



REQUIREMENTS FOR BLACK BELT 1 | SHODAN

Updated: 9/30/07

PLUS:

Aiki Jujitsu 1	Osaekomi Waza	Tensho Aiki (#1-2)
Aiki Jujitsu 2	Comealongs	1 yr. teaching at
Applied Karate 1	Ukemi Waza	brown belt
Applied Karate 2	Shime Waza	
Applied Karate 3	Gyaku	
Osoto Gari	Nage Waza (#1-29)	
Groundwork	Aiki Jujitsu 3 (#1-22)	

AIKI JUJITSU 3 (#23-31)

23	overhead club blow	jodan juji uke	ulna press, bar flex, rear otoshi, yubi tori
24	overhead club blow	age uke	ippon seoi (take club), club yawara (from right roundhouse)
25	overhead club blow	age uke	shoulder crank, club choke
26	overhead club blow	age uke	bodyslam, ashi hishigi
27	overhead club blow	jodan juji uke	sakotsu, double ura zuki, wrist sakotsu, lapel guruma
28	low knife thrust	L. gedan barai uke	crosstwist (to mat), frontflex
29	upwards knife thrust	gedan juji uke	crosstwist (roll), wrist twist, bent arm rollover, frontflex
30	upwards knife thrust	gedan juji uke	reverse arnbar (to mat), barflex, rear otoshi, yubi tori
31	knife cross slash	step back	hara gatame

NAGE WAZA (#30-38)

30	front hug (pinned)	hane goshi
31	front hug (pinned)	okuri ashi barai
32	right & left	uchi mata
33	right & left	uki goshi
34	right roundhouse	kata guruma
35	front choke	tsurikomi goshi
36	front choke	harai goshi
37	front choke	yoko gake [drop sasae tsurikomi ashi]
38	att. ogoshi	utsuri goshi

TENSHO AIKI (#3-6)

3	right roundhouse
4	right & left, spin
5	2-on-1 wrist grab
6	2-on-1 rear elbow grab