Aikido Center of South Texas

Harlingen and Mission

Rokkyu 6th Kyu Yellow Belt

Kijon (Fundamentals)

Seiza Rei Shikko

Ukemi: Mae ukemi / Ushiro ukemi (both kneeling and standing)

Kamae (Stances)

Ma ai Hidari hanmi Migi hanmi

Ai hanmi Gyaku hanmi

Kogeki (Attacks)

Ushiro Katatedori Kosadori

Katadori Ryotedori Morotedori

Shomenuchi Yokomenuchi Tsuki

Aiki-taiso (Exercises)

Tenkan Udefuri Udefuri choyaku

Funakogi Shomenuchi Ikyo undo

Waza (Techniques)

Kokyu-ho seiza

Kokyu-ho standing omote and ura

Katatedori Kokyu nage (Sayo nage) omote and ura

Katatedori Kokyu nage (Hiji otoshi) omote

Morotedori Kokyu nage ura

Weapons

boken, jo, and tanto, at instructor’s discretion

Aikido Center of South Texas Mission, Harlingen, UTPA

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| DOJO GRADING SYSTEM | | | | | | | | | | | | | |
| **Exam. for Grade of:** | **Prerequisite for Exam:** | **CONTENTS** | | | | | | | | | | | |
| **Ikkyo** | **Nikyo** | **Sankyo** | **Yonkyo** | **Gokyo** | **Shiho-nage** | **Irimi-nage** | **Kote-gaeshi** | **Kaiten-nage** | **Tenchi-nage** | **Jiyuwaza** | **Kokyu-ho** |
| 5th Kyu | 60 days of practice | Shomen-uchi |  |  |  |  | Katatedori | Shomen-uchi |  |  |  |  | Sitting |
| 4th Kyu | 80 days of practice after obtaining 5th Kyu | Shomen-uchi | Katadori |  |  |  | Yokomen-uchi | Shomen-uchi |  |  |  |  | Sitting |
| 3rd Kyu | 100 days of practice after obtaining 4th Kyu | Shomen-uchi（Sitting and Standing） | | | |  | Ryotedori Yokomen-uchi | Shomen-uchi Tsuki | |  | Ryotedori |  | Sitting |
| 2nd Kyu | 100 days of practice after obtaining 3rd Kyu | Shomen-uchi（Sitting and Standing） Katadori（Sitting and Standing） | | | |  | Katatedor (Hanmi-handachi) | Shomen-uchi Tsuki（Standing） Katatedori | | Katatedori | Ryotedori | Katatedori | Sitting |
| 1st Kyu | 120 days of practice after obtaining 2nd Kyu | Shomen-uchi（Sitting and Standing） Yokomen-uchi（Sitting and Standing） Katadori（Sitting and Standing） Ushiro Ryotedori | | | | Yokomen-uchi | Katatedor Ryotedori （Hanmi-handachi & Standing） | Shomen-uchi Tsuki Katatedori | | | Ryotedori | Katatedori Ryotedori Morotedori | Sitting Standing |

Other techniques including boken, jo, and tanto may be added at instructor’s discretion.