

White belt 1 and 2 stripes	
<b>Demonstrate in class focus and listening skills</b>	
vocabulary	
define Aikido	
Footwork and stances irimi / tenkan	
Ikkyo undo	
Strikes	
Kneeling forward roll	
Standing forward roll	
shikko	
front fall	
<b><u>suwari waza:</u></b>	
Suwariwaza kokyunage	
Shomenuchi ikkyo warm up	
<b><u>Tachi Waza:</u></b>	
Katatedori tenkan ( partner turning)	
Shomenuchi ikkyo omote	
Shomenuchi ikkyo urah	
Katate dori kokyunage (breath and timing throw)	
Katate dori sumiotoshi corner (drop)	
Katatedori follow me (drop)	
<b>white 1st stripe</b>	<b>10 hours</b>
<b>white 2nd st stripe</b>	<b>10 hours</b>

<b>yellowstripe</b>	
vocabulary	
define Aikido	
Footwork and stances irimi / tenkan	
Ikkyo undo	
Strikes	
Kneeling forward roll	
Standing forward roll	
back fall	
front fall	
shikko	
<b><u>suwari waza:</u></b>	
Suwariwaza kokyunage	
Shomenuchi ikkyo warm up	
<b><u>Tachi Waza:</u></b>	
Katatedori tenkan ( partner turning)	
Shomenuchi ikkyo omote	
Shomenuchi ikkyo urah	
Katate dori kokyunage (breath and timing throw)	
Katate dori sumiotoshi corner (drop)	
Katatedori follow me (drop)	
Tsuki Kotegaeshi (front punch defense)	
<b>white-yellow</b>	<b>10 hours</b>
<b>white-yellow 1 stripe</b>	<b>10 hours</b>
<b>white-yellow 2 stripe</b>	<b>10hours</b>

orange stripe	
vocabulary	
define Aikido	
Footwork and stances irimi / tenkan	
Irimi undo (spinning)	
Strikes	
Kneeling forward roll	
Standing forward roll	
backroll	
shikko	
<b><u>suwari waza:</u></b>	
Suwariwaza kokyunage	
katadori ikkyo warm up	
Shomenuchi ikkyo	

<b><u>Tachi Waza:</u></b>	
Katatedori tenkan ( partner turning)	
Shomenuchi ikkyo omote	
Shomenuchi ikkyo urah	
Katatedori kokyunage (breath and timing throw)	
Katatedori sumiotoshi corner (drop)	
Katatedori follow me (drop)	
Tsuki Kotegaeshi (front punch defense)	
Tsuki higi ushiro higeme osai (behind elbow drop)	

Shomenuchi aikinage	
Demonstrate in class focus and listening skills	
<b>white-Orange</b>	<b>10 hours</b>
<b>white-Orange 1 stripe</b>	<b>10 hours</b>
<b>white-Orange 2 stripe</b>	<b>10 hours</b>

green stripe

vocabulary
Footwork and stances irimi / tenkan
Irimi undo (spinning)
Strikes
Kneeling forward roll
Standing forward roll
backroll
Shikko
<b><u>suwari waza:</u></b>
Suwariwaza kokyunage
Shomenuchi ikkyo warm up
<b><u>Hamni handachi:</u></b> one seated one standing
Shomenuchi iriminage
Mensuki kotegaeshi
<b><u>Tachi Waza:</u></b> Standing
Katatedori tenkan ( partner turning)
Shomenuchi ikkyo omote
Shomenuchi aikinage
Shomenuchi ikkyo urah
Katatedori kokyunage (breath and timing throw)
Katatedori sumiotoshi corner (drop)
Katatedori shihonage
Katatedori kokyunage (breath and timing throw)
Ryotedori Tenchinage (two hand heaven & earth)
Tsuki kaitenage (front punch wheel throw)
Tsuki Kotegaeshi (front punch defense)
sword taking center
Aikiken 2
Aikiken 2
<b>white-green 12 hours</b>
<b>white-green 1 stripe 12 hours</b>
<b>white-green 1 stripe 12 hours</b>

blue stripe

vocabulary
Footwork and stances irimi / tenkan
Irimi undo (spinning)
Strikes
Kneeling forward roll
Standing forward roll
backroll
Shikko
<b><u>suwari waza:</u></b>
Suwariwaza kokyunage
Shomenuchi ikkyo warm up
<b><u>Hamni handachi:</u></b> one seated one standing
Shomenuchi iriminage
Mensuki kotegaeshi
Tsuki kaitenage (front punch wheel throw)
<b><u>Tachi Waza:</u></b>
Katatedori tenkan (partner turning)
Shomenuchi ikkyo omote
Shomenuchi aikinage
Shomenuchi ikkyo urah
Katatedori kokyunage (breath and timing throw)
Katatedori sumiotoshi corner (drop)
Katatedori shihonage
Katatedori kokyunage (breath and timing throw)
Ryotedori Tenchinage (two hand heaven & earth)
Tsuki higi ushiro higeme osai (behind elbow drop)
Tsuki Iriminage
Tsuki kaitenage (front punch wheel throw)
Tsuki Kotegaeshi (front punch defense)
sword taking center
Aikiken 2
<b>white-blue 10hours</b>
<b>white-blue 1 stripe 10 hours</b>
<b>white-blue 2 stripe 16 hours</b>

<b>red stripe</b>
Footwork and stances irimi / tenkan
Irimi undo (spinning)
Strikes
Kneeling forward roll
Standing forward roll
backroll
Shikko
<b><u>suwari waza:</u></b>
Suwariwaza kokyunage
Shomenuchi ikkyo warm up
<b><u>Hamni handachi:</u></b> one seated one standing
Shomenuchi iriminage
Mensuki kotegaeshi
Tsuki kaitenage (front punch wheel throw)
<b><u>Tachi Waza:</u></b>
Katatedori tenkan (partner turning)
Shomenuchi ikkyo omote
Shomenuchi aikinage
Shomenuchi ikkyo urah
Katatedori kokyunage (breath and timing throw)
Katatedori sumiotoshi corner (drop)
Katatedori follow me (drop)
Katatedori kokyunage (breath and timing throw)
Ryotodori Tenchinage (two hand heaven & earth)
Tsuki higi ushiro higeme osai (behind elbow drop)
Tsuki Iriminage
Tsuki kaitenage (front punch wheel throw)
Tsuki Kotegaeshi (front punch defense)
sword taking center
Aikiken 2
Randori

<b>white-red</b>	<b>16 hours</b>
<b>white-red 1 stripe</b>	<b>16 hours</b>
<b>white-red 2 stripes</b>	<b>16 hours</b>

<b>belt brown</b>	
<b>suwari waza:</b>	
Suwariwaza kokyunage	
<b>Hamni handachi:</b> one seated one standing	
Shomenuchi iriminage	
Mensuki kotegaeshi	
Tsuki kaitenage (front punch wheel throw)	
<b>Tachi Waza:</b>	
Shomenuchi ikkyo omote	
Shomenuchi aikinage	
Shomenuchi ikkyo urah	
Katatedori kokyunage (breath and timing throw)	
Katatedori sumiotoshi corner (drop)	
Katatedori follow me (drop)	
Katatedori kokyunage (breath and timing throw)	
Ryotedori TENCHINAGE (two hand heaven & earth)	
Tsuki higi ushiro higeme osai (behind elbow drop)	
Tsuki Iriminage	
Tsuki kaitenage (front punch wheel throw)	
Tsuki Kotegaeshi (front punch defense)	
sword taking center	
Aikiken 2	
Randori	
<b>white-brown</b>	<b>32 hours</b>
<b>white-brown 1 stripe</b>	<b>32 hours</b>
<b>white-brown 2 stripes</b>	<b>32 hours</b>

Transition belt purple	
<b><u>suwari waza:</u></b>	
Suwariwaza kokyunage	
<b><u>Hamni handachi:</u></b> one seated one standing	
Shomenuchi iriminage	
Mensuki kotegaeshi	
Tsuki kaitenage (front punch wheel throw)	
<b><u>Tachi Waza:</u></b>	
Katatedori tenkan (partner turning)	
Shomenuchi ikkyo omote	
Shomenuchi aikinage	
Shomenuchi ikkyo urah	
Katatedori kokyunage (breath and timing throw)	
Katatedori sumiotoshi corner (drop)	
Katatedori follow me (drop)	
Katatedori kokyunage (breath and timing throw)	
Ryotodori Tenchinage (two hand heaven & earth)	
Tsuki higi ushiro higeme osai (behind elbow drop)	
Tsuki Iriminage	
Tsuki kaitenage (front punch wheel throw)	
Tsuki Kotegaeshi (front punch defense)	
sword taking center	
Aikiken 2	
Randori	
purple	32