

South Miami Aikido

Curriculum / Rank Requirements

January, 2009

Overview:

- * **Promotions** are ultimately up to the instructor. The following requirements should be studied and respected and will generally be followed strictly. However, students may be held back or promoted for any reason and at any time at the instructor's sole discretion. Requirements may be added to or withheld from any individual or group for any reason at the instructor's sole discretion.

- * **The general testing requirements** are subject to change at any time, and in fact probably will.

- * **All tests are cumulative.** Also, the actual test may or may not include requirements for the prospective rank. The testing applicant, however, is always responsible for all required material.

- * **Progress as an individual,** spiritual, mental and physical, plays a heavy role in promotion. A 90 year old woman who had trouble making it up the steps the first day of class will have completely different testing requirements than a 22 year old athlete who learns and executes the material immediately.

- * **Promotions consist of more than the vocabulary listed here.** There is an overall skill and maturity level expected of each rank. The beginner levels, white through orange, are expected to simply know their vocabulary, even with reminders and a little help. This stage is referred to as "coordination." Intermediate levels – green, purple and blue – should know the vocabulary well and be able to actually make the techniques work, even with some hesitation. This stage is referred to as "application." Advanced levels – brown belts – should be able to move continuously through techniques with no hesitation. This level is referred to as "flow and continuity." Black belts should be able to not only make the techniques work but to execute them smoothly, with superb control. Black belts should also be able to transition smoothly from one technique to another, with control, as well as being able to counter smoothly, and with control. This stage is referred to as "control." One might think of the colored belt goal as building a tool. Black belt level, then, is the new (and endless) goal of how to use this tool they have built.

- * **Belts and gis should be worn to every class, testing and seminar.** Hakamas may NOT be worn by white, yellow or orange belts. Hakamas are optional for green belts and required for purple belts and above. The instructor may disallow anyone from class for improper dress at his/her sole discretion. No one may test in anything less than the proper dress for any reason. In all the history of mankind, there has never been a known civilization for which clothing carried no meaning. All the meanings are, of course, different. But our clothing speaks volumes about who we are, how we are, our social status and the level of one's concern for the activity at hand. One may easily – perhaps even more easily – practice the physical techniques of Aikido without uniforms and/or hakamas. The physical techniques, however, are but the catalyst for the true purpose of our being on the mat, which is to improve ourselves, each other and thus, eventually, the human race. A little trouble to don the proper clothing is definitely in order.

South Miami Aikido Table of Techniques

Empty Hand Techniques

	Kosa Dori	katate Dori	Ryote Dori	Tekubi Dori	kata Dori	RyoKata Dori	Tsuki	Shomenuchi	Yokomenuchi		Morote dori	Ushiro Kata Dori	Ushiro RyoKata Dori	Kubishime (choke)
Ikkyo	6	5	5	2	3	3	4	4	3					
Nikkyo	6	5	5	2	3	3	4	4	3					
Sankyo	6	5	5	2	3	3	4	4	3					
Shihonage	6	5	5	2	3	3	4	4	3					
KoteGaeshi	6	5	5	2	3	3	4	4	3					
KokyuNage	6	5	5	2	3	3	4	4	3					
IrimeNage (x2)	6	5	5	2	3	3	4	4	3					
KaitenNage	3	4	3	2	3	3	4	4	2					
KoshiNage	1	3	1	1	1	1	2	1	1					
TenChiNage			4			4								
Yonko	4	4	4				4	4						
GoKyo *									2					
UshiroNage							1							
Sumi Otoshi									1					
Hiji Sumi Otoshi	4	4	4				4							
Gatemi Nage	2	2	2	2	2	2	2	2	2					
JuJi Nage				1		1								
AteNage														
Overhead DropThrow														
DropThrow														
S Arm														
Arm Throw														
Head Throw														

Weapons

Rank	Bok Sub	K-Tachi	Bok Kata	Jo Sub	Kumijo	Jo Kata
6th – Yellow	Sh, Yo, Ts			Sh, Yo, Ts		
5th – Orange	1-3			1-5		
4th – Green	4-10	1-3		6-10	1-3	
3rd – Purple		4-5	?	11-18	4-6	13 count
2nd – Blue		6-10	?	19-20		Kanji
1st – Brown		11-12	?		Nage Vari	Energy
Black		13-15	Improvise			

South Miami Aikido Rank Requirements

6th Kyu, Yellow Belt:

Stipulations:

- * Recommendation of Instructor
- * At least 2 months Training, at least 15 classes

Exercises

- * Familiarity with warm-up exercises.
- * Undos: Kokyu Undo, Uda Furi Undo, Sayo Undo, Tenkan, Kokyu Tanden Ho (Kneeling and Standing)

Ukemi: Zenpo Kaiten (Front Roll), Ushiro Ukemi (Back Roll), Judo Ukemi (Break Fall), all from kneeling.

Ki Test: Break at least one board using the technique of your choice

Techniques:

- * Kosa Dori / Basic 7 (Ikkyo, Nikkyo, Sankyo, Shihonage, KoteGaeshi, KokyuNage, IrimeNage)

Weapons:

- * Bokken: Shomenuchi, Yokomenuchi, Tsuki
 - * Jo: Shomenuchi, Yokomenuchi, Tsuki
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5th Kyu, Orange Belt:

Stipulations:

- * Recommendation of Instructor
- * At Least 2 Months Training and 15 classes since 6th Kyu
- * All 6th Kyu requirements

Ukemi: 3 Basic Ukemi from standing

Ki Test: Break at least one board using Tsuki and either Shomenuchi or Yokomenuchi

Techniques:

- * Katate Dori / Basic 7
- * Ryote Dori / Basic 7
- * Free Style (Rondori), one on one, your choice of attack / response

Weapons:

- * Tantodori, jodori, tachidori: For each weapon, two different disarms from attacks of your choice
 - * Bokken: Suburi 1-3
 - * Jo: Suburi 1-5
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4th Kyu, Green Belt:

Stipulations:

- * Recommendation of Instructor
- * At Least 2 Months Training and 15 classes since 5th Kyu
- * All 6th & 5th Kyu requirements

Ukemi: Zenpo Kaiten over 1 kneeling person, Mae Ukemi from Handachi (Kneeling)

Ki Test: Break boards using the instructor's choice of techniques

Techniques:

- * Tsuki / Basic 7
- * Shomenuchi / Basic 7
- * Yonkyo from any Sankyo
- * Ryote Dori / TenChiNage
- * Ryo Kata Dori / TenChiNage
- * Kaiten Nage from Katate Dori, Tsuki, Shomenuchi
- * Hiji Sumi Otoshi from Kosa Dori, Katate Dori, Ryote Dori, Tsuki
- * Rondori, one attacker, instructor chooses attack

Weapons:

- * Tantodori, tachidori & jodori: 4 techniques each, from attacks of your choice, all same attacks is ok.
 - * Bokken: Suburi 4-10, Kunitachi 1-3
 - * Jo: Suburi 6-10, Kumijo 1-3
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3rd Kyu, Purple Belt:

Stipulations:

- * Recommendation of Instructor
- * At Least 2 Months Training and 15 classes since 4th Kyu
- * All 6th through 4th Kyu requirements

Ukemi: Zenpo Kaiten over 2 people, Mae Ukemi from standing

Techniques:

- * Basic 7 from Kata Dori, Ryo Kata Dori and Yokomenuchi
- * KaitenNage from Kosa Dori, Ryote Dori, Kata Dori, RyoKataDori
- * Katate Dori, KoshiNage
- * Rondori, 3 attackers

Weapons:

- * Tantodori, jodori, tachidori: 5 techniques each, from attacks of your choice, all same attacks is ok.
 - * Bokken: Kunitachi 4-5
 - * Jo: Suburi 11-18, Kumijo 4-6, 13 Count Jo Kata
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2nd Kyu, Blue Belt:

Stipulations:

- * Recommendation of Instructor
- * At Least 4 Months Training and 30 classes since 3rd Kyu
- * All 6th through 3rd Kyu requirements

- * **Ukemi:** Zenpo Kaiten over 3 people, off the ground Judo Ukemi, All Ukemi gyaku footing

Techniques:

- * Basic 7 from Tekubi Dori
- * Kaiten Nage from Tekubi Dori and Yokomenuchi
- * Tsuki / KoshiNage
- * Yokomenuchi / Gokyu
- * Gatemi Nage from any Ikkyo

Weapons:

- * Tantodori, jodori, tachidori: 5 mystery attacks, respond with any technique(s)
 - * Bokken: Kunitachi 6-10
 - * Jo: Suburi 19-20, Kata Kanji
 - * Rondori, 3 attackers with weapons
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1st Kyu, Brown Belt:

Stipulations:

- * Recommendation of Instructor
- * At Least 6 Months Training and 45 classes since 2nd Kyu
- * All 6th through 2nd Kyu requirements

Ukemi: Sayo ukemi (sideways)

Techniques:

- * KoshiNage from Kosa Dori, Ryote Dori, Tekubi Dori, Kata Dori, Ryo Kata Dori, Shomenuchi, Yokomenuchi
- * Tsuki / Ushiro Nage
- * Yokomenuchi / Sumi Otoshi (Tenkan)
- * Juji Nage from Tekubi Dori, Ryo Kata Dori
- * Rondori: 5 attackers

Weapons:

- * Bokken: Kunitachi 11-12
 - * Jo: 5 Nage (Throw) variations of any Kumijo(s), Kata Energy
 - * Rondori: 3 attackers with weapons
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South Miami Aikido Rank Requirements

Black Belt:

Stipulations:

- * Recommendation of instructor
- * At least 3 years total study, at least 200 hours
- * All previous, color belt requirements, full speed executed with control
- * Expect – *Anything* – whether covered previously in class or not.

Ukemi: All ukemi on hard surface such as concrete, tile or pavement

Techniques:

- * Highly efficient, combat speed versions of all techniques, executed with control.
- * At least 10 techniques yet to be covered.
- * 5 Reversals
- * Minimum 5-Step Transition(s)
- * Rondori, instructor's choice

Weapons:

- * Flowing, full speed improvisation with jo and Bokken
- * Rondori, instructor's choice

Formal paper:

- * Formal, written proposal of topic. Approval by Instructor required
- * Double spaced
- * 12 point Times New Roman font
- * 5 pages minimum
- * In English (En Ingles)
- * Accurate Spelling
- * Accurate Grammar
- * Publishable for web or print