

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Shodan Kihon Waza

### Idori

1. Nigeru dori
2. Tenchi-nage
3. Aiki nage
4. Kote gaeshi
5. Tsuki shiho nage
6. Ude ikkajo osae
7. Mune ikkajo osae
8. Shomen uchi ikkajo osae

### Hanmi – Hantachi Waza

9. Katate mochi shiho nage
10. Ushiro kubi shime Ikkajo

### Tachi Waza

11. Mae zeme dori
12. Ryoto mochi atemi dori
13. Kote gaeshi
14. Tsuki shiho nage
15. Ude ashi osae
16. Mune ashi osae
17. Shomen uchi ashi osae
18. Ryote mochi – hihi jime
19. Yokomen uchi shiho nage
20. Tsuki irimi nage
21. Tani – otoshi
22. Kubi shime nage

### Sitting Techniques

- Escape art  
Heaven & earth throw  
Harmonious spirit throw  
Wrist turn  
Thrust four direction throw  
Arm first control  
Chest first control  
Front strike first control

### 1 person standing, 1 person sitting

- One hand grab four direction throw  
Rear neck strangulation 1<sup>st</sup> Control

### Standing Techniques

- Front attack art  
2 hand grab – strike to the body art  
Wrist turn  
Thrust – four directional throw  
Arm – foot control  
Chest – foot control  
Front strike – foot control  
Two hand grab – elbow lock  
Side strike four direction throw  
Thrust entering throw  
Valley drop  
Neck strangulation throw

### Gensoku

- Nigeru  
Nage  
Nage  
Kote gaeshi  
Shiho nage  
Ikkajo  
Ikkajo  
Ikkajo

### Gensoku

- Nage  
Ikkajo

### Gensoku

- Kamae  
Atemi  
Kote gaeshi  
Shiho nage  
Ikkajo  
Ikkajo  
Ikkajo  
Shiho nage  
Shiho nage  
Nage  
Otoshi  
Nage

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## Kihon Doza

1. Mae Mawari
2. Ushiro Mawari
3. Mae Mawari Kaiten
4. Ushiro Mawari Kaiten
5. **Ayumiashi – 18 Movements**
6. Tai No Henko Ichi
7. Tai No Henko Ni
8. Hiriki No Yosei Ichi
9. Hiriki No Yosei Ni
10. Shumatsu Dosa Ichi
11. Shumatsu Doza Ni
12. **Kihon Doza Renzoku - 48 movements**

### Variations

1. Kage, Juji & Masu ( Suriashi & Sashiashi)
2. Tatebishi, Yokobishi & Sotobishi

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Gokyu – Yellow Belt (5<sup>th</sup> level)

- I. Oral examination:
- A. Give a brief history of Jujutsu, including Daito Ryu, Hakko Ryu and Shikon-Ryu Aikibudo.
  - B. Describe the Shikon-Ryu Aikibudo ranking system; kyu, dan & instructor licenses.
  - C. Name and describe the three preliminary concepts of self-defense.
  - D. Name and describe the three elements needed to apply a technique.
  - E. Name and describe the elements to a martial artist's state of mind.
- II. Physical examination:
- A. Ukemi (Body Sacrifice/Protection):
- |                             |                      |
|-----------------------------|----------------------|
| Forward rolls               |                      |
| Backward rolls              |                      |
| Forward into backward rolls |                      |
| Mae sutemi                  | Forward break fall   |
| Ushiro sutemi               | Backwards break fall |
| Ura sutemi                  | Rear break fall      |
| Yoko sutemi                 | Side break fall      |
- B. Atemi Waza (Striking Techniques):
- |              |   |
|--------------|---|
| Tsuki        | Thrust with a fist  |
| Shomen uchi  | Overhead strike to head   |
| Yokomen uchi | Strike to the side  |
| Uraken uchi  | Back fist strike  |
| Shuto uchi   | Knife hand strike   |
| Metsubushi   | Finger strike to eyes   |
| Mai geri     | Front kick  |
| Mawashi geri | Round kick  |
| Yoko geri    | Side kick   |
| Ushiro geri  | Rear kick   |
| Kakato geri  | Instep kick (arched interior area of the foot between the ball and ankle) |
- C. Tai Sabaki Ichi:
- 1) Right leg back
  - 2) Left leg back
  - 3) Left foot forward right foot side
  - 4) Right foot forward left foot side
  - 5) Left foot cross and forward
  - 6) Right foot cross and forward

**Tai Sabaki Ichi (continued):**

- 7) Right leg back 180 degrees
- 8) Left leg back 180 degrees
- 9) Left leg forward 180 degrees
- 10) Right left forward 180 degrees

**D. Shodan Kihon Waza (First Basic Techniques):**

- 1) Be able to name (English/Japanese) and perform Shodan Kihon Waza in order with basic proficiency.

**E. Regular attendance and constant striving to improve, reflecting a commitment to your training.**

**F. Practice Reishiki (etiquette and traditions in dojo):**

- 1) Proper bowing and greetings. Proper tying of belt. Regular practice of misogi. Knowledge of bowing in and out of class and entering/leaving dojo.

**Note: When you feel prepared to test, approach Sensei or Black Belt. On the day of your demonstration it is customary for the student to practice in misogi (cleaning of dojo) and bring flowers for the shomen.**

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Yonkyu – Green Belt (4<sup>th</sup> level)

- I. **Written Examination:**
- A. In essay form, define the three elements to a state of mind, according to your understanding of them.
  - B. Define: Gensoku.
  - C. List the nine (9) principles of the Shodan Kihon. Four (4) opening principles and five (5) main principles.
- II. **Physical Examination:**
- A. **Ukemi (Body Sacrifice/Protection):**
    - 1) All previous ukemi plus
      - i. High fall from kote geashi
  - B. Atemi waza (Striking Techniques).
  - C. Tai Sabaki Ichi and Tai Sabaki Ni.
  - D. **Demonstrate all mochi (grabs)\*:**

1) Katate mochi	One hand wrist grab
2) Morote mochi	Two hands on one wrist grab
3) Ryote mochi	Two hands on two wrists grab
4) Gyakute mochi	Cross hand wrist grab
5) Ude mochi	Arm grab
6) Mune mochi	Chest grab
7) Kata mochi	Shoulder grab
8) Hiji mochi	Elbow grab
9) Obi mochi	Belt grab
  - \* Be able to demonstrate any combination of the grabs such as:  
Ushiro katate mochi kubi shimi; rear 1 hand grab, neck strangulation.
  - E. **Demonstrate Yon Kokyu Nage:**
    - 1) Entering, throw
    - 2) 180 degree turn, throw
    - 3) Half step back, throw
    - 4) Full step back, throw
  - F. **Demonstrate and give the names of the Shodan Kihon techniques (in Japanese and English) in order and name the gensoku (principle) in each technique, showing improved performance and understanding.**

**G. Demonstrate Hakuda (Self-Defense Movement):  
Ending in kote gaeshi.**

- 1) Tsuki
  - A) Outside open
  - B) Outside cross
  - C) Inside open
  - D) Inside cross
- 2) Shomen Uchi
  - A) Outside
  - B) Inside
  - C) Catch and Receive
- 3) Yokomen Uchi
  - A) Catch and Receive
  - B) Inside
- 4) Uraken Uchi
  - A) Outside (forward)
  - B) Inside
- 5) Shuto Uchi
  - A) Outside (180 degree turn)
  - B) Inside
- 6) Mae Geri
  - A) Outside
  - B) Inside

**H. Henka (variations) ending in kote gaeshi:**

- |                     |               |
|---------------------|---------------|
| 1) Idori            | Sitting       |
| 2) Hanmi – Hantachi | Half-Standing |
| 3) Tachi            | Standing      |

I. Regular attendance and constant striving to improve, reflecting a commitment to your training.

J. Practice etiquette and traditions in dojo.

Note: When you feel prepared to test, approach Sensei or a Black Belt. On the day of your demonstration it is customary for the student to practice in misogi (cleaning of the dojo) and bring flowers for the shomen.

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Sankyu - Green Belt (3<sup>rd</sup> level)

- I. **Written examination:**
  - A. **Explain and define: bujutsu, budo, bushido, misogi, shinki, kohai, sempai, rei and Renkishin Dojo.**
  
- II. **Physical examination:**
  - A. Ukemi (Body Sacrifice / Protection).
    - 1) All previous ukemi plus:
      - High fall from nage**
      - High fall from otoshi**
  
  - B. Atemi waza (Striking Techniques).
  
  - C. Tai Sabaki Ichi, Tai Sabaki Ni **and Tai Sabaki San.**
  
  - D. Demonstrate all mochi (grabs).
  
  - E. Demonstrate Yon Kokyu Nage.
  
  - F. **Demonstrate Go Hiji Nage (both sides).**
    - 1) **Grab gyakute, step thru and throw.**
    - 2) **Grab gyakute, turn 180 degrees and throw.**
    - 3) **Palm up, turn 180 degrees, counter grab and throw.**
    - 4) **Palm down, step under, continue turning, step through and throw.**
    - 5) **Palm down, (cont. as above) block strike, end in any hiji ate.**
  
  - G. Demonstrate Shodan Kihon techniques.
    - 1) Showing improved performance and understanding with an emphasis on posture.
  
  - H. Demonstrate Hakuda (Self-Defense Movement):  
**Ending in ikkajo–8 variations.**
  
  - I. Demonstrate Henka from idori, hanmi-hantachi and tachi, ending all techniques in **shiho nage, nage and otoshi.**

### III. Weapon Goshin Waza:

#### A. Tanto Dori - Defense against tanto (knife):

- 1) Tsuki/outside
- 2) Tsuki/inside
- 3) Shomen uchi
- 4) Yokomen uchi
- 5) Uraken uchi
- 6) Slashing attack
- 7) Knife to chest
- 8) Knife to side of neck with collar grab
- 9) Knife to back
- 10) Ushiro katate kubi shimi (rear 1 hand grab, knife to throat)

#### B. Tanto vs. Tanto:

- 1) Tsuki to abdomen.
  - a. Knife straight out with sharp edge facing up.
- 2) Slash to abdomen, jab to back of neck.
  - a. Knife tucked against wrist with sharp edge facing down.
- 3) Side step, cut wrist, jab to temple, thrust to lower back.
  - a. Knife tucked against wrist with sharp edge facing up.
- 4) 180 degree turn, thrust to upper body.
  - a. Knife transferred to other hand with knife straight out and sharp edge down for slash at throat.
  - b. When practicing opposite side, knife transferred to other hand in same position as number 3 for stab at throat.

C. Regular attendance and constant striving to improve, reflecting a commitment to your training.

D. Practice etiquette and traditions in dojo.

Note: When you feel prepared to test, approach Sensei or a Black Belt. On the day of your demonstration it is customary for the student to practice in misogi (cleaning of the dojo) and bring flowers for the shomen.



# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Nikyu – Brown Belt (2<sup>nd</sup> level)

- I. **Written examination**
  - A. **List any five budo and five bujutsu arts. Give a brief explanation of them.**
  
- II. **Physical examination:**
  - A. Demonstrate all ukemi and sutemi.
  - B. Demonstrate all atemi waza and mochi.
  - C. Demonstrate Kihon Doza.
  - D. Demonstrate Tai Sabaki Ichi, Tai Sabaki Ni and Tai Sabaki San.
  - E. Demonstrate Sotai Ichi and Sotai Ni (Bo/Sword).**
  - F. Demonstrate Kihon Waza.
  - G. Demonstrate Yon Kokyu Nage.
  - H. Demonstrate Go Hiji Nage.
  - I. Demonstrate Hakuda (Self-Defense Movement):  
**Ending in shiho nage, nage and otoshi.**
  - J. Demonstrate Henka from idori, hanmi-hantachi and tachi, ending all techniques in **shiho nage, nage and otoshi.**
  
- III. **Weapon Goshin Waza:**
  - A. Tanto Dori from ten basic attacks.
  - B. Four defenses with a tanto.
  - C. Demonstrate the 12 Batto Jutsu Saburi.**
  - D. Demonstrate the Batto Jutsu Happo Giri.**

**Weapon Goshin Waza (continued):**

**E. Demonstrate the four Bokuto Goshin Waza (defense against the wooden sword):**

- 1) Kote gaeshi from straight cut**
- 2) Ikkajo osae from kesa cut**
- 3) Shiho nage from 2 attacks-jab/straight cut**
- 4) Nage from 3 attacks – straight cut/yoko cut/straight cut**

**IV. Additional considerations for promotion:**

- A. Regular attendance and consistency in training.**
- B. Able to lead the class in basic stretches, atemi waza and ukemi.**
- C. Practice etiquette and traditions in dojo.**

Note: When you feel prepared to test, approach Sensei or a Black Belt. On the day of your demonstration it is customary for the student to practice in misogi (cleaning of the dojo) and bring flowers for the shomen.

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Ikkyu – Brown Belt (1<sup>st</sup> level)

- I. **Written examination:**
  - A. Write out the Shodan Kihon Waza with gensoku in Japanese and English.
  
- II. **Physical examination:**
  - A. Demonstrate all ukemi and sutemi.
  - B. Demonstrate all atemi waza and mochi.
  - C. Demonstrate all Kihon Doza.
  - D. Demonstrate Tai Sabaki Ichi, Ni & San plus Sotai Ichi & Sotai Ni (Bo/Sword).
  - E. Demonstrate Kihon Waza.
  - F. Demonstrate Yon Kokyu Nage (both sides).
  - G. Demonstrate Go Hiji Nage (both sides).
  - H. Demonstrate Hakuda (Self-Defense Movement)  
**Ending in any Shodan principle.**
  - I. Demonstrate Henka from idori, hanmi-hantachi and tachi, ending in any Shodan principle.
  
- III. **Weapon Goshin Waza:**
  - A. Tanto Dori from ten basic attacks.
  - B. Four defenses with a tanto.
  - C. Demonstrate 12 Batto Jutsu Saburi (wooden sword movement).
  - D. Demonstrate the Batto Jutsu Happo Giri.
  - E. Demonstrate the four Bokuto Goshi Waza (defense against a sword).
  - F. **Demonstrate the Jo Suburi (40 movements).**

**Weapon Goshin Waza (continued):**

**G. Demonstrate the 3 Jo Kumite (partner practice).**

**IV. Additional considerations for promotion:**

**A. Consistency in training.**

**B. Able to help Sensei in leading class and teaching kihon techniques.**

**C. Assisting in dojo events and/or demonstrations.**

# Shikon – Ryu Aikibudo Honbu Renkishin Dojo

## Requirements for Shodan – 1<sup>st</sup> Degree Black Belt

- I. **Written examination – Ask Sensei when ready.**
- II. **Physical examination:**
  - A. Demonstrate all ukemi and sutemi (from kote gaeshi, shiho nage, nage and otoshi).
  - B. Demonstrate all atemi waza and mochi.
  - C. Demonstrate Kihon Doza.
  - D. Demonstrate Tai Sabaki Ichi, Ni & San with Sotai Ichi & Ni (Bo/Sword).
  - E. Demonstrate Yon Kokyu Nage (both sides).
  - F. Demonstrate Go Hiji Nage (both sides).
  - G. Demonstrate Kihon Waza with proficiency; **emphasizing control, relaxation and connection while executing the techniques.**
  - H. Demonstrate Hakuda (Self-Defense Movement):  
Ending in any Shodan principle.
  - I. **Demonstrate Kaeshi Waza (reversals from kote gaeshi, ikkajo osae, shiho nage, nage and otoshi).**
  - J. Demonstrate Henka from idori, hanmi-hantachi, tachi **and isu (chair) waza** ending in any Shodan principle (show control and proper use of atemis).
- III. **Weapon Goshin Waza:**
  - A. Tanto Dori from ten basic attacks.
  - B. Four defenses with a tanto.
  - C. Demonstrate 12 Batto Jutsu Saburi (with sword movement).
  - D. Demonstrate Batto Jutsu Happpo Giri (with sword).
  - E. **Demonstrate the 4 Katana Goshin Waza (defense against the sword).**
  - F. **Demonstrate the 10 Katana Mochi Goshin Waza (1 hand grab attacks).**

**Weapon Goshin Waza (continued):**

- G. Demonstrate the Jo Suburi (40 movements).
- H. Demonstrate the 10 Jo Goshin Waza.**
- I. Demonstrate the 3 Jo Kumite (partner practice).
- J. Demonstrate the 5 Tanju Goshin Waza (defense against the gun).**