

TOMIKI AIKIDO OF THE AMERICAS

YOUTH CURRICULUM (Up to and including age 16)

(Provisionally adopted by the TAA Board on January 24, 2016)

	Yellow with white Stripe
	Basic warm-up
	Kouhou Ukemi (back falls)
	Yoko Ukemi (side falls)
	Zenpo Ukemi (forward falls)
	Tai-Sabaki (evasion exercise)
	Shikko (knee walk)
	Unsoku (footwork)
	Shomen-ate
	Aigamae-ate
	1-6 21 count Jo Kata
5th Kyu	Yellow
	-All of the above
	Tegatana dosa (hand-sword exercise)
	Taisabaki (evasion exercise)
	Tegatana taisabaki (evasion exercise using the hand-sword)
	Gyakugamae-ate
	Gedan-ate
	Ushiro-ate
	1-11 21 count Jo Kata
	Kihon tsukuri (basic training exercise) against a standing opponent using the five atemi-waza
	Orange with White Stripe
	-All of the above
	Oshi-taoshi (elbow push-over)
	Ude-gaeshi (arm-elbow turn lock-up)
	*Suwari-waza shomen-uchi (sitting techniques against a forehead strike) – oshi-taoshi osae
	elbow push-over with a pin), both left and right, front and back (4 techniques in total)
	-Taisabaki (evasion exercise)
	-Tegatana taisabaki (evasion exercise using the hand-sword)
	All of 21 count Jo Kata
4th Kyu	Orange
	-All of the above
	Flying Ukemi
	Hiki-taoshi (elbow pull-down)
	Ude-garami (elbow wheel-throw)
	Wakigatame (armpit lock-up)

	-Kihon tsukuri, as per the above, but now against a jumping opponent
	*Kakari-geiko (first level of randori, free-style exercise / sparring, where the attacker does not resist)
	Green with White Stripe
	-All of the above
	Kote-hineri (wrist twist)
	Kote-gaeshi (wrist turn)
	*Suwari-waza shomen-uchi (sitting techniques against a forehead strike) – oshitaoshi (elbow push-over) with a kote-mawashi (back of the hand) wrist pin
	-Randori training exercises:
	1) Shomen-ate timing against knife (tanto) strike
	2) Catching and controlling the elbow on the outside, i.e. into jodan oshitaoshi
3rd Kyu	Green
	-All of the above
	Tenkai-kotehineri (turning-body wrist twist)
	Tenkai-kotegaeshi (turning-body wrist turn)
	-Nanahon-nage waza (7 breaking balance moves at high level (jodan), mid-level (chudan) and low (gedan) level, plus double hand grab from behind) – just the throws
	*Hikitate (second level of randori, free-style exercise / sparring, where the attacker falls if the technique is done properly)
	Blue with White Stripe
	-All of the above
	*Uki waza (“floating” or “timing” techniques), both right and left, from a tegatana vs. tegatana stance
	Mae-otoshi (front throw-down against the elbow)
	Sumi-otoshi (corner throw-down)
	Hiki-otoshi (pulling throw-down against the elbow)
	*Suwari-waza shomen-uchi (sitting techniques against a forehead strike) – oshitaoshi
	juntedori kotehineri osae (elbow push-over with a wrist-twist pin)
2nd Kyu	Blue
	*All of the above
	*Nanahon-nage waza (7 breaking balance moves at high level, mid-level and low level, plus double hand grab from behind) – adding techniques after the kuzushi
	*Randori training exercises:
	*Sumi-otoshi
	*Waki-gatame
	*Randori (third level of randori, free-style exercise / sparring, where the attacker resists the technique but without resisting so hard as to injure himself)
	Brown with White Stripe
	-All of the above
	* Suwari-waza shomen-uchi (sitting techniques against a forehead strike) – oshitaoshi with a kime (pressure point) lock
	*Juppon ura-waza (First five of the 10 counter-techniques)
	1. Shomen-ate into a waki-gatame
	2. Aigamae-ate into kote-mawashi oshi-taoshi
	3. Gyakugame-ate into gedan-ate
	4. Gedan-ate into aigamae-ate
	5. Ushiro-ate into tenkai kote-hineri

1st Kyu	Brown
	*Juppon ura waza (Second five of the 10 counter-techniques)
	6. Oshi-taoshi into kote-mawashi oshi-taoshi
	7. Hiki-taoshi into tenkai kote-hineri
	8. Kote-gaeshi into kote-gaeshi
	9. Tenkai-kotehineri into waki-gatame
	10. Tenkai kote-gaeshi (shihonage) into tenkai kote-gaeshi
	-Junte-dori (natural-hand grab) and gyakute-dori (reverse hand) grabs, high and low, both sides
	-Ninin-dori, multiple unarmed attackers
	-At least two matches of randori