashi Gaeshi
* Soto Mawashi Gaeshi

Randori-no-kata 11-14 (Joint Locks)1. Kote-hineri: High, elbow up, lock
2. Kote-gaeshi: Low, elbow down, lock
3. Tenkai-kote-hineri: Outside, rotational lock
4. Shiho-nage: Four corner throw
 |
| Application | Randori-no-kata* Static: Single weight stance, right or left
* Grabs: Cross and mirror stance
* Strikes
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 4th Kyu (Green Belt)

Students will start to learn more advanced principles, how to generate internal power and deliver it to a target through their own structure. Students will also learn how to deal with incoming force, using principles to stop, redirect, and diffuse the intent of an opponent. Additionally students will learn the four principles throws, how they differ, and appropriate times to apply.

The advanced turning techniques will be included in Tegatana-no-kata, completing the set. The final floating techniques will also be included from Randori-no-kata. Kata demonstrations will require the display and understanding of all principles learned to date and applied through static, grabs, and strikes.

|  |  |
| --- | --- |
| Principles | Transmission* X-block
* Shielding
* Tail weight

The Four Throws* Active leverage
* Hip-check
* Phantom hip-check
* Momentum

Falls* Forward roll fall: Floating/Air
 |
| Techniques | Tegatana-no-kata (Walking Kata)* Ude Goshi Gaeshi
* Mawashi
* Yoko O Mawashi

Randori-no-kata 15-17 (Floating Techniques)1. Mae-otoshi: Front drop
2. Sumi-otoshi: Rear corner drop
3. Hiki-otoshi: Front corner drop
 |
| Application | Randori-no-kata* Static: Single weight stance, right or left
* Grabs: Cross and mirror stance
* Strikes
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 3rd Kyu (Blue Belt)

Understanding of the transmission will expand with the inclusion of the core mechanical concepts of broom and shovel. Additionally, students will be introduced to concepts that center around how to generate internal power through the application of the five Jins. Students will be able to understand the five core Jins, how to describe them, and how to apply appropriately, Students will also learn how to accept incoming force through the application of Peng.

Kata work will shift focus to Koryu Dai San, starting with standing techniques. Weapons work will be introduced at a high level, with deeper focus on how all the principles are applied in multiple scenarios.

|  |  |
| --- | --- |
| Principles | Transmission* Broom
* Shovel

Internal Power* Fah-Jin
* Peng
 |
| Techniques | Koryu Dai San – Tachi-Waza (Standing Techniques)1. Kote-mawashi
2. Uchi-tenkai-nage
3. Gyaku-gamae-ate
4. Hiji-kime
5. Mae-otoshi
6. Ushiro-waza mae-otoshi
7. Ushiro-waza tentai-kote-hineri
8. Mune-tori-kata-gatame
 |
| Application | Randori-no-kata* Static: Single weight stance, right
* Static: Single weight stance, left
* Grabs: Cross and mirror stance
* Strikes

Koryu Dai San* Dynamic
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 2nd Kyu (Purple Belt)

Students will expand their understanding of Fah-Jin and Peng. These core internal principles will be analyzed and added to all kata work going forward. The core concept of Zhan Zhuang is added to create internal structures. Additionally, students will start to learn how to apply internal martial arts in a more dynamic manner. Students will learn how to recognize internal structures and applications outside of their own body.

Defensive knife techniques are added to Koryu Dai San.

|  |  |
| --- | --- |
| Principles | Internal Power* Fah-Jin
* Peng
* Zhan Zhuang
 |
| Techniques | Koryu Dai San – Tanto-dori (Knife Techniques)1. Ushiro-ate
2. Gyakugame-ate
3. Tentai-oshi-taoshi
4. Ushiro-ate
5. Ude-gatame
6. Kote-gaeshi
7. Tentai-kote-hineri
8. Shomen-giri-gendan-ate
 |
| Application | Randori-no-kata* Static: Single weight stance, right
* Static: Single weight stance, left
* Grabs: Cross and mirror stance
* Strikes

Koryu Dai San* Dynamic
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** 1st Kyu (Brown Belt)

Students will start working with the Jo-Staff and Katana, adding defensive principles to weapons application. Focus will center with safe application of shielding and blocking principles to deal with incoming attacks without applying force. Students will learn how to apply shield and block theory to weapons and open hand techniques.

Koryu Dai San kata adds three sets of weapons work: Single-sword defense, jo defense techniques, and jo offense techniques.

|  |  |
| --- | --- |
| Principles | Defense* Shield Theory
* Weapons: X-Block
* Leaf Block
 |
| Techniques | Koryu Dai San (Single Sword Techniques)1. Mae-otoshi
2. Shiho-nage
3. Aigamae-ate
4. Oshi-Taooshi
5. Hiji-kujiki

Koryu Dai San (Jo Defense Techniques)1. Gyaku-gamae-ate
2. Shomen-ate
3. Hishigi
4. Renraku-waza-hiji-hishigi
5. Irimi-mae-otoshi

Koryu Dai San (Jo Offense Techniques)1. Migi-sumi-otoshi
2. Migi-sumi-gori-hidari-sumi-otoshi
3. Tekube-kime-(gori)-shomen-tsuki
4. Mae-otoshi
5. Shiho-nage
6. Shiho-nage-gyaku-kaiten-nage
7. Ude-kujiki
8. Kokyu-nage
 |
| Application | Randori-no-kata* Static: Single weight stance, right
* Static: Single weight stance, left
* Grabs: Cross and mirror stance
* Strikes

Koryu Dai San* Dynamic
 |
| Competition | Toshu RandoriTanto Randori |

**Rank:** SanDan (1st black)

Students will focus on weapons offense principles, learning how to correctly apply cuts. Students will learn how other techniques utilize the same cutting principles to achieve internal structural compromise of an opponent. Students will learn how to correctly apply cuts that rely on structure, physics and principal application.

Koryu Dai San adds the double sword techniques. Students will learn the correct application of principles as both the attacker and defender.

|  |  |
| --- | --- |
| Principles | Offense* Cutting
* Chop/Slice
* Front cut
* Rear cut
 |
| Techniques | Koryu Dai San (Double Sword Techniques)1. Ai-uchi-men: Shield inside cut
2. Hidari-men: Shield left cut
3. Migi-men: Shield right cut
4. Tsuki: Piercing cut
5. Do: Abdomen tomoe cut
6. Kote-nuki-kote: Exposed wrist cut
7. Kaeshi-men: Returning shield cut
8. 8. Hasso-waki-gamae: Prepared stance cuts
 |
| Application | Randori-no-kata* Static: Single weight stance, right
* Static: Single weight stance, left
* Grabs: Cross and mirror stance
* Strikes

Koryu Dai San* Dynamic
 |
| Competition | Toshu RandoriTanto Randori |