

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Hachikyu 8<sup>th</sup> Level (Yellow Belt)

### Ukemi: Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick

### Kihon Waza: Basic Techniques

<b>Idori</b>	<b>Sitting Techniques</b>
1. Nigeru dori	Escape art
2. Tenchi nage	Heaven & earth throw
3. Aiki nage	Harmonious spirit throw
4. Kote gaeshi	Wrist turn
5. Tsuki shiho nage	Thrust four-direction throw
<b>Tachi waza</b>	<b>Standing Techniques</b>
6. Mae zeme dori	Front attack art
7. Ryote mochi atemi dori	2 hand grab – strike to the body art
8. Kote gaeshi	Wrist turn
9. Tsuki shiho nage	Thrust four-direction throw

## Principles of Shikon Ryu Aikibudo

- Awareness – The ability to recognize your surroundings and situations in which a conflict could arise and lead to a violent action
- Assessment – The ability to gather information in a situation in order to determine appropriate action
- Action – Responding appropriately to someone or to a situation. The three forms of action are:
  - 1) No challenge – Walk away from the situation
  - 2) No resistance – Use verbal skills or avoid getting involved in the situation
  - 3) No injury – Do only what is necessary in self defense to control an attacker

### **Additional Material**

1. Know how to tie your belt correctly
2. *Happo giri* (8 directional exercise)
3. Know when to bow in the dojo (school)
  - Bow when entering and leaving the dojo
  - Bow to the teacher (*sensei*)
  - Bow onto and off the mat
  - Bow at the beginning and end of class
  - Bow to your training partner at the beginning or ending of a technique/movement
  - Bow weapons on and off the mat
4. Why do we bow (*rei*) ? To show respect to each other and the art of Shikon Ryu Aikibudo
5. What is *kaicho*? Head of a system
6. What is *sensei* ? Teacher
7. What is *senpai* ? Senior student
8. What is *koha*? Junior student
9. What is *seiza* ? Sitting with your legs under you (maintaining a straight back)
10. What type of martial arts do you train in ? Shikon Ryu Aikibudo - System of the warrior's spirit
11. What is the name of the dojo and what does it mean? Renkishin Dojo – Polish one's spirit and heart

### **Instructors will be observing the following actions before testing begins**

1. Preparing the dojo for class
  - Sweeping the mat
  - Dusting or cleaning the dojo
  - Removing shoes and placing them in the shoe rack

- Putting clothes in their proper place in the dressing room
2. Class etiquette
- Sitting in seiza during class
  - Paying attention during class and to the instructor
  - No unnecessary talking

**Please note**

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Nanakyu 7<sup>th</sup> Level (Orange Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi  
Shiko (knee walking)

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick

### Grabs

<u>Mochi</u>	<u>Grabs</u>
1. Ryote mochi	2-hands to 2-hands grab
2. Katate mochi	1-hand to 1-hand grab
3. Ude mochi	Arm grab
4. Mune mochi	Chest grab
5. Gyakute mochi	Cross hand grab
6. Ushiro ryote mochi	2-hand grab from behind
7. Ushiro katate mochi	1-hand grab from behind

## Kihon Waza: Basic Techniques

<b>Idori</b>	<b>Sitting Techniques</b>
1. Nigeru dori	Escape art
2. Tenchi nage	Heaven & earth throw
3. Aiki nage	Harmonious spirit throw
4. Kote gaeshi	Wrist turn
5. Tsuki shiho nage	Thrust four-direction throw
<b>6. Ude ikkajo osae</b>	<b>Arm first control</b>
<b>7. Mune ikkajo osae</b>	<b>Chest first control</b>
<b>8. Shomen uchi ikkajo osae</b>	<b>Front strike first control</b>
<b>Tachi waza</b>	<b>Standing Techniques</b>
9. Mae zeme dori	Front attack art
10. Ryote mochi atemi dori	2 hand grab – strike to the body art
11. Kote gaeshi	Wrist turn
12. Tsuki shiho nage	Thrust four-direction throw
<b>13. Ude ashi osae</b>	<b>Arm – foot control</b>
<b>14. Mune ashi osae</b>	<b>Chest – foot control</b>
<b>15. Shomenuchi ashi osae</b>	<b>Front strike – foot control</b>

## Weapons

- **Four battojutsu suburi** - Exercises for the wooden sword

## Instructors will be observing the following action before testing begins

1. Preparing the dojo for class
  - Sweeping the mat
  - Dusting or cleaning the dojo
  - Removing shoes and placing them in the shoe rack
  - Putting clothes in their proper place in the dressing room
2. Class etiquette
  - Sitting in seiza during class
  - Paying attention during class and to the instructor
  - No unnecessary talking

## Please note

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Rokyu 6<sup>th</sup> Level (Blue Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
 Backward roll  
 Forward into backward roll  
 Mae sutemi  
 Ura sutemi  
 Yoko sutemi  
 Shiko (knee walking)  
 High falls (assisted for kneeling or standing)

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
<b>Kakato geri</b>	<b>In-step kick</b>

### Grabs

Mochi	Grabs
1. Ryote mochi	2-hands to 2-hands grab
2. Katate mochi	1-hand to 1-hand grab
3. Ude mochi	Arm grab
4. Mune mochi	Chest grab
5. Gyakute mochi	Cross hand grab
<b>6. Hiji mochi</b>	<b>Elbow grab</b>
<b>7. Obi mochi</b>	<b>Belt grab</b>
8. Ushiro ryote mochi	2-hand grab from behind
9. Ushiro katate mochi	1-hand grab from behind
<b>10. Ushiro katate kubi shimi</b>	<b>1-hand grab from behind with arm around neck</b>

## Kihon Waza: Basic Techniques

<b>Idori</b>	<b>Sitting Techniques</b>
1. Nigeru dori	Escape art
2. Tenchi nage	Heaven & earth throw
3. Aiki nage	Harmonious spirit throw
4. Kote gaeshi	Wrist turn
5. Tsuki shiho nage	Thrust four-direction throw
6. Ude ikkajo osae	Arm first control
7. Mune ikkajo osae	Chest first control
8. Shomen uchi ikkajo osae	Front strike first control
<b>Hanmi Hantachi</b>	<b>1 person standing, 1 person sitting</b>
<b>9. Katate mochi shiro nage</b>	<b>1-hand grab – four direction throw</b>
<b>10. Ushiro kubi shime ikkajo</b>	<b>Rear neck strangulation pin</b>
<b>Tachi waza</b>	<b>Standing Techniques</b>
11. Mae zeme dori	Front attack art
12. Ryote mochi atemi dori	2 hand grab – strike to the body art
13. Kote gaeshi	Wrist turn
14. Tsuki shiho nage	Thrust four-direction throw
15. Ude ashi osae	Arm – foot control
16. Mune ashi osae	Chest – foot control
17. Shomenuchi ashi osae	Front strike – foot control
<b>18. Ryote mochi – hiji jimi</b>	<b>2-hand grab – elbow lock</b>
<b>19. Yokomen uchi shiho nage</b>	<b>Side strike four direction thor</b>
<b>20. Tsuki irimi nage</b>	<b>Thrust entering throw</b>
<b>21. Tani - otoshi</b>	<b>Valley drop</b>
<b>22. Kubi shimi nage</b>	<b>Neck strangulation throw</b>

## Weapons

1. **Eight** battojutsu suburi (exercises for the wooden sword)
2. Happo giri with bokken
3. Tanto dori (knife self-defense technique)
  - 1) Tsuki – outside
  - 2) Yokomen uchi
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to chest

## Additional Materials

Shikon Ryu Aikibudo came from the following systems:

- *Daito Ryu Aikijujutsu* – Known as the “long sword” system; founded by Takeda Sensei. The system is based on *ki* (energy).
- *Hakko Ryu Jujutsu* – Known as the “eight light” system; founded by Okuyama Sensei. The system is based on a healing art.

Each of the systems come from each other. Hakko Ryu Jujutsu came from Daito Ryu Aikijujutsu, as Okuyama Sensei studied from Takeda Sensei.

**Instructors will be observing the following action before testing begins**

- Assist new students in stretching, warm-ups and sweeping
- Keep your gi and belt presentable throughout class
- Know proper dojo etiquette around bowing, addressing the teacher (*sensei*), and how to act properly in the dojo

**Please note**

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration



# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Gokyu 5<sup>th</sup> Level (Purple Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi  
Shiko (knee walking)  
High falls (assisted if needed)

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
Kakato geri	In-step kick

### Grabs

<b>Mochi</b>	<b>Grabs</b>
1. Ryote mochi	2-hands to 2-hands grab
2. Katate mochi	1-hand to 1-hand grab
3. Ude mochi	Arm grab
4. Mune mochi	Chest grab
5. Gyakute mochi	Cross hand grab
6. Hiji mochi	Elbow grab
7. Obi mochi	Belt grab
8. Ushiro ryote mochi	2-hand grab from behind
9. Ushiro katate mochi	1-hand grab from behind
10. Ushiro katate kubi shimi	1-hand grab from behind with arm around neck
<b>11. Kata mochi</b>	<b>Shoulder grab</b>

### Kihon Waza: Basic Techniques

Demonstrate the 22 basic techniques of the shodan kata in sequential order with a reasonable degree of proficiency.

## Weapons

1. **Ten** battojutsu suburi (exercises for the wooden sword)
2. Bokken Happo giri
3. Tanto dori (knife self-defense technique)
  - 1) Tsuki – outside
  - 2) Yokomen uchi (**with roll over pin**)
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to chest
  - 6) **Knife to neck with collar grab**

## Hakuda

Off the line defensive techniques; ending in the **four basic kote gaeshi pins**

1. 4 tsuki – Outside arms open, outside arms crossed, inside arms open, inside arms crossed
2. 3 shomen uchi – outside, inside (elbow to face), catch and receive
3. 2 yokomen uchi – catch and receive, inside (like kihon)

## Additional Materials

1. **Henka** – demonstrate kote gaeshi pins and takedowns from various strikes and grabs
2. Understand and explain the ranking system for the Shikon Ryu Aikibudo Junior Program

<b>Mudansha (Lower Levels)</b>		<b>Yudansha (Black Belt Levels)</b>
<b>Color</b>	<b>Rank</b>	<b>Rank</b>
1. White	Kyukyu	Shodan = 1 <sup>st</sup> Degree
2. Yellow	Hachikyu	Nidan – 2 <sup>nd</sup> Degree
3. Orange	Nanakyu	Sandan – 3 <sup>rd</sup> Degree
4. Blue	Rokkyu	Yondan – 4 <sup>th</sup> Degree - Shidoin
5. Purple	Gokyu	Godan – 5 <sup>th</sup> Degree - Shihan Dai
6. 2 <sup>nd</sup> Green	Yonkyu	Rokudan – 6 <sup>th</sup> Degree - Shihan
7. 1 <sup>st</sup> Green	Sankyu	Nanadan – 7 <sup>th</sup> Degree – Menkiyo Kaiden Shihan
8. 2 <sup>nd</sup> Brown	Nikyu	
9. 1st Brown	Ikkyu	

## Instructors will be observing the following action before testing begins

- Assist new students in preparing for class (example: tying their belts)
- Set an example or encourage students to sweep the mat before and after class
- Know how to sweep the mat correctly

## Please note

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Yonkyu 4<sup>th</sup> Level (Green Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
 Backward roll  
 Forward into backward roll  
 Mae sutemi  
 Ura sutemi  
 Yoko sutemi  
 Shiko (knee walking)  
 High falls from kote gaeshi

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
Kakato geri	In-step kick
<b>Ushiro geri</b>	<b>Rear kick</b>

### Kihon Waza: Basic Techniques

Demonstrate the 22 basic techniques of the shodan kata in sequential order with a reasonable degree of proficiency, with emphasis on **zanshin** (awareness and focus) during the technique.

Know the **gensoku** (principle) of each technique.

<b>Idori</b>	<b>Sitting Techniques</b>	<b>Gensoku</b>
1. Nigeru dori	Escape art	Nigeru
2. Tenchi nage	Heaven & earth throw	Nage
3. Aiki nage	Harmonious spirit throw	Nage
4. Kote gaeshi	Wrist turn	Kote gaeshi
5. Tsuki shiho nage	Thrust four-direction throw	Shiho nage
6. Ude ikkajo osae	Arm first control	Ikkajo
7. Mune ikkajo osae	Chest first control	Ikkajo
8. Shomen uchi ikkajo osae	Front strike first control	Ikkajo
<b>Hanmi Hantachi</b>	<b>1 person standing, 1 person sitting</b>	<b>Gensoku</b>
9. Katate mochi shiro nage	1-hand grab – four direction throw	Nage

10. Ushiro kubi shime ikkajo	Rear neck strangulation pin	Ikkajo
<b>Tachi waza</b>	<b>Standing Techniques</b>	<b>Gensoku</b>
11. Mae zeme dori	Front attack art	Kamae
12. Ryote mochi atemi dori	2 hand grab – strike to the body art	Atemi
13. Kote gaeshi	Wrist turn	Kote gaeshi
14. Tsuki shiho nage	Thrust four-direction throw	Shiho nage
15. Ude ashi osae	Arm – foot control	Ikkajo
16. Mune ashi osae	Chest – foot control	Ikkajo
17. Shomenuchi ashi osae	Front strike – foot control	Ikkajo
<b>18. Ryote mochi – hiji jimi</b>	<b>2-hand grab – elbow lock</b>	Shiho nage
<b>19. Yokomen uchi shiho nage</b>	<b>Side strike four direction thor</b>	Shiho nage
<b>20. Tsuki irimi nage</b>	<b>Thrust entering throw</b>	Nage
<b>21. Tani - otoshi</b>	<b>Valley drop</b>	Otoshi
<b>22. Kubi shimi nage</b>	<b>Neck strangulation throw</b>	Nage

## Weapons

1. **Twelve** battojutsu suburi (exercises for the wooden sword)
2. Bokken Happo giri
3. Tanto (wooden knife) defense from:
  - 1) Tsuki
  - 2) Yokomen uchi (with roll over pin)
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to the chest
  - 6) Knife to neck with collar grab

## Hakuda – Self Defense techniques

Off the line defensive techniques; ending in the **four basic kote gaeshi pins**

1. 4 tsuki – Outside arms open, outside arms crossed, inside arms open, inside arms crossed
2. 3 shomen uchi – outside, inside (elbow to face), catch and receive
3. 2 yokomen uchi – catch and receive, inside (like kihon)
4. **2 uraken uch – outside, inside**
5. **2 shuto uchi – outside, inside**
6. **Mae geri – outside, inside**
7. **Mawashi geri – round kick**

## Additional Materials

1. Henka – demonstrate kote gaeshi pins and takedowns from various strikes and grabs
2. Demonstrate Tai Sabaki Ichi
3. Know the following definitions:
  - Bushido: (*Bushi* – warrior, *do* – the way) *Bushido* is “the way of the warrior.” A warrior has pride in all knowledge and maintains a disciplined conduct in all aspects of life.

- Shinki: Separating the mind from pain or discomfort
- Zanshin: Keeping a correct posture, awareness, and spirit during any movement or technique in martial arts
- Shiatsu: Finger pressure healing art. The main purpose of shiatsu is to prevent illness and create balance in a person.

**Please note**

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Sankyu 3<sup>rd</sup> Level (Green Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi  
Shiko (knee walking)  
High falls from kote gaeshi

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
Kakato geri	In-step kick
Ushiro geri	Rear kick

### Kihon Waza: Basic Techniques

Demonstrate the 22 basic techniques of the shodan kata in sequential order with a reasonable degree of proficiency, with emphasis on **shisei** (correct posture and awareness) at the completion of a technique.

### Weapons

1. Twelve battojutsu suburi (exercises for the wooden sword)
2. Bokken Happo giri
3. Tanto dori:
  - 1) Tsuki
  - 2) Yokomen uchi (with roll over pin)
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to the chest
  - 6) Knife to neck with collar grab
  - 7) **Shomen uchi (downward stabbing)**
4. **Bokken goshinjitsu/Yon Batto Goshin-jutsu**

## Hakuda

Off the line defensive techniques; ending in the **eight basic ikkajo osae** pins

1. 4 tsuki – Outside arms open, outside arms crossed, inside arms open, inside arms crossed
2. 3 shomen uchi – outside, inside (elbow to face), catch and receive
3. 2 yokomen uchi – catch and receive, inside (like kihon)
4. 2 uraken uch – outside, inside
5. 2 shuto uchi – outside, inside
6. Mae geri – outside, inside
7. Mawashi geri – round kick

## Additional Materials

1. Henka – demonstrate kote gaeshi pins and **ikkajo osae pins and takedowns** from various strikes and grabs (tachi, hantachi, and idori kamae)
2. Demonstrate Tai Sabaki Ichi
3. Demonstrate Tai Sabaki Ni
4. Demonstrate the yon kokyu nage (both right and left sides)
5. Written Exam - Explain and define
  - *Bujutsu*
  - *Budo*
  - *Bushido*
  - *Misogi*
  - *Shinki*
  - *Kohai*
  - *Sempai*
  - *Rei*
  - *Goshinjutsu*
  - *Gensoku*
  - *Shikon Ryu Aikibudo*
  - *Renkishin Dojo*

## Instructors will be observing the following action before testing begins

1. Preparing the dojo for class
  - Sweeping the mat
  - Dusting the weapons rack
  - Shoes and clothing placed neatly in its proper place
2. Proper bowing
  - To the dojo when entering and leaving
  - To the mat when entering and leaving
  - To the shomen, partner, weapons and instructor before and after training.
3. Leading the class as sempai
  - Leading the class in exercises (warm-ups)

- Organizing the students to sweep and clean the dojo
- Showing leadership skills by helping new students with dojo etiquette

**Please note**

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration



# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Nikyu 2<sup>nd</sup> Level (Brown Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi  
Shiko (knee walking)  
High falls from kote gaeshi

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
Kakato geri	In-step kick
Ushiro geri	Rear kick

### Kihon Waza: Basic Techniques

Demonstrate the 22 basic techniques of the shodan kata in sequential order with a reasonable degree of proficiency, with emphasis on **connection** with your *uke*.

### Weapons

1. Twelve battojutsu suburi (exercises for the wooden sword)
2. Battojutsu Happo giri
3. Tanto dori
  - 1) Tsuki
  - 2) Yokomen uchi (with roll over pin)
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to the chest
  - 6) Knife to neck with collar grab
  - 7) Shomen uchi
4. Yon bokken goshinjitsu

## **Hakuda**

Off the line defensive techniques; ending in **shiho nage, nage and otoshi**

1. 4 tsuki – Outside arms open, outside arms crossed, inside arms open, inside arms crossed
2. 3 shomen uchi – outside, inside (elbow to face), catch and receive
3. 2 yokomen uchi – catch and receive, inside (like kihon)
4. 2 uraken uch – outside, inside
5. 2 shuto uchi – outside, inside
6. Mae geri – outside, inside

## **Additional Materials**

1. *Henka* – demonstrate kote gaeshi, ikkajo osae, **shiho nage, otoshi and nage pins and takedowns** from various strikes and grabs (tachi, hantachi, and **suwari waza**)
2. Demonstrate *Tai Sabaki Ichi*
3. Demonstrate *Tai Sabaki Ni*
4. Demonstrate the yon kokyū nage (both right and left sides)

## **Instructors will be observing the following action before testing begins**

1. Preparing the dojo for class
2. Proper bowing
3. Leading the class as a *sempai*
4. Knowledge of dojo etiquette and culture

## **Please note**

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration

# Renkishin Dojo - Shikon Ryu Aikibudo Junior Program

## Ikkyu 1st Level (Brown Belt)

### Ukemi: Body Protection through Rolling and Falling

Forward roll  
Backward roll  
Forward into backward roll  
Mae sutemi  
Ura sutemi  
Yoko sutemi  
Shiko (knee walking)  
High falls from kote gaeshi

### Atemi waza: Strikes and Kicks

Tsuki	Thrust (punch)
Shomen uchi	Front strike (to top of head)
Yokomen uchi	Side strike (to side of head, palm up)
Uraken uchi	Back fist
Shuto uchi	Knife hand; chop across your body
Metsubushi	Gentle fingers, strong hand
Mae geri	Front kick
Mawashi geri	Round house kick
Yoko geri	Side kick
Kakato geri	In-step kick
Ushiro geri	Rear kick

### Kihon Waza: Basic Techniques

Demonstrate the 22 basic techniques of the shodan kata in sequential order with a reasonable degree of proficiency, with emphasis on **relaxation** during the application of the technique.

### Weapons

1. Twelve battojutsu suburi (exercises for the wooden sword)
2. Battojutsu Happo giri
3. Tanto dori
  - 1) Tsuki
  - 2) Yokomen uchi (with roll over pin)
  - 3) Shuto uchi
  - 4) Knife to the back (2 ways of defense)
  - 5) Knife to the chest
  - 6) Knife to the neck with collar grab
  - 7) Shomen uchi
4. Go katana goshinjutsu
5. **Demonstrate the jo suburi (40 movements)**
6. **Demonstrate the jo goshinjutsu**

## Hakuda

Off the line defensive techniques; ending in **all shodan principles**

1. 4 tsuki – Outside arms open, outside arms crossed, inside arms open, inside arms crossed
2. 3 shomen uchi – outside, inside (elbow to face), catch and receive
3. 2 yokomen uchi – catch and receive, inside (like kihon)
4. 2 uraken uch – outside, inside
5. 2 shuto uchi – outside, inside
6. Mae geri – outside, inside
7. Mawari geri – round kick

## Additional Materials

1. *Henka* – demonstrate kote gaeshi, ikkajo osae, **shiho nage, otoshi and nage pins and takedowns** from various strikes and grabs (tachi, hantachi, and **suwari waza**)
2. Demonstrate *Tai Sabaki Ichi*
3. Demonstrate *Tai Sabaki Ni*
4. Demonstrate the yon kokyū nage (both right and left sides)
5. Demonstrate jo techniques

## Instructors will be observing the following action before testing begins

1. Preparing the dojo for class
2. Proper bowing
3. Leading the class as a *sempai*
4. Knowledge of dojo etiquette and culture

## Please note

- Students must be current on dues. Test fees must be paid on or before the day of the demonstration
- It is traditional for the students to participate in *misogi* (cleaning of the dojo) and to present flowers to the dojo the day of their demonstration