

Institute of Aikido New Zealand Syllabus

Junior Level 10 Stripes 1 Yellow Hours required 12

Qty Notes

Vocabulary

Ai

Ki

Do

Uke

Nage

Ukemi

Etiquette

Seiza

Standing to sitting to standing

Zarei (sitting Bow)

Rei (Standing Bow)

Tie Your Belt (Obi)

Ukemi

Basic Back Roll

2

R and L

Basic Forward Roll

4

R and L Kneeling and Standing

Strikes-with Kiai

Tsuki

4

Both Sides

Shomen Uchi

4

Both Sides

Yokomen Uchi

4

Both Sides

Tai Sabaki

Move offline Tsuki attack

4

Both Sides

Move offline Shomen attack

4

Both Sides

Move offline Yokomen attack

4

Both Sides

Sayu Undo

Kneeling

Kokyu Dosa

4

Institute of Aikido New Zealand Syllabus

Junior Level 9 Stripes 2 Yellow Hours required 24

Qty Notes

Vocabulary

Tenkan

Omote

Ura

Mae

Ushiro

Sensei

Etiquette

Entering and Leaving the Mat

Explain correct etiquette

Ukemi

Back roll with partner

Both sides

Forward roll with partner

Both Sides

Posture

Ai Hanmi Katatedori(1st Form)

Both Sides

Gyaku Hanmi Katatedori (2nd)

Both Sides

Tai Sabaki

Tenkan (turn)

2

Both Sides

Irimi Movement

4

Both sides

Irimi Tenkan

4

1st Form

1st Form Ikkyo

4

Each Side Positive and negative

Other Forms

5th Form Ikkyo

2

Both Sides from static start

Kneeling

Kokyu Dosa

4

Jo

Reiho (bowing etiquette)

Institute of Aikido New Zealand Syllabus

Junior Level 8

Stripes

3 Yellow

Hours required

36

Qty

Notes

Vocabulary

Irimi

Ai Hanmi

Gyaku Hanmi

Etiquette

Entering and Leaving the Dojo

Thinking About Aikido

What do you like about aikido

Ukemi

Side Breakfall from low height

2

Both sides

Forward roll over obstacle

2

Both sides

Tai Sabaki

Kokyu Ho Undo (wrist Lead)

4

Both Sides

Tai No Henka

4

Both Sides

1st Form

1st Form Ikkyo

4

Each Side Positive and negative

1st Form Tenchi Nage

4

Each Side Positive and negative

Other Forms

2nd Form tenchi nage

Both Sides positive

Kneeling

Kokyu Dosa

4

Suware Waza

1st Form Ikkyo

Both Sides positive

Jo

Tsuki

Both Sides

Kokyu Nage

Kokyu Movement

Correct turning movements using swedish ball

Institute of Aikido New Zealand Syllabus

Junior Level 7 Stripes 1 Orange Hours required 52

Qty Notes

Vocabulary

Migi
Hidari
Shikko
Hanmi Handachi

Thinking About Aikido

Talk about why we bow

Ukemi

Shomen strike to forward roll 2 **Both Sides**
Yokomen strike to forward roll 2 **Both Sides**

Tai Sabaki

Tai No Henka 4 **Both Sides**
Rowing Exercise 4

Other Exercises

Self applied Kote Gaeshi 4 **Both sides**

1st Form

1st Form Ikkyo 2 **Each Side 1 Positive and 1 Negative**
1st Form Tenchi Nage 4 **Each Side Positive and negative**
1st Form Kote Gaeshi 4 **Each Side Positive and negative**

Other Forms

7th form Kote Gaeshi **Both sides/Positive**

Kneeling

Shikko

Suwari Waza

1st Form Techii Nage **Both sides/Positive**

Jo

Shomen Uchi **Both sides**

Kokyu Nage

Kokyu Movement **Correct turning movements using swedish ball**

Institute of Aikido New Zealand Syllabus

Junior Level 6 Stripes 2 Orange Hours required 68

Qty Notes

Thinking About Aikido

How have/might you use aikido

Ukemi

Side roll facing forward 2 **Both sides**

Side roll facing back 2 **Both sides**

Tai Sabaki

Tai No Henka 4 **Both Sides**

Shomen Uchi Ikkyo Exercise 4 **Both sides**

Zengo Undo (180 ` Turns) 4

Other Exercises

Self Applied Yonkyo 4 **Both sides**

1st Form

1st Form Ikkyo 2 **Each Side 1 Positive and 1 Negative**

1st Form Tenchi Nage 2 **Each Side 1 Positive and 1 Negative**

1st Form Kote Gaeshi 4 **Each Side Positive and negative**

1st Form Yonkyo 4 **Each Side Positive and negative**

Other Forms

11th Form Yonkyo 2 **Both Sides Positive**

Kneeling

Shikko

Suwari Waza

1st Form kote Gaeshi 2 **Each Side Positive**

Jo

Yokomen Uchi **Both Sides**

Kokyu Nage

Kokyu Nage Basic **correct turning technique using 1st form ikkyo**

Institute of Aikido New Zealand Syllabus

Junior Level 5 Stripes 3 Orange Hours required 84

Qty Notes

Vocabulary

Sempai

Onegai Shimasu

Domo Arigato Gozaimashita

Thinking About Aikido

What do you know about Osensei

Who he was and some history

Ukemi

Forward Roll no hands

2

Both sides

Tai Sabaki

Happo Undo (8 Direction Turns

1

Sokumen Irimi Nage

4

Both sides

1st Form

1st Form Ikkyo

2

Each Side 1 Positive and 1 Negative

1st Form Tenchi Nage

2

Each Side 1 Positive and 1 Negative

1st Form Kote Gaeshi

2

Each Side 1 Positive and 1 Negative

1st Form Yonkyo

4

Each Side Positive and negative

1st Form Irimi Nage

4

Each Side Positive and negative

Other Forms

5th Form Irimi Nage

2

both sides positive from static start

Kneeling

Shikko

Suware Waza

1st form Yonkyo

Both sides Positive

Jo

Jo suburi

1

Number 1

Kokyu Nage

Kokyu Nage Basic

correct turning technique using 1st form ikkyo

Institute of Aikido New Zealand Syllabus

Junior Level 4 Stripes 1 Green Hours required 100

Qty Notes

Vocabulary

Count to 10 in Japanese

Ma ai

Zanshin

Thinking About Aikido

Why is cleanliness important

Soji + Personal hygiene

Tai Sabaki

Sokumen Irimi Nage

4

Both sides

1st Form

1st Form Ikkyo

2

Each Side 1 Positive and 1 Negative

1st Form Tenchi Nage

2

Each Side 1 Positive and 1 Negative

1st Form Kote Gaeshi

2

Each Side 1 Positive and 1 Negative

1st Form Yonkyo

2

Each Side 1 Positive and 1 Negative

1st Form Irimi Nage

4

Each Side Positive and negative

1st Form Kaiten Nage

4

Each Side Positive and negative

Other Forms

2nd form KaitenNage variations

4

At least 2 different variations

Ki No Nagare

2nd form Sumio Toshi

22

Both Sides

Suwari Waza

1st form Irimi Nage

Both Sides Positive

Bokken

Bokken suburi

1

Number 1

Jo

Jo suburi

2

1 and 2

Kokyu Nage

Kokyu Nage Intermediate

4 attackers/1st form/at least 3 different techniques

Institute of Aikido New Zealand Syllabus

Junior Level 3 Stripes 2 Green Hours required 116

Qty Notes

Ukemi

Forward roll from Kote Gaeshi 2 **Both Sides**

Tai Sabaki

Sokumen Irimi Nage 4 **Both sides**

Other Exercises

Self Applied Sankyo 4 **Both sides**

1st Form

1st Form Ikkyo 4 **Each Side 1 Positive and 1 Negative**

1st Form Tenchi Nage 2 **Each Side Positive and negative**

1st Form Kote Gaeshi 2 **Each Side 1 Positive and 1 Negative**

1st Form Yonkyo 2 **Each Side 1 Positive and 1 Negative**

1st Form Irimi Nage 2 **Each Side 1 Positive and 1 Negative**

1st Form Kaiten Nage 4 **Each Side Positive and negative**

1st Form Sankyo 4 **Each Side Positive and negative**

Other Forms

13th Form Sankyo 2 **both Sides Positive**

Ki No Nagare

2nd form kaitennage projection **Projection - both sides**

Suwari Waza

1st form Kaiten Nage **Both Sides**

Bokken

Bokken suburi 2 **1 and 2**

Jo

Jo suburi 3 **1 to 3**

Kokyu Nage

Kokyu Nage Intermediate **4 attackers/1st form/at least 3 different techniques**

Institute of Aikido New Zealand Syllabus

Junior Level 2

Stripes

3 Green

Hours required

132

Qty

Notes

Ukemi

Forward roll from shihonage

2

Both sides

Tai Sabaki

Morote Dori Irimi Nage

4

Both sides

1st Form

1st Form Ikkyo

2

Each Side 1 Positive and 1 Negative

1st Form Tenchi Nage

2

Each Side 1 Positive and 1 Negative

1st Form Kote Gaeshi

2

Each Side 1 Positive and 1 Negative

1st Form Yonkyo

2

Each Side 1 Positive and 1 Negative

1st Form Irimi Nage

2

Each Side 1 Positive and 1 Negative

1st Form Kaiten Nage

2

Each Side 1 Positive and 1 Negative

1st Form Sankyo

4

Each Side Positive and negative

1st Form Shihonage

4

Each Side Positive and negative

Other Forms

6th Form Shihonage

2

Both Sides Positive

Ki No Nagare

1st Form sankyo projection

2

Both sides

Bokken

Bokken suburi

3

1 to 3

Jo

Jo suburi

4

1 to 4

Kokyu Nage

Kokyu Nage Advanced

4 attackers/1st and 2nd forms/at least 3 different techniq

15-Apr-15

Institute of Aikido New Zealand Syllabus

Junior Level 1	Stripes	1 Black	Hours required	148
		Qty	Notes	
Tai Sabaki				
	Morote Dori Irimi Nage	4	Both sides	
Other Exercises				
	Self applied Nikkyo	4	Both sides	
1st Form				
	1st Form Ikkyo	2	Each Side 1 Positive and 1 Negative	
	1st Form Tenchi Nage	2	Each Side 1 Positive and 1 Negative	
	1st Form Kote Gaeshi	2	Each Side 1 Positive and 1 Negative	
	1st Form Yonkyo	2	Each Side 1 Positive and 1 Negative	
	1st Form Irimi Nage	2	Each Side 1 Positive and 1 Negative	
	1st Form Kaiten Nage	2	Each Side 1 Positive and 1 Negative	
	1st Form Sankyo	2	Each Side 1 Positive and 1 Negative	
	1st Form Shihonage	4	Each Side Positive and negative	
	1st Form Nikkyo	4	Each Side Positive and negative	
Ki No Nagare				
	1st Form shihonage projection	2	Both Sides	
Bokken				
	Bokken suburi	4	1 to 4	
Jo				
	Ikkyo Projection	2	Both Sides	
	Kote Gaeshi Throw	2	Both sides	
	Jo suburi	5	1 to 5	
Kokyu Nage				
	Kokyu Nage Advanced		4 attackers/1st and 2nd forms/at least 3 different techniq	