

合氣道



**aikiway**  
AIKIDO

Aikiway Aikido syllabus structure is to understand the basic 9 aikido techniques through the 16 attacking forms in positive (omote) and negative (ura) turns from initially a static format, then on the move and then in free format randori with the aim of understanding the different perspective standards of the technique e.g. Battlefield, sports, free form and kokyu.

### **Aikido Attacks (Forms) – both left and right (hidari & migi)**

Form	Description	Japanese term
1.	Cross hand grab to wrist	<i>Katatedori aihanmi</i>
2.	Same side hand grab to wrist	<i>Katatedori gyakuhanmi</i>
3.	Shoulder grab on the same side from the front.	<i>Katadori</i>
4.	Single hand grab to centre line of front body. (Grab the gi at mid-chest level bringing both sides of the lapels together)	<i>Munedori</i>
5.	Vertical knifehand strike from above the head to the centre of the forehead.	<i>Shomen Uchi</i>
6.	Diagonal knifehand (roundhouse) strike to the temple.	<i>Yokomen Uchi</i>
7.	A punch to the centre of the body on the vertical line. Anywhere from the stomach to the face area	<i>Tsuki</i> ( <i>jodan – upper,</i> <i>chudan – middle</i> )
8.	Grab to the back of the collar - grab the collar of the gi from behind at the nape of the neck.	<i>Ushiro eridori</i>
9.	Grab the elbow from the back quarter - right hand grab to right elbow from a 45 degree angle from behind or left hand grab to left elbow from a 45 degree angle from behind.	<i>Ushiro hijidori</i>
10.	Two hands grab to single wrist - two handed grab to one of your wrists from the front.	<i>Morotedori</i>
11.	Both wrists grabbed from the front	<i>Ryotedori</i>
12.	Both shoulders grabbed from the front	<i>Ryokatadori</i>
13.	Both wrists grabbed from behind	<i>Ushiro ryotedori</i>
14.	Both elbows grabbed from behind	<i>Ushiro ryo</i>
15.	Both shoulders grabbed from behind	<i>Ushiro ryokatadori</i>
16.	Strangle from behind - Japanese style of grabbing one wrist and reach around the neck from behind to grab the collar.	<i>Ushiro kubishime</i>

### **Attacking Postures**

1.	Tachi-waza – both standing
2.	Hanmi handachi waza – Uke standing, Tori kneeling either in lai-hiza or seiza
3.	Suwari-waza – both kneeling in lai-hiza or seiza.



## 5 Projections (Space and Shape):

	Description
1.	Shihonage - Front space on partner - Horizontal circle to vertical circle - upward curve in front space of partner (causing backward tilt)
2.	Kotegaeshi - Side space on partner - Front space to side space (causing backward tilt)
3.	Iriminage - Back Space on partner - Front space to side/back space (causing backward tilt) – O Soto Gari
4.	Kaitenage - Downward curve into front space of partner (causing forward tilt)
5.	Tenchi Nage – Controlling the front space to project into back space (causing backward tilt) – O Soto Otoshi

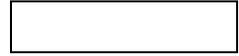
## 4 Pinning techniques (Structure or skeletal manipulation):

	Description	SKJJ Reference
1.	Ikkyo - Wrist and shoulder twist to guide your partner to the ground to perform a pin. Causes upward and forward rotational curve of shoulder joint	Arm-lock no.6
2.	Nikkyo - Wrist twist to create a downward direction to pin your partner. Causes a folding of arm joints to create a collapse of the body	Wrist-lock no.3
3.	Sankyo - Backward wrist twist to create a horizontal direction, then vertical cast to bring your partner to the ground to perform a pin. Causes a forward extended curve to lock up arm and create controlled movement.	Wrist-lock no.5
4.	Yonkyo - Knuckle pressure point to wrist to vertically cast your partner to the ground and perform a pressure point pin. Causes forward locking of arm to cause partner to turn away.	Arm-lock no.4



The triangle represents the generation of energy and is the most stable physical posture.  
 The circle symbolizes serenity and perfection, the source of unlimited techniques.  
 The square stands for solidity, the basis of applied control."  
 --O Sensei

### **6th Kyu - White Belt** (3 months training)



1st form - 18 techniques positive and negative

Tenkan movement - Back turning movement

Tai Sabaki movement - Front turning movement

Irimi movement - Entering movement

Sheiko - Knee walking

Basic Bokken cuts –

1. *Shomen Uchi (over back foot)*
2. *Shomen Uchi (stepping back into Jodan No Kami)*
3. *Breath Cut*
4. *Shomen Uchi (stepping along the line)*
5. *Renzoku Cut (stepping along the line)*

*note: 3 versions defensive, offensive and Obata block*

6. *ShomenUchi then Tsuki (same side stepping along the line)*
7. *Shomen cut right, Tsuki (Ski) left (stepping along the line)*

Basic Jo thrusts

Kokyu Nage 1st form (One Minute) - Breath throws in a circle (note: like a SKJJ Grab circle)

### **5th Kyu - Yellow Belt** (3 months training)



1st and 2nd forms - 36 techniques positive and negative

Sheiko Tenkan - Back turning movement kneeling

Sheiko Tai Sabaki - Front turning movement kneeling

Four-sided Shiho Nage 1st form

Basic Ukemi

Kokyu Nage 1st and 2nd form (One Minute) - Breath throws in a circle

### **4th Kyu - Orange Belt** (6 months training)



1st/2nd/3rd form - 54 techniques positive and negative

1st form on the move

Happo geri - 8 directional movement

Kokyu Ho - Kneeling breath extension

Basic Ukemi

Kokyu Nage 1st, 2nd & 3rd form (One Minute) - Breath throws in a circle.

### **3rd Kyu - Green Belt** (6 months training)



1st, 2nd, 3rd, 4th forms - 72 techniques positive and negative

1st form on the move

Hanmi Handachi x 2 - One kneeling, One standing

Kokyu Ho - Kneeling breath extension

Semi-advanced Ukemi

Tanto Dori x 2 - Knife taking techniques

13 Count Jo Kata - 13 Jo movement exercise

Jo Dori x 2 - Jo taking techniques

Kokyu Nage 1st, 2nd, 3rd and 4th forms (One Minute) - Breath throws in a circle

## **2nd Kyu - Blue Belt** *(9 months training)*

1st, 2nd, 3rd, 4th, 5th forms - 90 techniques positive and negative

1st and 2nd form on the move

Hanmi Handachi x 3 - One kneeling, One standing

Koshi Nage x 2 - Hip throws

Tanto Dori x 3 - Knife taking techniques

Advanced Ukemi

13 Count Jo Kata - 13 Jo movement exercise

31 Count Jo Kata - 31 Jo movement exercise

Jo Dori x 3 - Jo taking techniques

Jo Technique x 3 - Jo projection techniques

Kokyu Nage 1st, 2nd, 3rd, 4th and 5th form attacks (2 minute) - Breath throws in a circle

Kokyu Nage in Sheiko (1 minute) - Breath throws kneeling in a circle

## **1st Kyu - Brown Belt** *(12 months training)*

1st, 2nd, 3rd, 4th, 5th, 6th and 7th forms - 108 techniques positive and negative

1st and 2nd form on the move.

Koshi Nage x 3 - Hip throws

Counter Techniques x 3

Hanmi Handachi x 4 - One kneeling, One standing

Suwari Waza x 4 - Both kneeling

Tanto Dori x 4 - Knife taking techniques

13 Count Jo Kata - 13 Jo movement exercise

31 Count Jo Kata - 31 Jo movement exercise

Jo Dori x 4 - Jo taking techniques

Jo Technique x 4 - Jo projection techniques

7 Basic Bokken Cuts

Bokken Dori x 2 - Taking the Bokken away

Kokyu Ho x 2 - Kneeling breath extension

Kokyu Nage (2 minutes) - Breath throws in a circle

Randori (1 minute) - Technique throws in a circle

Kokyu Nage in Sheiko (1 minute) - Breath throws kneeling in a circle

## **1st Dan - Black Belt** *(12 months training)*

1st to 8th forms - *144 techniques positive and negative*

1st, 2nd and 3rd forms on the move.

Suwari Waza x 6 - *Both kneeling*

Hanmi Handachi x 6 - *One kneeling, One standing*

Koshi Nage x 4 - *Hip throws*

Taninzu Waza - *2 people holding*

Counter Techniques x 4

Tanto Dori x 5 - *Knife taking techniques*

13 Count Jo Kata - *13 Jo movement exercise*

31 Count Jo Kata - *31 Jo movement exercise*

Jo Dori x 6 - *Jo taking techniques*

Jo Technique x 6 - *Jo projection techniques*

13 Count Jo Pairs - *13 Jo pairs movement*

3 Kumi Jo Katas - *Paired Fighting Forms*

7 Basic Bokken Cuts

Sword/Bokken Dori x 4 - *Taking the Sword/Bokken away*

Bokken Blending x 2 - *Blending reply cuts*

Kumi Bokken x 2 - *Paired fighting kata*

Kokyu Ho x 2 - *Kneeling breath extension*

Kokyu Nage (2 minutes) - *Breath throws in a circle*

Kokyu Nage in Sheiko (1 minute) - *Breath throws kneeling in a circle*

Randori (2 minute) - *Technique throws in a circle.*

## **2nd Dan - Black Belt** *(3 years training)*

1st to 16th forms - 288 techniques positive and negative

1st to 4th forms random techniques on the move, 4 minutes

5th to 8th forms, 2 throw away and 2 immobilisation techniques from each form, positive and negative

Suwari Waza x 6 - *Both kneeling*

Hanmi Handachi x 6 - *One kneeling, One standing*

Koshi Nage x 4 - *Hip throws*

Taninzu Waza - *2 people holding*

Counter Techniques x 6

Tanto Dori x 6 - *Knife taking techniques*

20 Basic Jo Movements

13 Count Jo Kata - *13 Jo movement exercise*

31 Count Jo Kata - *31 Jo movement exercise*

Jo Technique x 9 - *Jo projection techniques*

Jo Dori x 6 - *Jo taking techniques*

13 Count Jo Pairs - *13 Jo pairs movement*

31 Count Jo Pairs - *31 Jo pairs movement*

3 Kumi Jo Katas - *Paired Fighting Forms*

7 Basic Bokken Cuts

Sword/Bokken Dori x 4 - *Taking the Sword/Bokken away*

Bokken Blending x 2 - *Blending reply cuts*

Kumi Bokken x 2 - *Paired fighting kata*

Bokken 2-Man Attacks

Kokyu Ho x 4 - *Kneeling breath extension*

Kokyu Nage (2 minutes) - *Breath throws in a circle*

Kokyu Nage in Sheiko (1 minute) - *Breath throws kneeling in a circle*

Randori (2 minute) - *Technique throws in a circle*