

**BLACK SWORD AIKIDO**  
**PROMOTIONAL REQUIREMENTS**  
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**Yellow Belt**

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Obligation and Duty ("giri" and "on")
  - (b) Sincerity ("makoto," the foundation of a samurai's duty)
  - (c) One Point ("seika tanden," "hara," lower "tan ti'en")
  - (d) Energy ("ki," "chi")
  - (e) Senior and Junior ("Sempai" and "Kohai")
  - (f) Partner Practice ("uke" and "nage")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Standing
    - 1) Mugamae (Open stance)
    - 2) Hanmi (Half Stance)
    - 3) Hito e mi (Side Stance)
  - (b) Walking
    - 1) Ying/Yang Foot (Standing)
    - 2) Shikko (Kneeling)
  - (c) Sitting
    - 1) Seiza (Toes relaxed)
    - 2) Kiza (Toes raised)
  - (d) Falling
    - 1) Forward sit down
    - 2) Backward sit down
  - (e) Solitary Training
    - 1) Tiger Claw Training
    - 2) Funakogi Undo (Rowing Exercise)
    - 3) Menuchi Ikkyo Undo (High Parry Exercise)
  - (f) Seizing the body
    - 1) Gyaku hanmi (Same side from front, right vs. left)
      - ◆ Seize wrist from front (Katatedori)
    - 2) Ai hanmi (Opposite side from front, right vs. right, cross handed)
      - ◆ Seize wrist from front (Katate kosadori)
  - (g) Dissolving
    - 1) Same side (right vs. left)
      - ◆ From wrist seized on top
      - ◆ From wrist seized from underneath

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- 2) Opposite side (right vs. right)
    - ◆ From wrist seized from on top
    - ◆ From wrist seized from underneath
  - (h) Stick Training
- (C) Tactics (Waza)
- (1) Demonstrate these techniques.
    - (a) Katatedori Shihonage (Four Direction Throw)
    - (b) Ryotedori Tenchinage (Heaven and Earth Throw)
    - (c) Katatetore Ikkyo (First Elbow Control)

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**Yellow Belt With Black Stripe** 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Proper combative distance ("ma-ai")
  - (b) Blending ("awase")
  - (c) Principle of Flexibility ("ju no ri")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Seizing the body
    - 1) Behind from front
      - ◆ Ushirotekubitori (Seize both wrists from behind)
    - 2) Morotedori (Seize wrist with both hands)
  - (b) Dissolving
    - 1) From hands seized from behind
    - 2) From one hand seized by two hands
      - ◆ From same side hand on top
      - ◆ From opposite side hand on top
  - (c) Falling
    - 1) Forward Breakfall
    - 2) Backward Breakfall
  - (d) Partner Training
    - 1) Kokyu Dosa
      - ◆ Standing
      - ◆ Kneeling

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in the previous grade.
- (a) Ushirotekubitori Sankyo
  - (b) Morotedori Iriminage
  - (c) Katatedori Kosatori Kotegaeshi
  - (d) Katatedori Kosadori Nikkyo
  - (e) Katatedori Nikkyo

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**Green Belt** 

- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Strategy contained in Sun Tsu's Art of War
  
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Tsuki (Straight Punch with the fist)
      - 1) High
      - 2) Low
      - 3) Low Upper
    - (b) Blocking straight punch with the fist
      - 1) From high punch
      - 2) From low punch
      - 3) From low uppercut
  
  - (2) Falling
    - (a) Forward Roll
    - (b) Backward Roll
  
  - (3) Solitary Training
    - (a) Happo Undo (Eight Direction Exercise)
  
  - (4) Ken Kamai (Sword Postures)
    - 1) Chudan (middle)
    - 2) Jodan (upper)
    - 3) Gedan (lower)
    - 4) Hasso (side)
    - 5) Waki gamai (rear)
  
  - (5) Jo Kamai (Short Staff Postures)
    - 1) Sankakutai (triangular)
    - 2) Chudan (middle)
    - 3) Gedan (upper)

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- (6) Five Tai Sabaki (static)
  
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades.
    - (a) Reverse Elbow Wrap
    - (b) Hands Holding A Large Beam
    - (c) Carry A Pole On The Shoulder
    - (d) Large Elbow Wrap
    - (e) Prop Up Elbow
    - (f) One Post To Support The Heavens
    - (g) Both Hands Seize The Murderer

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**Green Belt With Black Stripe**



- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts
    - (a) Attitude for mindfulness (“shinkenshobu,” duel with live swords)
    - (b) Severe Training (“shugyo”)
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Tsuki (striking with fist)
      - 1) straight
      - 2) circular (roundhouse)
      - 3) Uraken (backfist)
    - (b) Uchi (striking with hand blade)
      - 1) Shomenuchi (straight)
      - 2) Yokomenuchi (circular)
      - 3) side
    - (c) Hijiate (striking with elbow)
      - 1) straight
        - ◆ forward (raising vertical elbow)
        - ◆ backward
      - 2) circular (horizontal elbow)
      - 3) side
    - (d) Redirecting strike from the fist, hand blade or elbow
      - 1) against a straight strike
      - 2) against a circular strike
      - 3) against a side strike
  - (2) Falling
    - (a) Forward Rolling Breakfall
  - (3) Ken Suburi (Sword Empty Striking)
    - (a) Shomen
    - (b) Sokumen
    - (c) Tsuki
  - (4) Jo Suburi (Staff Empty Striking)
    - (a) Tsuki
    - (b) Sokumen
    - (c) Gyaku Sokumen

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- (5) Five Tai Sabaki (flowing)
  
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades.
    - (a) Forward Turning Elbow
    - (b) Forward Upward Turning
    - (c) Low Elbow Press
    - (d) Shomenuchi Iriminage (Entering Throw)
    - (e) Chudan Tsuki Sokumen Iriminage (Side Entering Throw)
    - (f) Shomenuchi Ikkyo
    - (g) Yokomenuchi Shihonage
    - (h) Chudan Tsuki Kotegaeshi

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**Blue Belt** 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
  - (a) Opposites (“yin yang;” “in yo”)
  - (b) Integration and Attainment

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
  - (a) Hizagiri (striking with knee)
    - 1) straight (vertical rising knee)
    - 2) circular (horizontal knee)
  - (b) Giri (striking with foot)
    - 1) Maegiri (front kick)
    - 2) Yokogeri (side kick)
    - 3) Mawashigeri (roundhouse kick)
  - (c) Redirecting strike from knee
    - 1) against a straight strike
    - 2) against a circular strike
  - (d) Redirecting strike from foot
    - 1) against a straight strike
    - 2) against a circular strike
    - 3) against a side strike

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
  - (a) Maegiri Iriminage
  - (b) Yokogeri Sokumen Iriminage
  - (c) Mawashigeri Iriminage
  - (d) Ushirotekubitori Kotegaeshi
  - (e) Ushirotekubitori Sokomen Iriminage
  - (f) Ushiro Kubishime Nage
  - (g) Turn The Body To Seize The Monkey

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**Blue Belt With Black Stripe**



(D) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
  - (a) Execution of Technique
    - 1) Initial encounter ("deai")
    - 2) Appropriate body shifting ("tai sabaki")
    - 3) Break balance ("kuzushi")
    - 4) Apply technique ("waza")

(E) Skills (Te-no-uchi)

- (1) Performance of these exercises:
  - (a) Five Tai Sabaki (Paired Knife Form)

(F) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
  - (a) Feudal Lord Invites To Dinner
  - (b) Forgive Me For Not Going With You
  - (c) Walk With me
  - (d) Chudan Tsuki Sankyo
  - (e) Katatori Nikkyo
  - (f) Wild Chicken Spreads Its Wings
  - (g) Reverse Wrist Press
  - (h) Arms Hold The Dragon's Head
  - (i) Tanto Randori ("Seizing chaos." Demonstrate defense against one attacker with knife. Attacker should not submit unless defender's technique is effective)

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**Brown Belt** 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Remaining mind ("zanshin")
  - (b) Mind leads Energy ("yii yi yin chi")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Jo Kata
    - 1) Jo Kata #1
    - 2) Jo kata #2

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
- (a) Koshinage (inside hip throw)
  - (b) Koshinage (outside hip throw)
  - (c) Aiki Otoshi (behind hip throw)
  - (d) Koshinage (underneath forward hip throw)
  - (e) Koshinage (underneath backward hip throw)
  - (f) Jujinage (Left Right Cross Elbow)
  - (g) Kaitenage
  - (h) Sumi Otoshi (Corner Drop)
  - (i) White Crane Nods Its Head
  - (j) White Crane Twists Its Neck
  - (k) Butterfly Bores Through The Flowers
  - (l) White Crane Bores The Bush

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**Brown Belt With Black Stripe** 

- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Outcomes of Combat (victory, defeat, mutual killing; "katsu," "make," "ai uchi")
  
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Ken Kata
      - 1) Ken Kata #1
      - 2) Ken Kata #2
  
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades.
    - (a) Irimi Tenkan Nage
    - (b) Roast Peking Duck
    - (c) Lion Shakes Its Head
    - (d) Old Man Carries A Fish On His Back
    - (e) Push The Boat To Follow The Stream
    - (f) Demonstrate the following techniques while sitting against an attacker, also sitting
      - 1) Shomenuchi Ikkyo Suwariwaza
      - 2) Katatori Nikkyo Suwariwaza
      - 3) Shomenuchi Iriminage Suwariwaza

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**Shodan- Black Belt With One Red Stripe** 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
  - (a) Line of attack ("hassuji")
  - (b) Center line of body ("chusentai")
  - (c) Initiative ("go no sen," "sen," "sen no sen," "saki no saki")
  - (d) Legal consequences of self defense

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
  - (a) Katatori Ganmenuchi (grabbing and striking the face)

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
  - (a) Jo Dori (Demonstrate defense against attack with staff)
  - (b) Jo Nage (Demonstrate throwing with staff)
  - (c) Bokken Dori (Demonstrate defense against an attack with a sword)
  - (d) Demonstrate defenses against Katatori Ganmenuchi
  - (e) Demonstrate the following techniques while sitting against a standing attacker
    - 1) Katatedori Shihonage Hanmi Handachi
    - 2) Yokomenuchi Kotegaeshi Hanmi Handachi
    - 3) Jodan Tsuki Sumi Otoshi Hanmi Handachi

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**Nidan- Black Belt With Two Red Stripes** 

- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Weakness ("suki")
    - (b) Dead angle (blind spot, empty door, open gate; "kong men," "shikaku")
  
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Kubishime (Application of chokes)
      - 1) stopping the flow of air
      - 2) Stopping the flow of blood
  
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades.
    - (a) Kokyu Nage (Demonstrate Breath/Timing Throws against attacks revealed in previous Grades)
    - (b) Kubishime (Demonstrate chokes against attacks revealed in previous Grades)
    - (c) Demonstrate the following techniques while sitting against a standing attacker, attacking from behind by seizing the shoulders:
      - 1) Ushiro Ryokatatori Kokyunage Hanmi Handachi
      - 2) Ushiro Ryokatatori Jujinage Hanmi Handachi

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**Sandan- Black Belt With Three Red Stripes**



- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Priority of offensive and defensive action ("kobo-itchi")
    - (b) Collection of Energy ("aiki")
    - (c) Vibration of Energy ("kiai")
    - (d) Explosion of Energy ("fa jin")
  
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Kumijo (paired staff forms)
      - 1) Kumijo 1-5
    - (b) Kumiken (paired sword forms)
      - 1) Kumiken 1-6
  
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades.
    - (a) Sudori (Disappearing Throw)
    - (b) Sutemiwaza (Sacrifice Throw)
    - (c) Yubijime (finger locks)
    - (d) Randori (Demonstrate a defense against four attackers)

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**Yodan- Black Belt With Four Red Stripes**



- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Mind without thought ("mushin no kokoro")
    - (b) Mind like water ("mizu no kokoro")
    - (c) Mind like the moon ("tsuki no kokoro")
    - (d) Immovable mind ("fudoshin")
    - (e) Immovable body ("fudotai")
    - (f) Four evils (fear, doubt, surprise, worry)
- (B) Skills (Te-no-uchi)
  - (1) The Theory of Renzoku Waza (successive variations of technique)
  - (2) The Theory of Henka Waza (changing technique)
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades
    - (a) Demonstrate Renzoku Waza
    - (b) Demonstrate Henka Waza

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**Godan- Black Belt With Five Red Stripes** 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
  - (a) Killing sword ("setsunin to")
  - (b) Life-giving sword ("katsujin ken")
  - (c) Cause and Effect ("karma")
  - (d) Fate ("dharma")

(B) Skills (Te-no-uchi)

- (1) The Theory of Kaeshi Waza (counter techniques)

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades
  - (a) Demonstrate Kaishi Waza

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**Rokudan- Black Belt With Six Red Stripes** 

- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Illusion ("maya")
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Use of concealed weapons
    - (b) Use of the environment as a weapon
    - (c) Ground fighting
    - (d) Naginata (long staff with sword attached)
- (C) Tactics (Waza)
  - (1) Demonstrate these techniques and techniques revealed in previous grades
    - (a) Demonstrate the use of concealed weapons
    - (b) Demonstrate the use of the environment as a weapon
    - (c) Demonstrate the use of, and defense against leg techniques
    - (d) Demonstrate the use of, and defense against the mount
    - (e) Demonstrate basic skills in Naginata

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**Shichidan- Black Belt With Seven Red Stripes** 

- (A) Strategy (Heiho)
  - (1) Knowledge and understanding of these concepts:
    - (a) Western & Asian Medical Theory
- (B) Skills (Te-no-uchi)
  - (1) Performance of these exercises:
    - (a) Preparation of herbal remedies
    - (b) Massage
    - (c) Firearm safety
    - (d) Target shooting
    - (e) Kuatsu (revival techniques) & Emergency Medical Treatment
- (C) Tactics (Waza)
  - (1) Demonstrate the use of, and defense against firearms.