



REQUIREMENTS FOR PURPLE BELT | NIKYU

Updated: 9/30/07

PLUS:

- Aiki Jujitsu 1
- Aiki Jujitsu 2
- Applied Karate 1
- Applied Karate 2
- Osoto Gari
- Groundwork
- Osaekomi Waza
- Comealongs
- Ukemi Waza (#1-8)
- Shime Waza (#1-2)
- Nage Waza (#1-11)
- Gyaku (#1-9)
- 6 mo. teaching at blue belt

APPLIED KARATE 3 (#1-16)

1	att. front choke	nagashi uke	haito, cross shuto	osoto gari
2	att. front choke	nagashi uke	R. kagi zuki, R. downward uraken	inside armtwist
3	right roundhouse	cross shuto uke	front hiji, sakotsu	osoto gari
4	right & left	cross shuto uke	spin, sakotsu	osoto gari
5	right & left	cross shuto uke	L. lo-hi-lo*, double ura zuki	bodyslam
6	rear hadaka jime		L. rear hiji, R. rear hiji	ippon seoi
7	overhead club blow	jodan juji uke	outside armbreak, sakotsu	osoto gari
8	overhead club blow	jodan juji uke	sakotsu, double ura zuki	bodyslam
9	front hug (pinned)	hip push (zen)	windmill, sakotsu	osoto gari
10	police hammerlock	arm pull (kiba)	side hiji, pivot, outside armbreak, sakotsu	osoto gari
11	straight lapel hold		wrist sakotsu, cross shuto, double ura zuki	bodyslam
12	boxer's left	parry	L. kagi zuki, L. downward uraken	standing tani otoshi
13	double lapel grab		groin shittsui, ear slaps, kidney chops	koshi guruma
14	double lapel grab		groin shittsui, double elbow lift (zen)	forehead slam
15	rear hug (pinned)	stomp, break out	double windmill, sakotsu	osoto gari
16	att. front hadaka jime	gedan shuto uke	groin haito, pivot, R. mae geri, sakotsu	osoto gari

* lo-hi-lo = gedan tettsui, downward uraken, gedan tettsui

NAGE WAZA (#12-22)

12	right & left	ouchi gari
13	right & left	kouchi gari
14	boxer's left	morote gari [tackle ouchi gari]
15	right & left	sasae tsurikomi ashi
16	side headlock	ushiro goshi [side thunderbolt]
17	front choke	front thunderbolt
18	front choke	tomoe nage
19	right & left	lightning throw
20	rear hadaka jime	uki otoshi
21	att. full nelson	makikomi
22	att. full nelson	harai makikomi

TENSHO AIKI (#1)

1	att. front choke, arm guruma
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UKEMI WAZA (#9-10)

9	front breakfall
10	front flip (right, left)

AIKI JUJITSU 3 (#1-12)

1	rear hug (free)	frontflex
2	front choke	crosstwist, frontflex
3	front choke	crosstwist, yubi tori
4	front choke	crosstwist, flex hammerlock
5	front choke	reverse armbar, barflex
6	front choke	ude tori, reverse hadaka jime
7	front choke	side wrist bend
8	double wrist grab	judolock
9	double wrist grab	shiho nage, moro yubi tori
10	double wrist grab	ulna press, kosoto gari, rear kneelingbar, barflex, rear otoshi, yubi tori
11	straight right	forearm otoshi (step in)
12	knife thrust	side armbar parry, wrist twist, yubi tori

AIKI JUJITSU 3 (#13-22)

13	knife thrust	nagashi uke	wrist twist, straight arm rollover, reverse wrist twist, frontflex
14	knife thrust	nagashi uke	wrist twist, bent arm rollover, frontflex
15	knife thrust	nagashi uke	outside armbreak, hanging kataha jime
16	knife thrust	nagashi uke	outside armbreak, mawashi geri, rear hadaka jime
17	knife thrust	nagashi uke	outside armbreak, yoko geri, inside armtwist
18	knife thrust	nagashi uke	reverse ulna, arm guruma
19	knife thrust	nagashi uke	ude tori, rear otoshi, yubi tori
20	right roundhouse	cross shuto uke	ulna press, barflex, rear otoshi, yubi tori
21	right & left	cross shuto uke	shiho nage, moro yubi tori
22	att. front hadaka jime	gedan shuto uke	groin haito, pivot yubi tori