

UNITED STATES JUDO ASSOCIATION



合氣道



USJA (ACE) Aikido Certified Examiners Division Training Manual

By Doshu Edward E. Wilkes,
Division Chairman

for Students and Instructors

Millenium 3rd Edition

A course in Aikido for Junior's and Seniors







USJA (ACE) Aikido Certified Examiners Division Training Manual



The USJA (ACE) Aikido Certified Examiners Division Aikido Training Manual for Junior & Senior Aikidoka 3rd Edition Preface.

In the year of the Dragon (the second Millennium) 2000 and it was requested that a Aikido Manual be produced by the USJA (ACE) Aikido Certified Examiners Division Chairman, Edward Wilkes, for the United States Judo Association National Office to provide guidance for Aikido Instructors to teach Junior & Senior Aikidoka's. Technical excellence in Martial Arts training is one of our top priorities. We are now on our 3 Revision of the USJA (ACE) Aikido Certified Examiners Division Training Manual. 3rd Revision 2016.

"Our Mission Statement for Sensei should always strive to increase their commitment to an accurate and comprehensive level of teaching and training, keeping in mind that technical excellence is a "Top Priority". Regardless of the different teaching styles that exist today, it is important to remember that there is only one true Aikido." As leaders in Martial Arts, it is our sacred responsibility to ensure that all of our students receive the best possible "Mentoring" in both technique and philosophy in the study of the Martial Arts. Martial Arts training is the cornerstone of knowledge and basis for credible self-defense skills and the perfection of human character. Training in a comprehensive environment of Aikido skills is the "Key" by which we develop our Martial Arts proficiency and exercise the collective capabilities required in self-defense. Martial Arts training builds character and, when necessary, prepares the Aikidoka to better deal with physical confrontations. While Senior Yudansha determine the direction and goals of training, it is the Dojo Sensei who ensures that every training activity or class is well planned and rigorously conducted.

The following Minimum Rank Requirements listed in the USJA (ACE) Aikido Certified Examiners Division Training Manual are designed as guidelines to assist the Sensei in accomplishing the goals in teaching the techniques within the USJA (ACE) Aikido Certified Examiners Division. It is our duty as leaders in Aikido to provide challenging and realistic Martial Arts training for all of our Aikidoka's. The United States Judo Association will do its part in providing the Administrative support that is needed to encourage all Aikido Sensei's to study, understand, and teach the techniques presented in this Aikido Training Manual.

An Additional Training Manual (It will be added to this Manual as Volume 2) that will show Illustrated Aikido Training Techniques, (explaining in detail each attack along with counter technique. Teaching / Training Method All Aikido techniques are designed to turn an opponent's own power against themselves. This is accomplished by teaching our students proper body mechanics. These mechanics are taught by using an educational system that was developed in 1963 to teach hundreds if not thousands of law enforcement and military personnel all throughout Japan.

This proven method of teaching first starts by teaching the student proper etiquette. This places the student into the proper frame of mind to train. We then start to develop the body mechanics by teaching each student the proper stance (kamae). From this kamae, we move to the 6 basic movements of Aikido (kihon dosa). This exercise teaches body movement (Tai Sabaki) and teaches us to move in all directions, while maintaining balance and control, which leads to kokyu (breath power). Once the student's kihon dosa has become fluent, we move on to kihon Wza (basic technique). There are many basic techniques in Aikido with thousands of variations from those basics. The first four techniques are the guiding principles to all techniques that follow. These techniques (waza) teach such principles as hip and elbow power, circular body movement as well as teaching how to maintain a strong and balanced foundation while entering. This is accomplished by doing each motion and each technique repetitively until it becomes a natural movement of the body. This also includes the art of atemi (striking), we finish what we start, meaning, it is not uncommon for a technique to begin with atemi and finish with atemi. In Aikido, we complete our techniques by pinning/controlling or throwing our partners, rather than getting to point of off balancing them, then letting them go, only to have them fall or roll without a true throw or pin.

Of course, the art of ukemi (falling) is taught from day one and developed at every class. This includes learning how to properly roll forwards and backwards. Learning how to fall forward, backwards and to the side, as well as learning how to take high break falls. Like our waza, ukemi is taught in way that enables any student of Aikido to learn how to fall, without injuring themselves. Our ukemi practice also serves to teach us how to flow with our partners, thus becoming a part of the movement. This is very important in our training. Through this practice, we learn to relax so we can begin to feel the techniques and most importantly, the movement of our partner's body. We teach, the better your ukemi becomes the better shite (person doing waza) you become.

In the year of the Tiger the second Millennium 2016 USJA (ACE) Aikido Certified Examiners Division Chairman, Doshu Edward E. Wilkes was appointed to implement a New USJA (ACE) Aikido Certified Examiners Division Committee / Promotion Board. His first choice was to name the Aikido Division Vice Chairman / Secretary, Sensei David A. Dye). Our aim is to preserve and promote the growth of traditional Aikido. In this context, we are proud to provide technical and emotional support to those whose hearts and minds are committed to Aikido. The (ACE) Aikido Certified Examiners National Committee is composed of Sensei of various different systems of Aikido, each with their own unique background, approach and teaching styles. This committee is designed to coordinate a National Registry and provide social equality for the interest of all members. Those who are in accord with the objectives of this organization are welcome to apply for membership.



Edward E. Wilkes

Doshu Edward E. Wilkes, Chairman
USJA (ACE) Aikido Certified Examiners Division
Committee / Promotion Board





Committee/Promotion Board





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History of Aikido

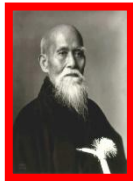


Present day *aikido* has its origins in *daito aikijutsu* which is said to have been founded by Prince Teijun, the sixth son of the Emperor Seiwa (850-880 AD). Through the prince's son, Tsunemoto, it was passed on to succeeding generations of the Minamoto family. By the time the art reached Shinra Saburo Yoshimitsu, the younger brother of Yoshiie Minamoto, it would appear that the foundations of the present *aikido* had already been laid.

Yoshimitsu was apparently a man of exceptional skill and learning. Yoshimitsu's second son Yoshikiyo lived in Takeda in the province of Kai where he eventually became known by this name. Subsequently, the techniques were passed on to successive generations as a secret art of the Takeda House and made known only to members and retainers of the family. In 1574, Takeda Kunitsugu moved to Aizu; the techniques continued to be passed on to his descendants only, and came to be known as the *aizu han otome waza*.

Thereafter, the art remained an exclusively *samurai* practice and was handed down within the family until Japan emerged from isolation into the Meiji period in 1868. At that time Sokaku Takeda, then head of the family, began to teach the art outside the Takeda household, travelling widely throughout the recently unified Japan and finally settling in Hokkaido. His son Tokimune Takeda opened the *daitokan dojo* in Abashiri, Hokkaido and continued to further the development of *daito ryu aikijujitsu*. The most outstanding of Sokaku Takeda's pupils was Morihei Ueshiba. Ueshiba Sensei, a man of rare ability, brought to *daito ryu aikijujitsu* the essentials of other ancient martial art schools and added techniques of his own devising to found modern *aikido*. For many years Ueshiba Sensei taught and guided from his dojo in Wakamoudho, Tokyo.

Founder of Modern Aikido



As a young man, Morihei Ueshiba (born December 14, 1882) had an unusual interest in the martial arts, philosophy, and religion. The environment of his youth, one of religious discipline and tradition, had an enormous effect on the course of his later life.

In the year 1898, Ueshiba left his home village outside Osaka and traveled to Tokyo to set up a small stationary business. While in Tokyo, he sought instruction in the martial arts. He actively investigated dozens of arts, but was eventually drawn to specialize in three: the sword style known as Yagyū Shinkage Ryu, the staff style known as Hozoin Ryu, and Tenjin Shinyo Jujutsu.

The Russo-Japanese War (1904) provided Ueshiba with a real situation to develop himself in accordance with the principles he had learned during his martial arts training. Ueshiba the soldier spent most of the war years in the harsh climate of northern Manchuria and by the end of the war, his health had deteriorated considerably. With characteristic vigor, he regained his vitality by way of long hours spent in outdoor labor. Soon after, Ueshiba was engaged by the government to lead a group of immigrants to Hokkaido (the northern island of Japan).

Another adventurous young man, Takeda Sokaku, head of the Takeda family, also made the move to Hokkaido. Ueshiba and Takeda met in 1905, and Ueshiba began his study of Daito Ryu Aiki-Jujutsu under Takeda Sensei. In addition, he continued to practice the other arts he had learned in Tokyo, particularly Kenjutsu and Jujutsu.

Travelling home to visit his ailing father, Ueshiba met a man name Deguchi Onisaburo, leader of the Omoto religion. Ueshiba was very impressed with Deguchi, and subsequently became one of his disciples. Although this commitment led him to further develop his mind, his martial arts studies were not neglected. In 1925, Ueshiba organized his own style of Aiki-Jujutsu; one that was more in line with his own needs for spiritual and physical development.

During the next decade, Ueshiba's students (Shioda, Tomiki, Mochizuki, and others) were active in building a foundation for the present-day Aikido. Ueshiba, however, was interested in seeking the true martial way; the essential spirit of Budo. In his search he left the dojo to work at farming. Through his closeness with nature and continued training, he tried to unify his spiritual and physical being. In 1950, after the Second World War, Ueshiba returned to the Tokyo dojo to continue teaching Aikido.

Continuing the evolution of martial "arts" to "ways" - from Bugei to Budo - Ueshiba Sensei diligently applied himself to the reworking of the techniques he had been taught and synthesized them into a form that taught harmony rather than violence. In this way he was able to integrate his spiritual beliefs and his great technical proficiency in the Art.

Ueshiba proclaimed that the true Budo way (the way of the warrior) was the way of peaceful reconciliation. He dedicated himself to the design of an art that would teach technical prowess and strength and commitment to the self discipline needed for personal growth. He named the new art form "Aikido".

Ueshiba Sensei continued to instruct until his death in 1968; earning the respect and admiration of all who met him. Before his death, he received a government award as the designer of modern Aikido and general acclaim for his efforts to bring peace and enlightenment to all.

As his concern and energy touched the lives of the students he worked with, several Aikido styles have evolved. The most notable of these styles are Yoshinkai, TomikiRyu, Aikikai, and the recent Shinsin Toitsu-Ryu. The founders of these styles were all dedicated men committed to the precepts set down by Master Ueshiba. Each developed certain elements of O-Sensei's teachings, so each style differs from the others while maintaining an essential sameness.




Patches, Rank Card & Promotion Certificates

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Executive medical services is provided by the United States Olympic Committee, which provides medical support and coordinated services to the athletes in a hospital and from a mobile medical unit. The medical unit is a mobile medical unit that can be deployed to the site of the event. The medical unit can be deployed to the site of the event. The medical unit can be deployed to the site of the event.

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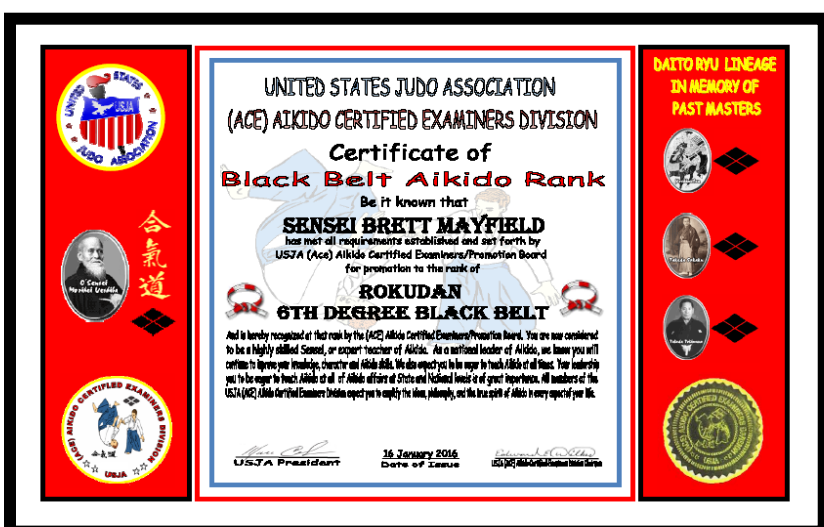
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CREED
By Theodore Roosevelt

It is not the critic who counts; not the man who points out how the strong man stumbles or the degree of his weakness; but the man who has found the way and goes on, who has learned to do, who knows his way through all the hardships of life, who has learned to do, who knows his way through all the hardships of life, who has learned to do, who knows his way through all the hardships of life.





Junior & Senior Minimum Aikido Requirements

Belt Rank / Belt Color / Age / Days in Class / Time In Grade / Instructor Ranks

Jr. Deg" Mon"	Belt Color	Age	Required Days in Class	Months in Grade
1 st	Yellow	5	12	Two
2 nd	Yellow	6	12	Two
3 rd	Orange	7	24	Three
4 th	Orange	8	24	Three
5 th	Green	9	30	Four
6 th	Green	10	30	Four
7 th	Blue	11	36	Five
8 th	Blue	12	36	Five
9 th	Purple	13	42	Six
10 th	Purple	14	42	Six
11 th	Brown	15	48	Seven
12 th	Brown	16	48	Seven

Guidelines For Advancing From Youth To Adult Classes

Students advancing from youth class to adult class must be given an examination to establish their qualification, using the below chart as a guide. As a general rule, youth ages 5~16 train in the youth/shonenbu class. youth ages 17~Above train in the adult class.

Conversion chart:

Jr.Deg " Mon" Ranks	Age	Required Kyu Exam	Sr. Kyu Rank
12 th	17	1 st - 3 rd	Nikyu
11 th	↓	1 st - 3 rd	Sankyu
9 th thru 10 th		4 th	Yonkyu
5 th thru 8 th		5 th	Gokyu
2 nd thru 4 th		6 th	Rokyu

Sr. Kyu	Belt Color	Age	Required Days in Class	Mmonths in Grade
Rokyu	White or Yellow	17	48	Three
Gokyu	White or Orange	↓	60	Four
Yonkyu	White or Green		72	Five
Sankyu	Brown		84	Six
Nikyu	Brown		96	Seven
Ikkyu	Brown	17	108	Eight

Sr. Dan	Belt Color	Age	Days in Class / Test	Inst. Rank	Yrs in Grade
Shodan	Black	17	100 + 20 Teaching / Shodan	N/A	9 Mounth
Nidan	Black	19	100 + 32 Teaching / Nidan	N/A	One
Sandan	Black	22	100 + 44 Teaching / Sandan	N/A	Two
Yondan	Black or Red / Black	26	100 + 56 Teaching / Yondan	N/A	Three
Godan	Black or Red / Black	31	100 + 68 Teaching / Godan	Renshi 2 nd Class	Four
Rokudan	Black or Red / White	37	N/A	Renshi 1 st Class	Five
Shichidan	Black or Red / White	44	N/A	Kyoshi 2 nd Class	Seven
Hachidan	Black or Red / White	52	N/A	Kyoshi 1 st Class	Eight
Kudan	Black or Red	61	N/A	Hanshi 2 nd Class	Nine
Judan	Black or Red	71	N/A	Hanshi 1 st Class	Ten

Note: Promotions to Rokudan and above will be by Recommendation and Service in teaching the spirit of Aikido within the "Aikido Division" of the United States Judo Association and approved by the Aikido Promotion Board and Certified by the USJA National Board of Directors. (a separate Instructor Ranks Certificate will be issued for "Renshi, Kyoshi, Hanshi" along with the corresponding Black Belt Rank Certificate for Godan thru Judan)

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USJA (ACE) Aikido Certified Examiners Division Training Manual

Junior Section







Junior Degree "Mon" Rank Requirements

The following requirements serve as the minimum requirements for Junior promotions within the USJA Aikido Division. It is strongly recommended that the Kihon Dosa's be demonstrated at each Junior Degree level. Each dojo has the option of adding to these requirements and making any changes that the dojo feels would help their students advance.

1st & 2nd Degree "Mon" Exams (Yellow Belt)

1. Seizaho	Correct way of sitting
2. Reiho	Etiquette and correct way of bowing
3. Koho ukemi :ichi	Back breakfalls without hitting #1
4. Koho ukemi :ichi	Back breakfalls without hitting #1
5. Zenpo Kaiten Ukemi Mi	Forward breakfall with hitting #2
6. Zenpo kaiten Ukemi San	Forward breakfall #3
7. Zenpo Kaiten Ukemi Ichi	Forward breakfall without hitting #1
8. Kamae	Basic Stance

3rd & 4th Degree "Mon" Exams (Orange Belt) Plus any techniques from 1st & 2nd Degree "Mon" Exams

1. Tai No Henko Ichi	Cross step in body change #1, Step-in movement when pulled
2. Tai No Henko Ni	95° pivot #2, Turning movement when pushed
3. Hiriki no Yosei Ichi	Elbow power #1, Forward movement when pulled
4. Hiriki no Yosei Ni	Elbow power #2, Shifting weight movement
5. Shumatsu Dosa Ichi	After class exercise #1
6. Shumatsu Dosa Ni	After class exercise #2
7. Hyaku hachi judo kaiten	180° pivot body change (solo)
8. Fumikomi hyaku hachi judo kaiten	Cross-step 180° pivot (solo)
* All movements to be performed alone	
* Only one side will be tested for Kihon Dosa (Basic Movements)	

5th & 6th Degree "Mon Exams (Green Belt), Plus any techniques from 1st thru 4th Degree "Mon" Exams

1. Katate mochi shihonage osae: ichi	One wrist grasp all direction pin #1
2. Katate mochi shihonage osae: ni	One wrist grasp all direction pin #2
3. Katate mochi nikajo osae: ichi	One wrist grasp second control pin #1
4. Katate mochi nikajo osae: ni	One wrist grasp second control pin #2
5. Katate mochi sokumen iriminage: ichi	One wrist grasp side step in throw #1
6. Katate mochi sokumen iriminage: ni	One wrist grasp side step in throw #2
7. Shomenuchi ikkajo osae: ichi	Front strike control pin #1
8. Shomenuchi ikkajo osae: ni	Front strike control pin #2
9. Shomenuchi shomen iriminage: ichi	Front strike front step in throw #1
10. Shomenuchi sankajo osae: ichi	Front strike third control pin #1
11. Shomenuchi sankajo osae: ni	Front strike third control pin #2
12. Shomenuchi shomen iriminage: ichi	Front strike front step in throw #1
13. Shomenuchi shomen iriminage: ni	Front strike front step in throw #2
14. Ryote mochi tenchinage: ichi	Both wrists grasp heaven and earth throw #1
15. Kata mochi nikajo osae: ichi	Shoulder grab control pin #1
16. Kata mochi nikajo osae: ni	Shoulder grab control pin #2
* Kihon Dosa (Basic movements) to be performed alone	
* Techniques will be tested both left and right side.	



Junior Rank Requirements

7th & 8th Degree "Mon" Exams (Blue Belt) Plus any techniques from 1st thru 6th Degree Mon Exams

1. Shikko-ho	Knee-walking
2. Ai-hanmi kamae – Sotai Dosa	Same Stance With Partner Left and Right Side
3. Shumatsu dosa ichi sotai dosa	After class exercise #1(with partner)
4. Shumatsu dosani sotai dosa	After class exercise #2 (with partner)
5. Yokomenuchi shihonage osae: ichi	Side strike all direction throw #1
6. Yokomenuchi shihonage osae: ni	Side strike all direction throw #2
7. Suwari waza kokyū-ho: ichi	Both sitting both wrist grasp breath method #1 (Uke is pulling)
8. Gyaku-hanmi Kamae – Sotai Dosa	Opposite Stance With Partner Left and Right Side
9. Yokomen uchi sokumen iriminage: ichi	Side strike side step in throw #1
10. Yokomen uchi sokumen iriminage: ni	Side strike side step in throw #2
11. Mune mochi hiji shime: ichi	Chest grasp elbow lock #1
12. Shomen Tsuki kotegaeshi: ichi	Body punch reverse hand throw #1
13. Shomen Tsuki kotegaeshi: ni	Body punch reverse hand throw #2
14. Ushirowaza Ryotemochi ikkajo osae: ichi	Behind both wrist grasp first control #1
15. Ushirowaza Ryotemochi ikkajo osae: ni	Behind both wrist grasp first control #2
16. Ushirowaza Kata mochi ikkajo osae: ichi	Behind Shoulder grab control pin #1
* Kihon dosa to be performed with partner	
* Techniques will be tested on both left and right side	

9th & 10th Degree "Mon" Exams (Purple Belt), Plus any techniques from 1st thru 8th Degree Mon Exams

1. Hidari Hanmi no Kamae	Left basic stance
2. Migi Hanmi no Kamae	Right basic stance
3. Ai-hanmi kamae sotai dosa	Same stance with partner
4. Zenpo Kaiten Ukemi Ichi	Forward breakfall without hitting #1
5. Tai no Henko Ichi	Cross step in body change #1 ,Step-in movement when pulled
6. Tai no Henko Ni	95° pivot #2, Turning movement when pushed
7. Hiriki no Yosei Ichi	Elbow power #1, Forward movement when pulled
8. Hiriki no Yosei Ni	Elbow power #2, Shifting weight movement
9. Suwari Waza, Shomen Uchi: Ikkajo Osae Ichi	Sitting technique, Front strike , First control pin #1
10. Katate Mochi; Nikajo Osae Ichi	One wrist grasp, second control pin #1
11. Shomen Uchi; Sankajo Osae Ichi	Front strike, third control pin #1
12. Ryote Mochi; Tenchi Nage Ichi	Both wrist grasp, heaven & earth throw #1
13. Shomen Uchi, shomen; Irimi Nage Ichi	Front strike, Front step in throw #1
14. Shitei Waza - Three	Three previous techniques by the examiner.
* Kihon Dosa to be performed with partner	
* all techniques will be tested on both left and right side	
* Shitei Waza - a technique chosen by the examiner from 1st - 8th Degree "Mon" Exam	



Junior Rank Requirements

11th & 12th Degree "Mon" Exams (Brown Belt)

1. Hidari Hanmi No Kamae	Left basic stance
2. Migi Hanmi No Kamae	Right basic stance
3. Ai-hanmi kamae sotai dosa	Mutual or Same stance with partner
4. Zempo Kaiten Ukemi Ichi	Forward breakfall without hitting #1
5. Tai no Henko Ichi	Cross step in body change #1, Step-in movement when pulled
6. Tai No Henko Ni	95° pivot #2, Turning movement when pushed
7. Hiriki No Yosei Ichi	Elbow power #1, Forward movement when pulled
8. Hiriki No Yosei Ni	Elbow power #2, Shifting weight movement
9. Shumatsu Dosa Ichi	After class exercise #1
10. Shumatsu Dosa Ni	After class exercise #2
11. Katate Mochi Nikajo Osae Ichi	One wrist grasp, Second control pin #1
12. Shomen Uchi Sankajo Osae Ni	Front strike, Third control pin #2
13. Shomen Uchi Kotegaeshi Ichi	Front strike, Reverse hand throw #1
14. Katate Mochi Hiji Ate Kokyu Nage Ni	One wrist grasp, "Hitting - elbow" Breath throw
15. Hanmi Handachi, Ryote Mochi; Shihonage	One sitting, one standing, Both wrist grasp, all direction throw
16. Shomen Uchi; Nikajo Osae Ichi	Front strike, Second control pin #1
17. Shite waza -Four	Four techniques selected by examiner from 11 th & 12 Deg "Mon" Shite Waza
18. Jiyu Waza - Shomen Uchi	Free style - Front strike
* Kihon Dosa to be performed with partner and all techniques will be tested on both left and right side	
* Shitei Waza is a technique called by the examiner from the list of Shitei wasa's listed below	

11th & 12 Degree "Mon" "Shite Waza"

<u>Shihonage waza</u> Katate mochi shihonage: ichi & ni Ryote mochi shihonage: ichi & ni Yokomen uchi shihonage: ichi & ni	<u>All direction throw techniques</u> One wrist grasp all direction throw #1 & #2 Both wrist grasp all direction throw #1 & #2 Side strike all direction throw #1 & #2
<u>Ikkajo waza</u> * Shomen uchi ikkajo osae: ichi & ni * Yokomen uchi ikkajo osae: ichi & ni * Kata mochi ikkajo osae: ichi & ni * Ushiro ryote mochi ikkajo osae: ichi & ni	<u>First control techniques</u> Front strike first control pin #1 & #2 Side strike first control pin #1 & #2 Shoulder grasp first control pin #1 & #2 Behind both wrist grasp first control pin #1 & #2
<u>Nikajo waza</u> * Katate mochi nikajo osae: ichi & ni * Kata mochi nikajo osae: ichi & ni * Shomen uchi nikajo osae: ichi & ni	<u>Second control techniques</u> One wrist grasp second control pin #1 & #2 Shoulder grasp second control pin #1 & #2 Front strike second control pin #1 & #2
<u>Sankajo waza</u> * Shomen uchi sankajo osae: ichi & ni * Yokomen uchi sankajo osae: ichi & ni * Ushiro ryotemochi sankajo osae: ichi & ni	<u>Third control techniques</u> Front strike third control pin #1 & #2 Side strike third control pin #1 & #2 Behind both wrist grasp third control pin #1 & #2
<u>Yonkajo waza</u> * Shomen uchi yonkajo osae: ichi & ni * Yokomen uchi yonkajo osae: ichi & ni	<u>Fourth control techniques</u> Front strike fourth control pin #1 & #2 Side strike fourth control pin #1 & #2
<u>Iriminage waza</u> * Katate mochi sokumen iriminage: ichi & ni * Kata mochi sokumen iriminage: ichi & ni * Shomen uchi shomen iriminage: ichi & ni * Yokomen uchi shomen iriminage: ichi & ni	<u>Step in throw techniques</u> One wrist grasp side step in throw #1 & #2 Shoulder grasp side step in throw #1 & #2 Front strike front step in throw #1 & #2 Side strike front step in throw #1 & #2
<u>Hiji shime waza</u> * Shomen uchi hiji shime: ichi & ni * Yokomen uchi hiji shime: ichi & ni * Kata mochi hiji shime: ichi & ni	<u>Elbow lock techniques</u> Front strike elbow lock #1 & #2 Side strike elbow lock #1 & #2 Shoulder grasp elbow lock #1 & #2
<u>Kotegaeshi waza</u> * Shomen uchi kotegaeshi: ichi & ni * Yokomen uchi kotegaeshi: ichi & ni	<u>Reverse hand techniques</u> Front strike reverse hand throw #1 & #2 Side strike reverse hand throw #1 & #2
<u>Tenchi nage waza</u> * Ryote mochi tenchi nage: ichi & ni	<u>Heaven and earth technique</u> Both wrist grasp heaven & earth throw #1 & #2
<u>Kokyu ho waza</u> Suwar iWaza ryote mochi kokyu ho: ichi & ni	<u>Breath method techniques</u> Both kneeling both wrist grasp #1 & #2

*Technique may be either standing or sitting



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USJA (ACE) Aikido Certified Examiners Division Training Manual

Senior Section







Senior Rank Requirements

The following requirements serve as the minimum requirements for Senior promotions within the USJA Aikido Division. It is strongly recommended that the Kihon Dosa's be demonstrated at each Kyu level. Each dojo has the option of adding to these requirements and making any changes that the dojo feels will help their students advance.

6th Kyu - White or Yellow Belt

1. Seiza-ho	Correct way of sitting
2. Rei-ho	Etiquette and correct way of bowing
3. Koho ukemi :ichi	Back breakfalls without hitting #1
4. Koho ukemi: ni	Back breakfalls without hitting, #2
5. Zempo kaiten ukemi: ichi	Forward breakfall without hitting #1
6. Zempo kaiten ukemi: ni	Forward breakfall with hitting, #2
7. Zempo kaiten ukemi: san	Forward breakfalls #3
8. Kamae	Basic Stance
9. Tai no henko: ichi	Cross step in body change #1 (solo) Step-in movement when pulled
10. Tai no henko: ni	95° pivot #2, (solo) Turning movement when pushed
11. Hiriki no yosei: ichi	Elbow power #1, (solo) Forward movement when pulled
12. Hiriki no yosei: ni	Elbow power #2, (solo) Shifting weight movement
13. Shumatsu-dosa: ichi	After class exercise #1 (solo)
14. Shumatsu-dosa: ni	After class exercise #2 (solo)
15. Hyaku hachi judo kaiten	180° pivot body change (solo)
16. Fumikomi hyaku hachi judo kaiten	Cross-step 180° pivot (solo)

5th Kyu – White or Orange Belt (Plus any technique, (selected by examiner), listed in 6th Kyu)

1. Katate mochi shihonage osae: ichi	One wrist grasp all direction pin #1
2. Katate mochi shihonage osae: ni	One wrist grasp all direction pin #2
3. Katate mochi nikajo osae: ichi	One wrist grasp second control pin #1
4. Katate mochi nikajo osae: ni	One wrist grasp second control pin #2
5. Katate mochi sokumen iriminage: ichi	One wrist grasp side step in throw #1
6. Katate mochi sokumen iriminage: ni	One wrist grasp side step in throw #2
7. Shomenuchi ikkajo osae: ichi	Front strike control pin #1
8. Shomenuchi ikkajo osae: ni	Front strike control pin #2
9. Shomenuchi shomen iriminage: ichi	Front strike front step in throw #1
10. Shomenuchi sankajo osae: ichi	Front strike third control pin #1
11. Shomenuchi sankajo osae: ni	Front strike third control pin #2
12. Shomenuchi shomen iriminage: ichi	Front strike front step in throw #1
13. Shomenuchi shomen iriminage: ni	Front strike front step in throw #2
14. Ryote mochi tenchinage: ichi	Both wrists grasp heaven and earth throw #1
15. Kata mochi nikajo osae: ichi	Shoulder grab control pin #1
16. Kata mochi nikajo osae: ni	Shoulder grab control pin #2

4th Kyu - White or Green Belt (Plus any technique, (selected by examiner), listed in 6th thru 5th Kyu)

1. Shikko-ho	Knee-walking
2. Ai-hanmi kamae – Sotai Dosa	Same Stance With Partner Left and Right Side
3. Shumatsu dosa ichi sotai dosa	After class exercise #1(with partner)
4. Shumatsu dosani sotai dosa	After class exercise #2 (with partner)
5. Yokomenuchi shihonage osae: ichi	Side strike all direction throw #1
6. Yokomenuchi shihonage osae: ni	Side strike all direction throw #2
7. Suwari waza kokyu-ho: ichi	Both sitting both wrist grasp breath method #1 (Uke is pulling)
8. Gyaku-hanmi Kamae – Sotai Dosa	Opposite Stance With Partner Left and Right Side
9. Yokomen uchi sokumen iriminage: ichi	Side strike side step in throw #1
10. Yokomen uchi sokumen iriminage: ni	Side strike side step in throw #2
11. Mune mochi hiji shime: ichi	Chest grasp elbow lock #1
12. Shomen Tsuki kotegaeshi: ichi	Body punch reverse hand throw #1
13. Shomen Tsuki kotegaeshi: ni	Body punch reverse hand throw #2
14. Ushirowaza Ryotemochi ikkajo osae: ichi	Behind both wrist grasp first control #1
15.. Ushirowaza Ryotemochi ikkajo osae: ni	Behind both wrist grasp first control #2
16. Ushirowaza Kata mochi ikkajo osae: ichi	Behind Shoulder grab control pin #1



Senior Rank Requirements

1st thru 3rd Kyu - Brown Belt (Plus any technique, (selected by examiner), listed in 6th & 4th Kyu)

1. Kamae	Basic stance
2. Bokken waza Hiriki no yosei: ichi & ni Tai no henko: ichi & ni	Basic movements with wooden Sword Elbow power # 1 & #2 Cross step in body change & 95° pivot
3. Zempo ukemi: ichi, ni, san	Forward breakfalls #1, #2, #3
4. Hiyaku ukemi	Jumping front breakfalls (solo)
5. Kihon dosa Hyaku hachi judo kaiten Hiriki no yosei: ichi & ni Tai no henko: ichi & ni	Basic movements with partner 180° pivot body change Elbow power #1 & #2 Cross step in body change & 95° pivot# 1 & #2
6. Shomen uchi yonkajo osae: ni	Front strike fourth control pin #2
7. Yokomen uchi kotegaeshi: ichi	Side strike reverse hand throw #1
8. Ushiro ryotemochi ikkajo osae: ichi	Behind both wrists grasp first control pin #1
9. Shite waza - Two	2 techniques selected by examiner from 1st - 3rd Kyu -Shite Waza
10. Jiyu waza Katate mochi Shomen Uchi Shomen tsuki	Continuation One wrist grasp techniques Front strike techniques Body punch techniques

1st - 3rd Kyu - Brown Belt "Shite Waza"

<u>Shihonage waza</u> Katate mochi shihonage: ichi & ni Ryote mochi shihonage: ichi & ni Yokomen uchi shihonage: ichi & ni	<u>All direction pin techniques</u> One wrist grasp all direction pin #1 & #2 Both wrist grasp all direction pin #1 & #2 Side strike all direction pin #1 & #2
<u>Ikkajo waza</u> * Shomen uchi ikkajo osae: ichi & ni * Yokomen uchi ikkajo osae: ichi & ni * Kata mochi ikkajo osae: ichi & ni * Ushiro ryotemochi ikkajo osae: ichi & ni	<u>First control techniques</u> Front strike first control pin #1 & #2 Side strike first control pin #1 & #2 Shoulder grasp first control pin #1 & #2 Behind both wrist grasp first control pin #1 & #2
<u>Nikajo waza</u> * Katate mochi nikajo osae: ichi & ni * Kata mochi nikajo osae: ichi & ni * Shomen uchi nikajo osae: ichi & ni	<u>Second control techniques</u> One wrist grasp second control pin #1 & #2 Shoulder grasp second control pin #1 & #2 Front strike second control pin #1 & #2
<u>Sankajo waza</u> * Shomen uchi sankajo osae: ni * Yokomen uchi sankajo osae: ichi & ni * Ushiro ryotemochi sankajo osae: ichi & ni	<u>Third control techniques</u> Front strike third control pin #2 Side strike third control pin #1 & #2 Behind both wrist grasp third control pin #1 & #2
<u>Yonkajo waza</u> * Shomen uchi yonkajo osae: ichi * Yokomen uchi yonkajo osae: ichi & ni	<u>Fourth control techniques</u> Front strike fourth control pin #1 Side strike fourth control pin #1 & #2
<u>Iriminage waza</u> * Katatemochi sokumen iriminage: ichi & ni * Kata mochi sokumen iriminage: ichi & ni * Shomen uchi shomen iriminage: ichi & ni * Yokomen uchi shomen iriminage: ichi & ni	<u>Step in throw techniques</u> One wrist grasp side step in throw #1 & #2 Shoulder grasp side step in throw #1 & #2 Front strike front step in throw #1 & #2 Side strike front step in throw #1 & #2
<u>Hiji shime waza</u> * Shomen uchi hiji shime: ichi & ni * Yokomen uchi hiji shime: ichi & ni * Kata mochi hiji shime: ichi & ni	<u>Elbow lock techniques</u> Front strike elbow lock #1 & #2 Side strike elbow lock #1 & #2 Shoulder grasp elbow lock #1 & #2
<u>Kotegaeshi waza</u> * Shomen uchi kotegaeshi: ichi & ni * Yokomen uchi kotegaeshi: ni	<u>Reverse hand techniques</u> Front strike reverse hand throw #1 & #2 Side strike reverse hand throw #2
<u>Tenchi nage waza</u> * Ryote mochi tenchi nage: ichi	<u>Heaven and earth technique</u> Both wrist grasp heaven & earth throw #1
<u>Kokyu ho waza</u> Ryote mochi kokyu ho: ichi & ni	<u>Breath method techniques</u> Both kneeling both wrist grasp #1 & #2

* suwari and tachi waza (Kneeling and standing technique)



Senior Rank Requirements

Shodan - Black Belt

1. Kamae
2. Hidari Hanmi No Kamae
3. Migi Hanmi No Kamae
4. Hiriki no yose ichi & ni (with partner)
5. Hanmi handachi ryotemochi shihonage osae ichi
6. Yokomen uchi yonkajo osae ni
7. Shomen tsuki kotegaeshi ni
8. Bokken waza - Kihon dosa renzoku
9. Kihon dosa to kanren waza
10. Shite waza 3 (Three techniques selected by examiner from Shodan-Shite Waza)
11. Shumatsu dosa ichi & ni (with partner)
12. Shite jiyu waza 1 (One techniques selected by examiner from Shodan - Shite Waza)

Shodan Shite Waza

Shiho Nage * Katate mochi shiho nage ichi & ni * Ryote mochi shiho nage ichi & ni * Yokomen uchi shiho nage ichi & ni * Hanmi handachi katate mochi shiho nage ichi & ni * Hanmi handachi ryote mochi shiho nage ichi & ni	Nikajo * Katate mochi nikajo osae ichi & ni * Kata mochi nikajo osae ichi & ni * Shomen uchi nikajo osae ichi & ni * Yokomen uchi nikajo osae ichi & ni
Ikkajo * Shomen uchi ikkajo osae ichi & ni * Yokomen uchi ikkajo osae ichi & ni * Katate mochi ikkajo osae ichi & ni * Kata mochi ikkajo osae ichi & ni Ushiro waza ryote mochi ikkajo osae ichi & ni Ushiro waza katate eri mochi ikkajo osae ichi & ni	Sankajo * Shomen uchi sankajo osae ichi & ni * Yokomen uchi sankajo osae ichi * Kata mochi sankajo osae ichi Ushiro waza ryote mochi sankajo osae ichi & ni Ushiro waza katate eri mochi sankajo osae ichi & ni
Yonkajo * Shomen uchi yonkajo osae ichi & ni * Yokomen uchi yonkajo osae ichi & ni * Katate mochi yonkajo osae ichi & ni	Kotegaeshi * Shomen uchi kotegaeshi ichi & ni * Shomen tsuki kotegaeshi ichi & ni
Sokumen Irimi Nage * Katate mochi sokumen irimi nage ichi & ni * Kata mochi sokumen irimi nage ichi & ni	Tenchi Nage * Ryote mochi tenchi nage ichi & ni
Shomen Irimi Nage * Shomen uchi shomen irimi nage ichi & ni * Yokomen uchi shomen irimi nage ichi & ni	Kokyu Ho * ryote mochi kokyuhō ichi & ni & san & yon
Hijishime * Shomen uchi hijishime ichi * Yokomen uchi hijishime ichi * Kata mochi hijishime ichi * Mune mochi hijishime ichi	Hijiate * Shomen uchi hijiate kokyu nage ichi * Yokomen uchi hijiate kokyu nage ichi * Katate mochi hijiate kokyu nage ichi * Ryote mochi hijiate kokyu nage ichi
Kokyu Nage Shomen uchi kokyu nage Yokomen uchi kokyu nage Katate mochi kokyu nage Ryote mochi kokyu nage Shomen tsuki kokyu nage	Jiyu Waza Shomen uchi jiyu waza Yokomen uchi jiyu waza Katate mochi jiyu waza Ryote mochi jiyu waza Shomen tsuki jiyu waza

* suwari and tachi waza (Kneeling and standing)



Senior Rank Requirements Nidan (Black Belt)

1. Tai no henko ichi
2. Suwari waza ryote mochi kokyuho yon
3. Ryote mochi sokumen iriminage ni
4. Shite waza 4 (Four techniques selected by examiner from Yudan-Shite Waza)
5. Shumatsu dosa ichi & ni
6. Shite jiyu waza 3 (Three Techniques selected by examiner from Nidan State Waza)
7. 2:1 Jiyu waza (1 bokken, 1 tanto) (2nd Dan - 2:1, 1 tanto)

Nidan Shite Waza

Shiho Nage * Katate mochi shiho nage ichi & ni * Ryote mochi shiho nage ichi & ni * Yokomen uchi shiho nage ichi & ni * Hanmi handachi katate mochi shiho nage ichi & ni * Hanmi handachi ryote mochi shiho nage ichi & ni	Nikajo * Katate mochi nikajo osae ichi & ni * Kata mochi nikajo osae ichi & ni * Shomen uchi nikajo osae ichi & ni * Yokomen uchi nikajo osae ichi & ni
Ikkajo * Shomen uchi ikkajo osae ichi & ni * Yokomen uchi ikkajo osae ichi & ni * Katate mochi ikkajo osae ichi & ni * Kata mochi ikkajo osae ichi & ni * Ushirowaza ryote mochi ikkajo osae ichi & ni * Ushirowaza katate eri mochi ikkajo osae ichi & ni	Sankajo * Shomen uchi sankajo osae ichi & ni * Yokomen uchi sankajo osae ichi & ni * Kata mochi sankajo osae ichi & ni * Ushirowaza ryote mochi sankajo osae ichi & ni * Ushirowaza katate eri mochi sankajo osae ichi & ni
Yonkajo * Shomen uchi yonkajo osae ichi & ni * Yokomen uchi yonkajo osae ichi & ni * Katate mochi yonkajo osae ichi & ni	Kotegaeshi * Shomen uchi kotegaeshi ichi & ni * Shomen tsuki kotegaeshi ichi & ni
Sokumen Irimi Nage * Katate mochi sokumen irimi nage ichi & ni * Kata mochi sokumen irimi nage ichi & ni	Tenchi Nage * Ryote mochi tenchi nage ichi & ni
Shomen Irimi Nage * Shomen uchi shomen irimi nage ichi & ni * Yokomen uchi shomen irimi nage ichi & ni	Kokyu Ho * ryote mochi kokyuho ichi & ni & san & yon
Hijishime * Shomen uchi hijishime ichi & ni * Yokomen uchi hijishime ichi & ni * Kata mochi hijishime ichi & ni * Mune mochi hijishime ichi & ni	Hijiate * Shomen uchi hijiate kokyu nage ichi & ni * Yokomen uchi hijiate kokyu nage ichi & ni * Katate mochi hijiate kokyu nage ichi & ni * Ryote mochi hijiate kokyu nage ichi & ni * ryote mochi kokyu nage ichi & ni
Kokyu Nage Shomen uchi kokyu nage Yokomen uchi kokyu nage Katate mochi kokyu nage Ryote mochi kokyu nage Shomen tsuki kokyu nage	Jiyu Waza Shomen uchi jiyu waza Shomen jiyu waza Yokomen uchi jiyu waza Kata mochi jiyu waza Katate mochi jiyu waza Ushirowaza ryote mochi jiyu waza Ryote mochi jiyu waza Tanto dori jiyu waza Shomen tsuki jiyu waza Bokken dori jiyu waza

* suwari and tachi waza (Kneeling and standing technique)



Senior Rank Requirements

Sandan (Black Belt)

1. Tai no henko ichi
2. Suwari waza ryote mochi kokyuhō yon
3. Ryote mochi sokumen iriminage ni
4. Shite waza 8 (Eight techniques selected by examiner from Yudan-Shite Waza)
5. Shumatsu dosa ichi & ni
6. Shite jiyu waza 24 (Four Techniques selected by examiner from Sandan State Waza)
7. 3:1 Jiyu waza (1 bokken, 1 tanto) (3rd Dan - 3:1, 1 tanto, 1 Sick)

Sandan Shite Waza

Shiho Nage * Katate mochi shiho nage ichi & ni * Ryote mochi shiho nage ichi & ni * Yokomen uchi shiho nage ichi & ni * Hanmi handachi katate mochi shiho nage ichi & ni * Hanmi handachi ryote mochi shiho nage ichi & ni	Nikajo * Katate mochi nikajo osae ichi & ni * Kata mochi nikajo osae ichi & ni * Shomen uchi nikajo osae ichi & ni * Yokomen uchi nikajo osae ichi & ni
Ikkajo * Shomen uchi ikkajo osae ichi & ni * Yokomen uchi ikkajo osae ichi & ni * Katate mochi ikkajo osae ichi & ni * Kata mochi ikkajo osae ichi & ni * Ushirowaza ryote mochi ikkajo osae ichi & ni * Ushirowaza katate eri mochi ikkajo osae ichi & ni	Sankajo * Shomen uchi sankajo osae ichi & ni * Yokomen uchi sankajo osae ichi & ni * Kata mochi sankajo osae ichi & ni * Ushirowaza ryote mochi sankajo osae ichi & ni * Ushirowaza katate eri mochi sankajo osae ichi & ni
Yonkajo * Shomen uchi yonkajo osae ichi & ni * Yokomen uchi yonkajo osae ichi & ni * Katate mochi yonkajo osae ichi & ni	Kotegaeshi * Shomen uchi kotegaeshi ichi & ni * Shomen tsuki kotegaeshi ichi & ni
Sokumen Irimi Nage * Katate mochi sokumen irimi nage ichi & ni * Kata mochi sokumen irimi nage ichi & ni	Tenchi Nage * Ryote mochi tenchi nage ichi & ni
Shomen Irimi Nage * Shomen uchi shomen irimi nage ichi & ni * Yokomen uchi shomen irimi nage ichi & ni	Kokyu Ho * ryote mochi kokyuhō ichi & ni & san & yon
Hijishime * Shomen uchi hijishime ichi & ni * Yokomen uchi hijishime ichi & ni * Kata mochi hijishime ichi & ni * Mune mochi hijishime ichi & ni	Hijiate * Shomen uchi hijiate kokyu nage ichi & ni * Yokomen uchi hijiate kokyu nage ichi & ni * Katate mochi hijiate kokyu nage ichi & ni * Ryote mochi hijiate kokyu nage ichi & ni * ryote mochi kokyu nage ichi & ni
Kokyu Nage Shomen uchi kokyu nage Yokomen uchi kokyu nage Katate mochi kokyu nage Ryote mochi kokyu nage Shomen tsuki kokyu nage	Jiyu Waza Shomen uchi jiyu waza Shomen jiyu waza Yokomen uchi jiyu waza Kata mochi jiyu waza Katate mochi jiyu waza Ushirowaza ryokata mochi jiyu waza Ryote mochi jiyu waza Tanto dori jiyu waza Shomen tsuki jiyu waza Bokken dori jiyu waza

* suwari and tachi waza (Kneeling and standing technique)



Senior Rank Requirements

Yodan or Yondan (Black or Black & Red Belt)

1. Tai no henko ichi
2. Suwari waza ryote mochi kokyuhō yon
3. Ryote mochi sokumen iriminage ni
4. Shite waza 10 (Ten techniques selected by examiner from Yudan-Shite Waza)
5. Shumatsu dosa ichi & ni
6. Shite jiyu waza 5 (Five Techniques selected by examiner from Yondan State Waza)
7. 4:1 Jiyu waza (1 bokken, 1 tanto) (4th Dan - 4:1, 1 tanto, 1 bokken, 1 Stick)

Yodan or Yondan Shite Waza

Shiho Nage * Katate mochi shiho nage ichi & ni * Ryote mochi shiho nage ichi & ni * Yokomen uchi shiho nage ichi & ni * Hanmi handachi katate mochi shiho nage ichi & ni * Hanmi handachi ryote mochi shiho nage ichi & ni	Nikajo * Katate mochi nikajo osae ichi & ni * Kata mochi nikajo osae ichi & ni * Shomen uchi nikajo osae ichi & ni * Yokomen uchi nikajo osae ichi & ni
Ikkajo * Shomen uchi ikkajo osae ichi & ni * Yokomen uchi ikkajo osae ichi & ni * Katate mochi ikkajo osae ichi & ni * Kata mochi ikkajo osae ichi & ni * Ushirowaza ryote mochi ikkajo osae ichi & ni * Ushirowaza katate eri mochi ikkajo osae ichi & ni	Sankajo * Shomen uchi sankajo osae ichi & ni * Yokomen uchi sankajo osae ichi & ni * Kata mochi sankajo osae ichi & ni * Ushirowaza ryote mochi sankajo osae ichi & ni * Ushirowaza katate eri mochi sankajo osae ichi & ni
Yonkajo * Shomen uchi yonkajo osae ichi & ni * Yokomen uchi yonkajo osae ichi & ni * Katate mochi yonkajo osae ichi & ni	Kotegaeshi * Shomen uchi kotegaeshi ichi & ni * Shomen tsuki kotegaeshi ichi & ni
Sokumen Irimi Nage * Katate mochi sokumen irimi nage ichi & ni * Kata mochi sokumen irimi nage ichi & ni	Tenchi Nage * Ryote mochi tenchi nage ichi & ni
Shomen Irimi Nage * Shomen uchi shomen irimi nage ichi & ni * Yokomen uchi shomen irimi nage ichi & ni	Kokyu Ho * ryote mochi kokyuhō ichi & ni & san & yon
Hijishime * Shomen uchi hijishime ichi & ni * Yokomen uchi hijishime ichi & ni * Kata mochi hijishime ichi & ni * Mune mochi hijishime ichi & ni	Hijiate * Shomen uchi hijiate kokyu nage ichi & ni * Yokomen uchi hijiate kokyu nage ichi & ni * Katate mochi hijiate kokyu nage ichi & ni * Ryote mochi hijiate kokyu nage ichi & ni * ryote mochi kokyu nage ichi & ni
Kokyu Nage Shomen uchi kokyu nage Yokomen uchi kokyu nage Katate mochi kokyu nage Ryote mochi kokyu nage Shomen tsuki kokyu nage	Jiyu Waza Shomen uchi jiyu waza Shomen jiyu waza Yokomen uchi jiyu waza Kata mochi jiyu waza Katate mochi jiyu waza Ushirowaza ryokata mochi jiyu waza Ryote mochi jiyu waza Tanto dori jiyu waza Shomen tsuki jiyu waza Bokken dori jiyu waza

* suwari and tachi waza (Kneeling and standing technique)



Senior Rank Requirements

Godan (Black or Black & Red Belt)

1. Tai no henko ichi
2. Suwari waza ryote mochi kokyuhō yon
3. Ryote mochi sokumen iriminage ni
4. Shite waza 12 (Twelve techniques selected by examiner from Yudan-Shite Waza)
5. Shumatsu dosa ichi & ni
6. Shite jiyu waza 6 (Six Techniques selected by examiner from Nidan State Waza)
7. 5:1 Jiyu waza (1 bokken, 1 tanto) (5 th Dan - 5:1, 2 tanto, 1 bokken, 2 Sticks)
Note: After Examination is completed will be awarded the Instructor rank of "Renshi" Junior Grade (2 nd Class)

Godan Shite Waza

Shiho Nage * Katate mochi shiho nage ichi & ni * Ryote mochi shiho nage ichi & ni * Yokomen uchi shiho nage ichi & ni * Hanmi handachi katate mochi shiho nage ichi & ni * Hanmi handachi ryote mochi shiho nage ichi & ni	Nikajo * Katate mochi nikajo osae ichi & ni * Kata mochi nikajo osae ichi & ni * Shomen uchi nikajo osae ichi & ni * Yokomen uchi nikajo osae ichi & ni
Ikkajo * Shomen uchi ikkajo osae ichi & ni * Yokomen uchi ikkajo osae ichi & ni * Katate mochi ikkajo osae ichi & ni * Kata mochi ikkajo osae ichi & ni * Ushirowaza ryote mochi ikkajo osae ichi & ni * Ushirowaza katate eri mochi ikkajo osae ichi & ni	Sankajo * Shomen uchi sankajo osae ichi & ni * Yokomen uchi sankajo osae ichi & ni * Kata mochi sankajo osae ichi & ni * Ushirowaza ryote mochi sankajo osae ichi & ni * Ushirowaza katate eri mochi sankajo osae ichi & ni
Yonkajo * Shomen uchi yonkajo osae ichi & ni * Yokomen uchi yonkajo osae ichi & ni * Katate mochi yonkajo osae ichi & ni	Kotegaeshi * Shomen uchi kotegaeshi ichi & ni * Shomen tsuki kotegaeshi ichi & ni
Sokumen Irimi Nage * Katate mochi sokumen irimi nage ichi & ni * Kata mochi sokumen irimi nage ichi & ni	Tenchi Nage * Ryote mochi tenchi nage ichi & ni
Shomen Irimi Nage * Shomen uchi shomen irimi nage ichi & ni * Yokomen uchi shomen irimi nage ichi & ni	Kokyu Ho * ryote mochi kokyuhō ichi & ni & san & yon
Hijishime * Shomen uchi hijishime ichi & ni * Yokomen uchi hijishime ichi & ni * Kata mochi hijishime ichi & ni * Mune mochi hijishime ichi & ni	Hijiate * Shomen uchi hijiate kokyu nage ichi & ni * Yokomen uchi hijiate kokyu nage ichi & ni * Katate mochi hijiate kokyu nage ichi & ni * Ryote mochi hijiate kokyu nage ichi & ni * ryote mochi kokyu nage ichi & ni
Kokyu Nage Shomen uchi kokyu nage Yokomen uchi kokyu nage Katate mochi kokyu nage Ryote mochi kokyu nage Shomen tsuki kokyu nage	Jiyu Waza Shomen uchi jiyu waza Shomen jiyu waza Yokomen uchi jiyu waza Kata mochi jiyu waza Katate mochi jiyu waza Ushiro ryokata mochi jiyu waza Ryote mochi jiyu waza Tanto dori jiyu waza Shomen tsuki jiyu waza Bokken dori jiyu waza

* suwari and tachi waza (Kneeling and standing technique)



Senior Rank Requirements

Rokudan thru Hatchidan (Black or Red & White Belt)

Kudan & Judan (Black or Red Belt)

"All promotion from Rokudan thru Judan will be done by the USJA (ACE) Aikido Certified Examiners Division Committee/Promotion Board and approved by USJA (ACE) Aikido Certified Examiners Division Chairman and ratified and signed by USJA President."

Special Note:

(" Kodansha Instructor Grades are Godan thru Judan and will be award by the USJA (ACE) Aikido Certified Examiners Division Committee/Promotion Board Aikido Chairman")

- Note: 1. Promotions are awarded by time in grade plus Aikido Service within the Aikido Division of the United States Judo Association
2. Rokudan will receive the Instructor rank of "Renshi" Senior Grade (1st Class)
 3. Shichidan will receive the Instructor rank of "Kyoshi" Junior Grade (2nd Class)
 - a. (7) Seven Years after receiving "Renshi" Senior Grade (1st Class)
 - b. Minimum Age 44
 4. Hatchidan will receive the Instructor rank of "Kyoshi" Senior Grade (1st Class)
 - a. (8) Eight Years after receiving "Kyoshi" Junior Grade (2nd Class)
 - b. Minimum Age 52
 5. Kudan will receive the Instructor rank of "Hanshi" Junior Grade (2nd Class)
 - a. (9) Nine Years after receiving "Kyoshi" Senior Grade (1st Class)
 - b. Minimum Age 61
 6. Judan will receive the Instructor rank of "Hanshi" Senior Grade (1st Class)
 - a. (10) Ten Years after receiving "Hanshi" Junior Grade 2nd Class)
 - b. Minimum Age 71



Personal Rank History

Mudansha Ranks

<u>Rank</u>	<u>Promotion Date</u>
Start Date	_____
Junior 1st Degree (Yellow Belt)	_____
Junior 2nd Degree (Yellow Belt)	_____
Junior 3rd Degree (Orange Belt)	_____
Junior 4th Degree (Orange Belt)	_____
Junior 5th Degree (Green Belt)	_____
Junior 6th Degree (Green Belt)	_____
Junior 7th Degree (Blue Belt)	_____
Junior 8th Degree (Blue Belt)	_____
Junior 9th Degree (Purple Belt)	_____
Junior 10 th Degree (Purple Belt)	_____
Junior 11 th Degree (Brown Belt)	_____
Junior 12 th Degree (Brown Belt)	_____
Rokkyu (Yellow Belt)	_____
Gokyu (Orange Belt)	_____
Yonkyu (Green Belt)	_____
Sankyu (Brown Belt)	_____
Nikyu (Brown Belt)	_____
Ikkyu (Brown Belt)	_____

Yudansha Ranks

<u>Rank</u>	<u>Promotion Date</u>
Shodan (Black Belt)	_____
Nidan (Black Belt)	_____
Sandan (Black Belt)	_____
Yondan (Black or Red & Black)	_____

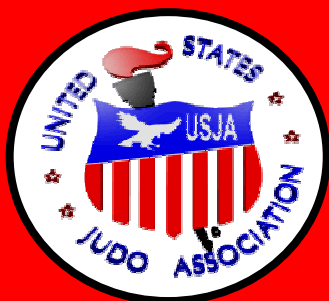
Kodansha Ranks

Godan (Black or Red & Black) (Renshi Instructor Rank Junior Grade 2 nd Class)	_____
Rokudan (Black or Red & White) (Renshi Instructor Rank Junior Grade 1 st Class)	_____
Shichidan ((Black or Red & White) (Kyoshu Instructor Rank Junior Grade 2 nd Class)	_____
Hachidan (Black or Red & White) (Kyoshu Instructor Rank Junior Grade 1 st Class)	_____
Kudan (Black or Red Belt) (Hanshi Instructor Rank Junior Grade 2 nd Class)	_____
Judan (Black or Red Belt) (Hanshi Instructor Rank Junior Grade 2 nd Class)	_____

UNITED STATES JUDO ASSOCIATION



合気道



USJA (ACE) Aikido Certified Examiners Division Training Manual

Japanese & English Terminology Section





USJA (ACE) Aikido Certified Examiners Division Training Manual



Japanese & English Terminology

Pronunciation Guide In Japanese, consonants are pronounced as in English but the vowels are slightly different, and are not usually silent when single. Some vowels are long, these are usually represented with macrons ('a') or doubled ('aa'). Long vowels are not indicated in the glossary. An 'n' is pronounced 'm' before 'm', 'p' and 'b'. The pronunciation of 'hi' is sometimes close to 'shi'.

A	As In "Father"
E	As In "Met"
I	As In "Marine"
O	As In "Solo"
U	As In "Rule"

For Example:

Ueshiba	Weh-she-bah
Budo	Boo-Doh
Aikido	I-kee-doh

Aikido Terms in Japanese Alphabetical Order

- A -

Agatsu	Victory over your egoism
Ai	Harmony
Ai Hanmi	Same stance
Aiki Nage	Kind of breath throw
Arigato Gozaimashita	Thank you very much
Ashi	Leg, foot
Ashi Kiriage	Cut the foot up
Ashikubi	Ankle
Atemi (Ate)	Strike
Awase	Matching
Aya	Cross
Ayagyakutemochi	Cross wrist reverse grasp
Ayajunmochi	Cross wrist straight grasp
Ayamochi	Cross wrist grasp

- B -

Bango Hajime	Begin counting
Bokken	Wooden sword
Bokken Motoe	Put back the bokken
Bokken Yoi	Take the bokken
Bukiwaza	Weapon techniques

- C -

Choyaku (Undo)	Jumping in place
Chudan (Seigan)	Basic sword stance



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Japanese & English Terminology Continued

- D -

Dai	Order, number
Do	Way
Dogi	Training uniform
Do giri	Horizontal body cut
Dohai	Equal
Dojo	Place of practice, study, or enlightenment
Dori	Take
Dosa	Movement
Doshu	Master of the Way

- E -

Eri	Collar
Erimochi	Collar grasp

- F -

Fukkin Undo	Leg lift exercise
Fukuso Totonoe	Fix your uniform
Fumikomi	Cross step
Fumikomi Kotai	Cross step back
Fumikomi Taihenko Ichi	Cross step in body change
Fumikomi Uketome	Cross step block
Fumikomi Yoke	Cross step evasion
Futari	Two persons

- G -

Gaeshi	Reversal or change (direction)
Gaiwan Uchi Yoke	Arm bent down block
Ganmen	Face
Ganmenzuki	Face thrust
Gedan	Basic Stance with weapon low
Giri	Cut
Go	Hard
Gyaku	Reverse
Gyaku Hanmi	Shiye/Uke in mirror image stance
Gyaku Mawashi	Circles in opposite direction
Gyakutemochi	Reverse grasp



Japanese & English Terminology Continued

- H -

Hajime	Begin
Hakama	A divided skirt
Hanmi Handachi	Shite sitting and uke standing
Happo Giri	Eight direction cut
Hashirikomi	Running steps
Hasshu Giri	Eight differen cuts
Hasso	A basic stance with weapon held vertical at shoulder
Hidari	Left
Hiji	Elbow
Hijiate Nage	Hitting elbow throw
Hijigiri	Elbow cut
Hijimochi	Elbow grasp
Hijishime	Elbow lock
Hijiosae	Elbow control
Hikiashi	Step back
Hikiotoshi Nage	Pulling down throw
Hirakimi	Open stance
Hiriki	Elbow
Hiriki No Yosei Ichi	Elbow power #1
Hiriki No Yosei Ni	Elbow power #2
Hitoemi	Side facing stance with shoulders and feet in line
Hiyaku	Jump
Hiyaku Ukemi	Jumping forward breakfall
Hiza	Knee
Hiza Giri	Knee cut
Hojodosa	Supplementary movement
Hyaku Hachi Ju Do Kaiten	180 Degree Pivot

- I -

Ichi Ni Tsuite	Everyone to their place
Ika	Less than
Ikkajo	First control
Ikkyu Yoke (Fumikomi Yoke)	First kyu evasion
Irimi	Step in
Irimi Nage	Step in throw
Irimi Zuki	Step in thrust



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Japanese & English Terminology Continued

- J -

Jiyu waza	Freestyle Technique
Jo	A wooden stick
Jodan	A basic stance with weapon held high
Ju	Flexible
Judogi	Practice uniform
Juji Kumi	Crossing (overlap)
Juji Nage	Arm cross throw
Juji Yoke	Arm cross block
Junbi Undo	Warm up exercises
Junmochi	Straight grasp

- K -

Kaiten	Rotary
Kaiten Nage	Rotary throw
Kaiten Yoke	180 degree, body change escape
Kakari Geiko	Continuous round training
Kakuji Hajime	Begin (doing) yourself
Kancho	Head of House
Kankyu	slow - fast
Kanren Waza	Applied technique
Kamae	Basic stance
Katahizatsuki	One knee down
Katakotai	Put on shoulder
Katamochi	Shoulder grasp
Kataoshi	Shoulder push
Katate Ayamochi	Cross wrist grab
Katate Ayajunmochi	Cross wrist straight grab
Katatemochi	One wrist grasp
Keiko Shuryo	Class dismissed
Ken	Sword
Kenshu	A period of more intensive training
Kenshusei	A kenshu student
Kessa Giri	Diagonal body cut (up or down)
Ki	Spirit; force; energy
Kiai	A cry concentrating Ki; (opp. aiki)
Kihon	Basic
Kihondosa	Basic movement
Kihonwaza	Basic technique
Kin Chaku Shibori	To squeeze out a towel (the sword on cutting)
Kirikaeshi	Block side with bokken



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Japanese & English Terminology Continued

Kirioroshi	Cut down
Kiriwake	Hands guiding - one palm up, one down
Kohai	Junior
Koho	Backward
Koho Kaiten Ukemi	Backward roll
Koho Ukemi Ichi	Back breakfall #1
Koho Ukemi Ni	Back breakfall #2
Kokyu	Breath
Kokyu Ho	Breath method
Kokyu Nage	Breath throw
Koshi Nage	Hip throw
Kotai	Retreat, change
Kote	Wrist
Kotegaeshi	Reverse hand throw
Kubi	Neck
Kubi Ate	Neck strike
Kumitachi	Sword forms with partner
Kuzure	Broken or sliding
Kuzushi	Advanced; an advanced movement

- M -

Ma-ai	Appropriate distance
Maki Otoshi	To push the opponents sword away in a circular thrust
Masakatsu	True victory
Meimoku	Close your eyes; empty your mind
Metsuke	Watching
Migi	Right
Misogi	Purification of mind and body
Mochi	Grasp
Mokuso	Close your eyes: concentrate
Mukai Atte, Kamae	Face each other, basic stance
Mukai Atte, Seiza	Face each other, kneel
Mune	Chest
Munemochi	Chest grasp

- N -

Nage	Throw
Naore	Back from kamae
Nido	Two times
Nido Mawari	Two times pivot
Nido Zuke	Two times thrust



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Japanese & English Terminology Continued

Nikajo	Second control
Nikyu Yoke (Kaiten Yoke)	Second kyu evasion (shuffle 180 degree pivot)
Nishu Hanpuku	Two kinds - repeat

- O -

Omote	Front
Onajiku	Same
Onegaishimasu	Please
Osae	Control
Otagaini Rei	Bow to each other
Oyo	Advanced, variation

- R -

Rei	Bow
Renshu	Practice
Renzoku	Continuation
Ri-Ai	Principle, mechanism
Ryo	Both
Ryohijimochi	Both elbows grasp
Ryohizatsuki	Both knees down
Ryote Hiraki	Both arms open
Ryotemochi	Both hands grasp
Ryu	Flow, style

- S -

Sabaki	Body movement
Sankajo	Third control
Sankaku	Triangle
Sankaku Yoke	Triangle block
Sankaku Uchi Yoke	Cutting triangle block
Sankaku Soto Yoke	Outside triangle block
Seiretsu	Line up
Seiza	Kneel (sitting on your heels)
Seiza Chumoku	Kneel and attention
Sempai	Senior
Sempai Ni Rei	Bow to the senior
Senaka	Back
Senaka Giri	Back cut
Sensei	Master; teacher
Sensei Ni Rei	Bow to the Sensei
Seoi	Over the shoulder



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Japanese & English Terminology Continued

Seoshi Undo	Back to back exercise
Shiho Nage	All direction throw
Shiho Nage Sabaki	All direction type of control
Shikko	Knee walking
Shime	Lock
Shin Ko Kyo	Breathing exercise
Shin Kon	Centering
Shisei O Tadashite	Stand up straight
Shita	Under
Shite	Performer of Technique
Shite Uke Kotai	Shite uke change
Shitei Waza	One previous technique
Shitoemi	(See Hitoemi)
Shitsumon	Question
Shomen	Front
Shomen Ni Rei	Bow to the front
Shomenuchi	Front strike
Shugyo	Everyone together (in a group)
Shumatsu Dosa Ichi	After class exercise #1
Shumatsu Dosa Ni	After class exercise #2
Shuto	Cut with edge of arm
Sodemochi Hyaku Ukemi	Sleeve grasp jumping breakfall
Soke	Founder
Sokumen Irimi Nage	Slide step in throw
Sotai Dosa	Movement with partner
Soto Yoke	Outside block
Suigetsu	Body (middle chest)
Suigetsu Zuki	Body thrust
Suriage	From under (raise up)
Suriashi	Slide
Suwari	Sitting
Suwari Komi	Suddenly drop to kneeling position
Suwari Waza	Kneeling techniques

- T -

Tachi	Weapons
Taihenko	Body change
Taihenko Ni (Kyu Ju Do Go kaiten)	95 degree pivot
Taihiraki	Body open
Taitenkan	Hands overhead body change
Tandoku	Solo



Japanese & English Terminology Continued

Tanto	Knife
Tatami	Straw mat
Tegatana	Hand sword
Tegatana Ate	Chop to face
Tegatana Kirioroshi	Chop with cut down
Tegatana Kubi ate	Chop to hit neck
Tegatana Michibiki	Lead/guide with hand
Tegatana Sabaki	Knife hand control
Tegatana Yoke	Knife hand block
Te Kiriwake	Hands move in opposite direction
Tekubi	Wrist
Tekubi Mawashi	Wrist circles
Tekubi Mochi	Wrist grasp
Tenchi Nage	Heaven and earth throw
Tenkai	Pivot
Tenkan	Body change
Tenkan Nage	Body change throw
Tenoko Mochi	Grab back side of hand
Tenoshita Kuguri	Duck under the arm
Tenouchi Kiriage	Cut up inside the wrist
Tobikoshi	Jump and go over
Tori Fune Undo	Rowing exercise
Toshu	Bare hands
Toshuwaza	Technique without weapons
Tsugiashi	Shuffle
Tsugiashi Taihenko	Shuffle in, body change
Tsuki (or zuki)	Thrust

- U -

Uchi	Strike
Uchi Yoke	Inside block
Ude	Arm
Udegarami	Arm lock
Ude Osae	Arm control
Ue	High
Uke	Follower of the technique; attacker
Uke Nagashi	A pivot block letting uke flow
Uke Tome	Block/stop straight
Ukemi	Breakfall
Ukemi Uchite Renshu	Mat hitting exercise



Japanese & English Terminology Continued

Unaji	Nape of the neck
Undo	Exercise
Ura	Back
Ushiro	Back, behind
Ushiro Nage	Back throw
Ushiro Waza	Behind technique

- W -

Waza	Technique
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- Y -

Yame	Stop, finish
Yoke	Protection (evasion)
Yokomenuchi	Side strike
Yonkajo	Fourth control
Yubi	Finger

- Z -

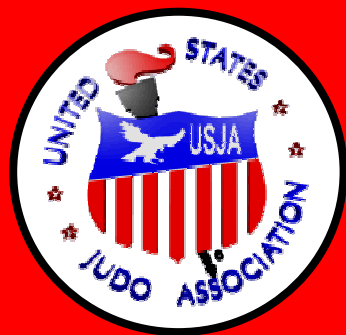
Zanshin	Remaining attentive, balance
Zenpo Kaiten Ukemi	Forward breakfall
Zujo Mawashi	Turn above the head
Zuki (or Tsuki)	Thrust



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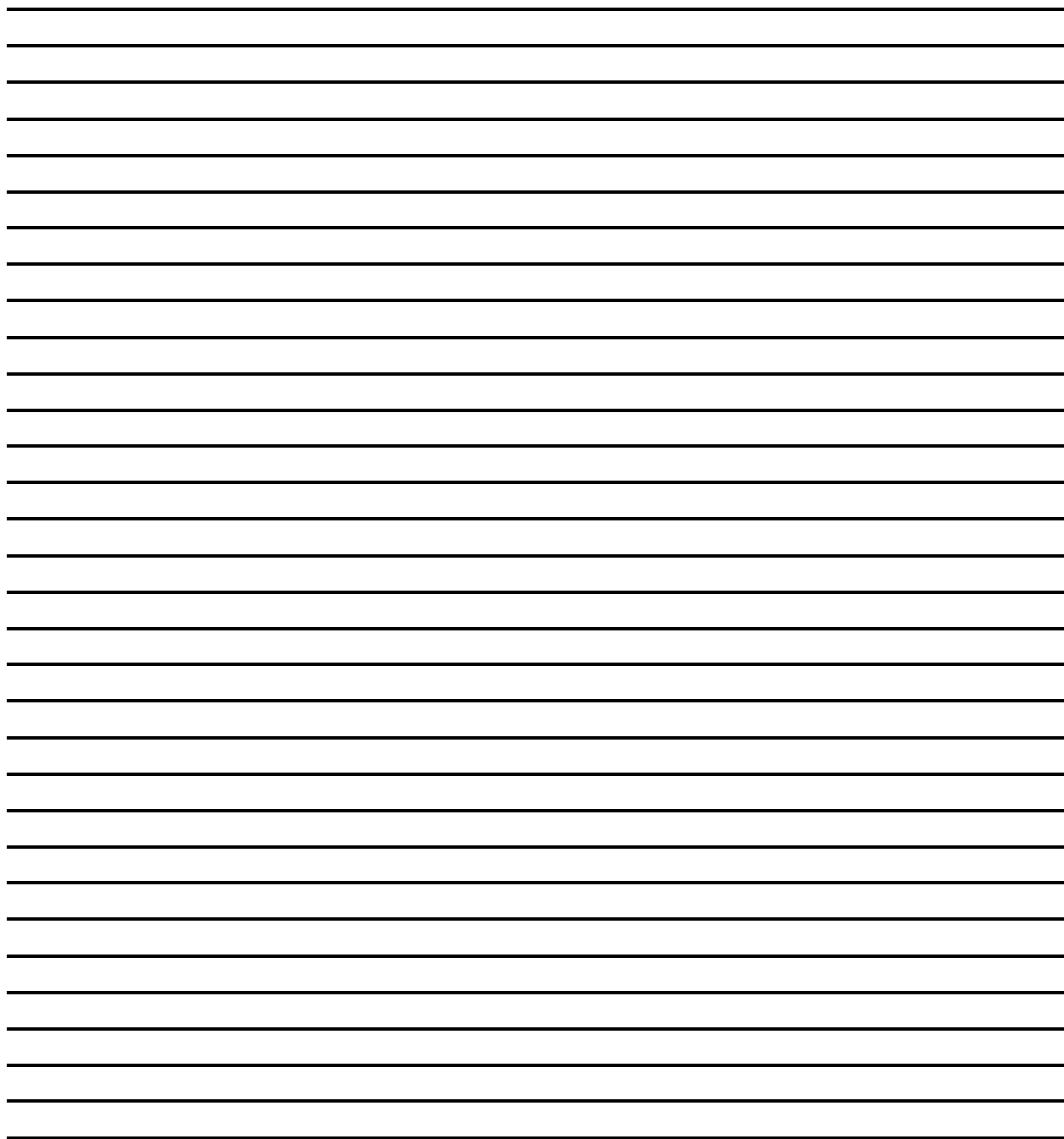
Additional Aikido Information and Notes





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