

5TH KYU – YELLOW BELT – TAIJUTSU	YELLOW – BUKIWAZA / KOBUDO
ATTENDANCE LESSONS 15	
1. Forward / backward break falls	1. Jo Tsuki Ikkyo
2. Tai No Henko	2. Jo Tsuki Kokyo
<u>IKKYO (aikidos 1st pinning technique)</u>	3. Jo Dori Ikkyo
3/4. Ai hamni Katate dori Ikkyo omote & ura waza (wrist grab)	4. Jo Dori Kokyo
5. Gaku hamni Katate dori Ikkyo omote waza (wrist grab)	5. Mune Tsuki Jo Atemi / techniques (2)
6. Shomen uchi Ikkyo omote waza (strike to the top of the head)	6. Ken Suburi (4 Movements)
<u>SHIO NAGE (4 directional throw)</u>	7. Shio Giri (4 Direction Ken Cuts)
7. Ai hamni Katate dori Shionage omote waza (wrist grab)	8. Migi Awase (Right Blend From Ken)
8. Gaku hamni Katate dori Shionage omote waza (wrist grab)	9. Hidari Awase (Left Blend From Ken)
<u>KOTE GAESHI (wrist twisting technique)</u>	10. Jo Suburi (5 Movements)
9. Ai hamni Katate dori Kote gaeshi (wrist grab)	11. Jo Kata (5 Movements)
10. Mune Tsuki Kote Gaeshi (Punch to the chest area)	12. Jo Atemi Basic 8 (3 Movements)
<u>KOKYO NAGE (Breath throw)</u>	
11. Seiza Waza Kokyo Dosa (Kneeling with both wrists grabbed from front)	

4rd KYU – ORANGE BELT – TAIJUTSU	ORANGE – BUKIWAZA / KOBUDO
ATTENDANCE LESSONS + 20	
1. Forward / Backward Break falls	1. Jo Tsuki Ikkyo
2. Tai No Henko – Kihon / Ki No Nagare	2. Jo Tsuki Kokyo
3. Morote dori Kokyo Ho	3. Jo Tsuki tenchi Nage
<u>IKKYO (aikidos 1st pinning technique)</u>	4. Jo Tsuki Nikkyo
4. Ai hamni Katate dori Ikkyo omote (wrist grab)	5. Jo Dori Ikkyo
5/6. Gaku hamni Katate dori Ikkyo omote & ura waza (wrist grab)	6. Jo Dori Kokyo
7. Ryote dori Ikkyo omote waza (both wrists grabbed from front)	7. Jo Dori Shionage
8/10. Shomen Uchi Ikkyo omote & ura waza (strike to the top of the head)	8. Mune Tsuki Jo Atemi / techniques (2)
<u>NIKKYO (aikidos 2nd pinning technique)</u>	9. 7 Ken Suburi (5 Movements)
11. Ai hamni Katate dori Nikkyo omote waza (wrist grab)	10. Shio Giri (4 Direction Ken Cuts)
12/13. Gaku hamni Katate dori Nikkyo omote & ura waza (wrist grab)	11. Migi Awase (Right Blend From Ken)
<u>KOTE GAESHI (wrist twisting technique)</u>	12. Hidari Awase (Left Blend From Ken)
14. Ai hamni Katate dori Kote Gaeshi (wrist grab)	13. Migi & Hidari Awase (Continue Cuts)
15. Shomen uchi Kote Gaeshi (strike to the top of the head)	14. 20 Jo Suburi (10 Movements)
<u>TENCHI NAGE (heaven and earth throw)</u>	15. 31 Jo Kata (12 Movements)
16. Gaku Hamni Katate dori Tenchi nage (wrist grab)	16. Jo Atemi Basic 8 (5 Movements)
17. Mune Tsuki Tenchi Nage (Punch to the chest area)	17. 1 st Kumi Tachi
<u>SHIO NAGE (4 directional throw)</u>	
18/19 Ai hamni Katate dori Shio Nage omote & ura waza (wrist grab)	
20. Ryote dori Shio Nage omote waza (both wrists grabbed from front)	
<u>KAITEN NAGE (rotary throw)</u>	
21. Gaku Hamni Katate dori Kaiten nage Uchi Mawari (wrist grab)	
<u>Koshi Nage (hip throw)</u>	
22. Ai Hamni Katate dori Koshi nage (wrist grab)	
<u>KOKYO NAGE (breath throw)</u>	
23. Ai Hamni hamni Katate dori Kokyo nage (wrist grab)	
24. Seiza Waza Kokyo Dosa (Kneeling with both wrists grabbed from front)	

3rd KYU – GREEN BELT – TAIJUTSU	GREEN - BUKIWAZA / KOBUDO
ATTENDANCE LESSONS + 25	
1. Take a throw Forward / backward break falls	1. Jo dori Ikkyo
2. Tai No Henko – Kihon / Ki No Nagare	2. Jo dori Nikkyo
3. Morote Dori Kokyo Ho	3. Jo dori Sankyo
<u>IKKYO (Aikidos 1st pinning technique)</u>	4. Jo dori Kaiten Nage
4. Kata Dori Ikkyo omote waza omote & ura waza	5. Jo dori Kote Gaeshi
5 Ushiro Ryote dori Ikkyo Omote waza (both wrists held from behind)	6. Jo Tsuki Ikkyo
6. Shomen Uchi Ikkyo omote & ura waza (strike to the top of the head)	7. Jo Tsuki Kokyo
7 Morote dori Ikkyo omote waza (2 hands on 1 wrist)	8. Jo Tsuki Kokyo Tenkan
<u>NIKKYO (Aikidos 2nd pinning technique)</u>	9. Jo Tsuki Shionage
8/9 Ai hamni Katate dori Nikkyo omote & ura waza (wrist grab)	10. Jo Tsuki Irimi Nage
10/11. Ryote dori Nikkyo omote & ura waza (both wrists grabbed from front)	11. Mune Tsuki Jo Atemi / techniques (4)
12/13. Morote dori Nikkyo (2 hands on 1 wrist)	7 Ken Suburi (7 Movements)
14/15. Shomen Uchi Nikkyo omote & ura waza strike to the top of the head	Shio Giri (4 Direction Ken Cuts)
<u>SANKYO (Aikidos 3rd pinning technique)</u>	Ken Go no Awase (5 th Suburi Awase)
16 Ai hamni Katate dori Sankyo omote waza (wrist grab)	Ken Shichi no Awase (7 th Suburi Awase)
17 Gaku hamni Katate dori Sankyo omote waza (wrist grab)	20 Jo Suburi (15)
18. Shomen Uchi Sankyo omote waza (strike to the top of the head)	31 Jo Kata (21)
<u>IRMI NAGE (enter throw)</u>	13 Jo Suburi (5)
19 Gaku hamni Katate dori Irimi Nage (Jodan) (wrist grab)	Jo Atemi Basic 8 movements (8)
20 Mune Tsuki Irimi Nage (Punch to the chest area)	31 Awase 1-3, 4-6, 1-6,
<u>KOTE GAESHI (wrist twisting technique)</u>	Kumi Tachi 1
21 Ushiro Ryote dori Kote Gaeshi (both wrists grabbed from behind)	Kumi Jo 1
22. Yokomen uchi Kote Gaeshi (strike to side of the head)	
23. Mune Tsuki Kote Gaeshi (Punch to the chest area)	
<u>TENCHI NAGE (heaven and earth throw)</u>	
24 Ryote dori Tenchi nage (both wrists grabbed from front)	
25 Shomen Uchi Tenchi nage (strike to the top of the head)	
<u>SHIO NAGE (4 directional throw)</u>	
26 Ryote dori Shio Nage (both wrists grabbed from front)	
27 Morote dori Shio Nage (2 hands on 1 wrist)	
28 Shomen uchi Shio Nage (strike to top of the head)	
29 Yokomen Uchi Shio Nage (strike to the side of the head)	
<u>KAITEN NAGE (rotary throw)</u>	
30 Gaku hamni Katate dori Kaiten nage Uchi Mawari (wrist grab)	
31 Ryote dori Kaiten nage Uchi Mawari (both wrists grabbed from front)	
32 Mune Tsuki Kaiten nage (Punch to the chest area)	
<u>Koshi Nage (hip throw)</u>	
33 Ai Hamni Katate dori Koshi nage (wrist grab)	
37.Gaku hamni Katate dori Koshi nage (wrist grab)	
<u>KOKYO NAGE (Breath throw)</u>	
38.Gaku hamni Katate dori Kokyo nage (wrist grab)	
39 Ryote dori Kokyo nage (both wrists grabbed from front)	
40. Seiza Waza Kokyo Dosa (Kneeling with both wrists grabbed from front)	

2 nd KYU – BLUE BELT – TAIJUTSU	BLUE - BUKIWAZA / KOBUDO
ATTENDANCE LESSONS + 35	
1. Tai No Henko – Kihon / Ki No Nagare 2/3. Morote Dori Kokyo Ho – 2 variations (Normal), (Hi)	
<u>IKKYO (aikidos 1st pinning technique)</u>	1. Jo dori Ikkyo 2. Jo dori Nikkyo 3. Jo dori Sankyo 4. Jo dori Kaiten Nage 5. Jo dori Kote Gaeshi
4/5 Morote dori Ikkyo omote & ura waza Ki No Nagare (2 hands on 1 wrist) 6/7 Ryote dori Ikkyo omote & ura waza (both wrists grabbed from front) 7/8 Kata dori Ikkyo omote Kihon / Ki No Nagare (shoulder grab) 9/10 Shomen uchi Ikkyo omote & ura waza (strike to top of the head)	6. Jo Tsuki Ikkyo 7. Jo Tsuki Kokyo 8. Jo Tsuki Kokyo Tenkan 9. Jo Tsuki Shionage 10. Jo Tsuki Irimi Nage
<u>NIKKYO (aikidos 2nd pinning technique)</u>	11. Mune Tsuki - Jo Atemi / techniques (5)
11/12 Morote dori Nikkyo omote Kihon & Ki No Nagare (2 hands on 1 wrist) 13/14 Ryote dori Nikkyo omote & ura waza (both wrists grabbed from front) 15/16 Kata dori Nikkyo omote Kihon / Ki No Nagare (shoulder grab) 17/18 Shomen uchi Nikkyo omote & ura waza (strike to top of the head) 19/20 Grading Pannel Choice - Nikkyo omote & ura waza (2)	12. Yokomen - Jo Atemi / techniques (1)
<u>SANKYO (aikidos 3rd pinning technique)</u>	7 Ken Suburi (7 Movements)
21/22. Ai hamni Katate dori Sankyo omote & ura waza (wrist grab) 23/24. Gaku hamni Katate dori Sankyo omote waza (wrist grab) 25/26. Shomen omote & ura waza (strike to top of the head) 27. Ushiro Kubishime Sankyo omote waza (wrist and rear strangle)	Happo Giri (8 Direction Cuts)
<u>Yonkyo (aikidos 4th pinning technique)</u>	20 Jo Suburi (15)
28 Ai hamni Katate dori Yonkyo omote waza (wrist grab) 29. Shomen omote waza (strike to top of the head)	31 Jo Kata (21)
<u>IRMI NAGE (enter throw)</u>	13 Jo Suburi (10)
29/30/31. Gaku hami Irimi Nage 3 variations 1 st Jodan 2 nd Tudan 3 rd Gedan 32. Yokomen Uchi Irimi Nage (strike to the side of the head) 33. Mune Tsuki Irimi Nage (Punch to the chest area)	31 Awase 1-3, 4-6, 1-6, 9-11, 1 -11, 13 -17,
<u>KOTE GAESHI (wrist twisting technique)</u>	Jo Atemi Basic 8 movements (8)
33. Ushiro Ryote dori Kote Gaeshi (both wrists grabbed from behind) 35. Yokomen Kote gaeshi (strike to top of the head) 36. Mune Tsuki Kote Gaeshi (Punch to the chest area)	Kumi Tachi 1 + 2
<u>SHIO NAGE (4 directional throw)</u>	Kumi Jo 1 + 2
37/38. Gaku hamni Katate dori Shio Nage omote & ura waza (wrist grab) 39 Morote dori Shio Nage Ki No Nagare (2 hands on 1 wrist) 40. Shomen uchi Shio Nage (strike to top of the head) 41. Yokomen Uchi Shio Nage omote waza (strike to the side of the head)	
<u>KAITEN NAGE (rotary throw)</u>	
42/43. Gaku hamni Katate dori Kaiten nage Uchi Mawari & Soto Mawari 44. Ryote dori Kaiten Nage Uchi Mawari (both wrists grabbed from front) 45. Shomen Uchi Kaiten Nage (strike to the top of the head)	
<u>KOKYO NAGE (Breath throw)</u>	
46 Ushiro Ryote dori Kokyo nage (both wrists grabbed from behind) 47. Mune Tsuki Kokyo Nage (Punch to the chest area)	
<u>Multiple Attack - Jiyu waza</u>	
48. Gaku hamni Katate dori – 45 seconds 49. Shomen uchi – 45 seconds	
<u>Knife Attack</u>	
50. Tsuki – 1 technique	
<u>Bokken Attack</u>	
51. Shomen - 1 technique	

1st KYU – BROWN BELT – TAIJUTSU	BROWN - BUKIWAZA / KOBUDO
ATTENDANCE LESSONS + 50	
1. Tai No Henko – Kihon / Ki No Nagare 2/3/4. Morote Dori Kokyo Ho –3 Varitions (Normal), (Hi), (Low)	
<u>IKKYO (aikidos 1st pinning technique)</u>	1. Jo dori (5)
5/6 Gading Pannel Choice - Ikkyo Omote / Tenkan (2)	4. Jo Tsuki (5)
<u>NIKKYO (aikidos 2nd pinning technique)</u>	9. tsuki - Jo Atemi / techniques (6)
7/8/9 Grading Pannel Choice Of Attack for Nikkyo (3) 10/11/12. Your Choice Of Attack for Nikkyo (3) Not repeating	9. Yokomen - Jo Atemi / techniques (2)
<u>SANKYO (aikidos 3rd pinning technique)</u>	7 Ken Suburi (7 Movements)
13/14/15. Grading Pannel Choice Of Attack for Sankyo (3)	Happo Giri (8 direction Cuts)
<u>YONKYO (aikidos 4th pinning technique)</u>	Ki Musubi No Tachi
16/17 Ai hamni Katate dori Yonkyo Omoto & Ura Waza (wrist grab) 18/19 Shomen uchi Yonkyo Omoto & Ura Waza (strike to the top of the head)	20 Jo Suburi (20)
<u>IRMI NAGE (enter throw)</u>	31 Jo Kata (31)
20 Yokomen uchi Irimi nage (strike to the side of the head) 21. Mune Tsuki Irimi nage (punch to chest area) 22. Ushiro Ryote dori Irimi Nage (both wrists grabbed from behind) 23/24/25. Your Choice Of Attack for Irimi Nage (3)	13 Jo Suburi (13)
<u>KOKYO NAGE (Breath throw)</u>	31 Awase 1-3, 4-6, 1-6, 9-11, 1 -11, 13 -17, 13 -22, 22 -27, 27 - 31
26/27. Morote dori Kokyo Ki No Nagare – 2 Varitions (2 hands on 1 wrist) 28 Yokomen uchi Kokyo	Jo Atemi Basic 8 movements (8)
<u>KOTE GAESHI (wrist twisting technique)</u>	Kumi Tachi 1 + 2 + 3 + 4
29/30/31 Grading Pannel Choice Of Attack for Kote Gaeshi (3) 32/33 Your Choice Of Attack for Kote Gaeshi (2) Not repeating	Kumi Jo 1 + 2 + 3 + 4
<u>TENCHI NAGE (heaven and earth throw)</u>	
34. Yokomen uchi Tenchi Nage (strike to side of the head) 35. Mune Tsuki Tenchi Nage (punch to cheat area) 36. Ryote dori Tenchi Nage (both wrists grabbed from front)	
<u>SHIO NAGE (4 directional throw)</u>	
37/38. Grading Pannel Choice Of Attack for Shio Nage (2) 39. Aianmi Handachi Katate Dori Shionage Omote Waza 40. Hanmi Handachi Ryote Dori Shionage Omote Waza	
<u>KAITEN NAGE (rotary throw)</u>	
41/42 Gaku hamni Katate dori Kaiten nage Uchi Mawari & Soto Mawari	
<u>Koshi Nage</u>	
43. Ai Hamni hamni Katate dori Koshi nage (wrist grab) 44 Gaku hamni Katate dori Koshi nage (wrist grab) 45. Ushiro Ryote dori Koshi Nage (both wrists grabbed from behind)	
<u>Mutipule Attack</u>	
46. Ai Hamni hamni Katate dori Irimi Nage – 45 seconds 47 Gaku hamni Katate dori Kokyo nage – 45 seconds 48. Tskui – 45 seconds	
<u>Knife Attack</u>	
49/50/51. Tsuki – 3 techniques 52. Yokomen uchi Ura Waza Gokyo	
<u>Bokken Attack</u>	
53/54/55 Shomen uchi - 3 technique	