



Aikido of Berkeley

6th Kyu Requirements

Minimum of 40 training days since joining the dojo

Tai Sabaki

- Forward ukemi
- Backward ukemi
- Tenkan blend
- Irimi blend
- Two Step
- Happo giri
- Shikko

Tai jutsu

Tachi waza

- Tai no henko

Pinning techniques

- Ikkyo

Projections and Throws

- Kotegaeshi
- Kokyu nage
- Kokyu ho

Jiyu waza/Randori

- One person freestyle



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5th Kyu Requirements

Minimum of 50 training days since 5th kyu

Tai jutsu

Tachi waza

- Tai no henko

Pinning techniques

- Ikkyo
- Nikkyo
- Sankyo

Projections and Throws

- Shiho nage
- Kotegaeshi
- Koryu nage

- Koryu ho

Jiyu waza/Randori

- One person freestyle

Buki waza

Bokken

- Happon giri
- 1-7 bokken suburi

Jo

- 1-5 jo suburi



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4th Kyu Requirements

Minimum of 60 training days since 5th kyu

Tai jutsu

Tachi waza

- Tai no henko

Pinning techniques

- Ikkyo
- Nikkyo
- Sankyo

Projections and Throws

- Shiho nage
- Kotegaeshi
- Koshi nage
- Kokyu nage
- Kokyu ho
- Irimi nage

Variations

- (5) from ryote dori

Jiyu waza/Randori

- One person freestyle

Buki waza

Bokken

- Happa giri
- Migi no awase
- Hidari no awase
- Go no awase
- Shichi no awase
- 1-7 bokken suburi

Jo

- 1-20 jo suburi
- 31 jo kata



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3rd Kyu Requirements

Minimum 80 training days since 4th kyu

Tai jutsu – body arts

Tachi Waza

- Tai no henko

Pinning techniques

- Ikkyo
- Nikkyo
- Sankyo
- Yonkyo

Projections and Throws

- Shihonage
- Kotegaeshi
- Koshinage
- Kokyunage
- Iriminage
- Kokyu ho

Variations

- (2) ushiro variations from each
 - Ryote dori

- Ryokata dori
- Kubishime

Buki waza - weapons

Bokken

- Happo giri
- Migi no awase
- Hidari no awase
- Go no awase
- Shichi no awase
- 1-7 bokken suburi
- Ichi no kumitachi
- Ki musubi no tachi

Jo

- 1-20 jo suburi
- 31 jo kata
- 13 jo kata
- Ichi no kumijo



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2nd Kyu Requirements

Minimum of 100 training days since 3rd kyu

Tai jutsu

- Tai no henko

Suwari waza

- Ikkyo
- Nikkyo
- Sankyo
- Yonkyo

Hanmi hantachi

- Shihonage
- Kotegaeshi

Tachi waza

- Tai no henko
- Morote dori kokyu ho

Prinning Techniques

- Ikkyo
- Nikkyo
- Sankyo
- Yonkyo

Projections and Throws

- Shiho nage
- Kaiten nage
- Kotegaeshi
- Tenchi nage
- Koshi nage
- Kokyu nage
- Kokyu ho
- Irimi nage

Variations

- (4) Ushiro ryote dori
- (3) Ushiro katate dori
- (2) te kubishime
- Morote dori

Special

- 4 Directions for shiho nage

Progressions

- Irimi nage

Jiyu waza/Randori

- One person freestyle
- 2 person multiple attack

Buki waza

Bokken

- Happa giri
- Migi no awase
- Hidari no awase
- Go no awase
- Shichi no awase
- 1-7 bokken suburi
- 1-3 kumitachi
- Ki musubi no tachi
- 3 tachi dori

Jo

- 1-20 suburi
- 31 jo kata with partner practice
- 13 jo kata
- 1-3 kumi jo
- 3 jo dori



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2nd Kyu	Attacks											Notes	
	katate	kata	ryote	ryokata	gyuakute	morote	shomen uchi	munetsuki	yokomen uchi	ushiro ryote	te kubishime		kata menuchi
Tachi waza													
Partner practices													
tae no henko													
kokyū dosa													
Pinning techniques													
ikkyō													
nikkyō													
sankyō													
yonkyō													
gokkyō													
rokyō													
Projections and Throws													
kokyū nage													
kotegaeshi													
shiho nage													
irimi nage													
koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													
Suwarī Waza													
Pinning techniques													
ikkyō													
nikkyō													
sankyō													
yonkyō													
gokkyō													
rokyō													
Projections and Throws													
kokyū nage													
kotegaeshi													
shiho nage													
irimi nage													
koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													
Hanmi Hantachi													
Pinning techniques													
ikkyō													
nikkyō													
sankyō													
yonkyō													
gokkyō													
rokyō													
Projections and Throws													
kokyū nage													
kotegaeshi													
shiho nage													
irimi nage													
koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													



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1st Kyu Requirements

Minimum of 150 training days since 2nd kyu

Tai jutsu

Suwari waza

- Ikkyo
- Nikkyo
- Sankyo
- Yonkyo
- Gokkyo

Hanmi hantachi

- Shiho nage
- Kotegaeshi
- Irimi nage
- Kaiten nage
- Kokyu nage

Variations

- Ushiro

Tachi waza

- Tai no henko
- Kokyu ho
- Ikkyo
- Nikkyo
- Sankyo
- Yonkyo
- Gokkyo
- Rokkyo
- Shiho nage
- Kaiten nage
- Kotegaeshi
- Tenchi nage
- Koshi nage
- Kokyu nage
- Kokyu ho
- Irimi nage
- Jujigarami

Variations

- Ushiro
- Morote dori
- Te kubishime

Progressions

- Irimi nage

Jiyu waza/Randori

- One person freestyle
- 3 person multiple attack

Buki waza

Bokken

- Happo giri
- Migi no awase
- Hidari no awase
- Go no awase
- Shichi no awase
- 1-7 bokken suburi
- 1-5 kumitachi
- Ki musubi no tachi
- 4 tachi dori

Jo

- 1-20 suburi
- 31 jo kata with partner practice
- 13 jo kata
- 1-5 kumi jo
- 4 jo dori
- Jo nage

Ken Tai jo

- 1-5 Ken Tai jo

Tanto dori

- Defense against knife



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1st Kyu	Attacks											Notes	
	katate	kata	ryote	ryokata	gyuakute	morote	shomen uchi	munetsuki	yokomen uchi	ushiro ryote	te kubishime		kata menuchi
Tachi waza													
Partner practices													
tae no henko													
kokyū dosa													
Pinning techniques													
ikkyo													
nikkyo													
sankyo													
yonkyo													
gokkyo													
rokkyo													
Projections and Throws													
kokyū nage													
kotegaeshi													
shiho nage													
irimi nage													
koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													
Suwarī Waza													
Pinning techniques													
ikkyo													
nikkyo													
sankyo													
yonkyo													
gokkyo													
rokkyo													
Projections and Throws													
kokyū nage													
kotegaeshi													
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koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													
Hanmi Hantachi													
Pinning techniques													
ikkyo													
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rokkyo													
Projections and Throws													
kokyū nage													
kotegaeshi													
shiho nage													
irimi nage													
koshi nage													
kokyū ho													
kaiten nage													
juji nage													
tenchi nage													



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Jo suburi

Tsuki nobu

1. Choku tsuki
2. Kaeshi tsuki
3. Ushiro tsuki
4. Tsuki gedan gaeshi
5. Tsuki jodan gaeshi

Shomen nobu

6. Shomen uchi komi
7. Renzoku uchi komi
8. Shomen uchi ushiro tsuki
9. Shomen ushi gedan gaeshi
10. Gyuaku yokomen ushiro tsuki

Katate nobu

11. Katate gedan gaeshi
12. Toma katate uchi
13. Katate hachi no gi gaeshi

Hasso nobu

14. Hasso gaeshi uchi
15. Hasso gaeshi tsuki
16. Hasso gaeshi ushiro tsuki
17. Hasso gaeshi ushiro uchi
18. Hasso gaeshi ushiro harai

Hidari/Migi

19. Hidari nangari gaeshi uchi
20. Migi nangari gaeshi tsuki



Aikido of Berkeley

Common Terms and Etiquette

Common Terms and Phrases

Dojo

Literally means “place of the way” and refers to the building where Aikido training takes place.

Sensei

Literally means “teacher” and is used primarily to refer to the chief instructor of a dojo.

Sempai

Literally means “senior” and refers to anyone who has trained longer in Aikido than you.

Kohai

Literally means “junior” and refers to anyone who has trained in Aikido for less time than you.

Jo

A jo is straight wooden stick used for weapons practice in Aikido.

Bokken

A bokken is a wooden sword patterned after katana used for weapons training in Aikido.

Tanto

Literally means “knife” and could refer to any knife of a particular shape but within the dojo typically refers to a short wooden training knife.

Gi

Gi or “dogi” is a traditional training uniform.

Hakama

Hakama are the pleated pant-skirts traditionally worn by black belts in Aikido.

Shomen

The shomen is the altar at the front of the dojo containing the photo of the founder and the kamiza. Shomen literally means “front.”

Onegaishimasu

Literally means “I humbly request” and is the traditional way to ask a partner to train with you, in

addition to bowing, and is also the phrase used by the instructor after a technique has been demonstrated inviting the students to practice.

Doomo arigato gozaimashita

Literally means “thank you very much (formal) for what you have done.” This phrase is used to thank a partner for having trained with you immediately after practicing a technique and at the end of class.

Tai Sabaki

Basic body movements.

Tai Jutsu

Literally “body art” or “body skill” and refers to techniques performed without weapons, with the body alone.

Tachi waza

Standing techniques

Suwari waza

Seated techniques.

Buki waza

Weapon techniques.

Jiyu waza

Literally “freedom technique” refers to a freestyle practice.

Randori

Literally “chaos taking” refers to the practice of defending against multiple attackers.

Etiquette

- Wear a clean gi and deodorant for every class.
- Keep nails trimmed short.
- Remove all jewelry prior to stepping on the mat.
- Turn off any cell phone or other communication device prior to entering the dojo so that it will not disturb class.
- Bow to the shomen every time you enter or leave the mat.



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- Kayla Feder is to be referred to as Sensei at all times when in the dojo. Any other instructor is to be referred to as Sempai.