

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

Yellow belt

vocabulary

Footwork and stances irimi / tenkan

Ikkyo undo

Shikko

Kneeling forward roll

Back rolls

Standing forward roll

suwari waza:

Suwariwaza kokyunage

Shomenuchi ikkyo

Tachi Waza:

Katate tenkan

Shomenuchi ikkyo omote urah

Shomenuchi kokyunage

Shomenuchi iriminage

shomen aiki nage

Katate dori kokyunage jo gea

Katate dori kokyunage projection

Katate dori sumiotoshi

Tsuki kotegaeshi

suwari waza kokyu ho

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yellow

orange belt	
vocabulary	
Footwork and stances irimi / tenkan	
Ikkyo undo	
Shikko	
Strikes	
Kneeling forward roll	
Standing forward roll	
Back rolls	
Irimi from shinai	
<u>suwari waza:</u>	
Suwariwaza kokyunage	
Shomenuchi ikkyo	
<u>Tachi Waza:</u>	
Shomenuchi ikkyo omote and urah	
Shomenuchi Kotegaeshi	
Shomenuchi iriminage	
Shomen aikinage	
Katate dori kokyunage	
Katate dori sumiyotoshi	
Katadori ashinage	
Tsuki kotegaeshi	
Ryote dori tenchinage	
suwari waza kokyu ho	

	10	orange
	10	1st stripe
	10	2nd stripe

green belt

Standing forward & roll Back		
Irimi from shinai		
sword cuts		
aikiken number 2		
<u>suwari waza:</u>		
Suwariwaza kokyunage		
Shomenuchi ikkyo		
<u>Hamni handachi</u>		
Shomenuchi iriminage		
Tsuki kotegaishi		
<u>Tachi Waza:</u>		
Shomenuchi ikkyo -sankyo		
Shomenuchi kotegaeshi		
Shomenuchi iriminage		
shomenuchi ushiro higimi osai		
Shomen aikinage		
Shomenuchi Kotegaeshi		
Katate dori kokyunage		
Katate dori sumiotoshi		
Katate kaitenage		
Kata nikyo		
Kata dori ashi nage		
kosa dori ikkyo,iriminage		
Tsuki kotegaishi		
Yokomenuchi shihonage		
Ryote dori tenchinage		
Ushiro Kata dori Iriminage		
Suwari waza kokyu ho		
	10	green
	10	1 stripe
	10	2 stripe

Blue Belt		
Irimi from shinai		
breakfalls		
sword cuts		
aikiken number 2 3		
<u>suwari waza:</u>		
Suwariwaza kokyunage		
Shomenuchi ikkyo		
Shomenuchi irimi nage		
<u>Hamni handachi</u>		
Shomenuchi kaitenage		
Shomenuchi iriminage		
Tsuki kotegaishi		
<u>Tachi Waza:</u>		
Shomenuchi ikkyo- yonkyu		
Shomenuchi Kotegaeshi, iriminage		
Shomenuchi koshinage		
Shomenuchi shihonage		
Katatedori kokyunage,sumiotoshi		
Katadori kaitenage uchi and soto		
Katadori nikyo,ikkyo,ashinage		
Kosadori ikkyo-sankyo		
Kosadori iriminage		
Kosadori shihonage		
Tsuki kotegaishi,iriminage,kaitenage		
Yokomenuchi shihonage		
Yokomenuchi iriminage		
Yokomenuchi kotegaeshi		
Ryotedori tenchinage		
Ushiro katadori Iriminage		
Ushiro ryotedori ikkyo		
Ushiro ryotedori sankyo		
Tachi dori		
<u>Jiu waza free movement</u>		
	16	blue
	16	1st
	16	2nd

Red belt		
active ukemi		
Irimi from shinai		
aikiken number 12 3		
<u>suwari waza:</u>		
Suwariwaza kokyunage		
Shomenuchi irimi nage		
Shomenuchi ikkyo nikyo		
<u>Hamni handachi</u>		
Shomenuchi kaitenage-iriminage		
Mentsuki kotegaishi		
<u>Tachi Waza:</u>		
Shomenuchi ikkyo- yonkyo		
aikinage Kotegaeshi,shihonage,iriminage		
Shomenuchi koshinage sumiyotoshi		
Katate dori kokyunage sumiyotoshi		
Katadori nikyo		
Katadori kaitenage- uchi and soto mawari		
Kosadori nikyo, Ikkyo, iriminage		
Kosa dori shihonage koshi nage		
Tsuki kotegaishi irinage, kaitenage		
Yokomenuchi shihonage, iriminage,		
Ikkyo, kotegaishi		
Ryote dori tenchinage		
Ryote dori shihonage		
Ushiro tekubitori sankyo		
Ushiro tekubitori dori Iriminage		
Ushiro tekubitori kokyunage		
Ushiro tekubitori ikkyo		
shomen uchi sword take away		
Tanto dori tsuki		
<u>Jiu waza free movement</u>		
Suwari waza kokyū ho		
	16	red
	16	1st
	16	2nd

Brown belt	
aikiken number 12 3	
<u>suwari waza:</u>	
Suwariwaza kokyunage	
Suwariwaza yonkyu	
Shomenuchi irimi nage-ikkyo-nikyo	
<u>Tachi Waza:</u>	
Shomenuchi 5 techniques	
Katatedori 5 techniques	
Katadori 4 techniques	
Kosadori 4 techniques	
Tsuki 3 techniques	
Yokomenuchi 5 techniques	
Ryotedori tenchinage	
Ryotedori shionage	
Ushiro Kata dori Iriminage	
Ushiro kokyunage	
Ushiro tekubitori ikkyo	
ushiro kubishimi 2 ways	
tachi dori	
jo dori	
Tanto dori	
Randori 2 attackers	
32	Brown
32	1st
32	2nd

Jr. Blackbelt

aikiken number 1 to 5

aiki jo

suwari waza:

Suwariwaza kokyunage

Shomenuchi irimi nage-ikkyo-nikyo

Tachi Waza:

Shomenuchi ikkyo-niko-sankyo

Kotegaeshi-shihonage

Shomenuchi koshinage sumiotoshi

Katate dori kokyunage sumiotoshi

Kata nikyo

Kata dori kaitenage uchi and soto mawari

Kosa dori nikyo Ikkyo iriminage

Kosa dori shihonage koshi nage

Tsuki kotegaishi irinage kaitenage

Shomenuchi kotegaeshi sankyo irinage

Shomen aiki nage

Yokomenuchi shihonage iriminage

Ikkyo-kotegaishi

Ryote dori tenchinage

Ushiro Kata dori Iriminage

Ushiro kokyunage

Ushiro ryote dori ikkyo

Tachi dori

jo dori

Tanto dori

3 person randori

Jiu waza free movement

Suwari waza kokyu ho

Jr Black