

# TOMIKI AIKIDO OF THE AMERICAS

## *Kyu*-level Curriculum

(Updated as of September 1, 2023)

Professor Tomiki analyzed thousands of traditional *aikido* and *aiki-jutsu* techniques (traditional aikido had 2,664 techniques) and then distilled them down into, ultimately, the basic 17 techniques (*junanahon*) that could be done effectively, and safely, in a *randori* (free-style / sparring exercise) setting. He also gave these techniques common-sense names that described the techniques themselves, rather than simply giving them a number as in traditional aikido (e.g., *ikkyo*, *nikkyo*, etc.), and developed a logical curriculum that fosters faster learning. We have translated the Japanese terminology below to help your understanding, but please note that sometimes Japanese does not translate easily into English.

The *junanahon* are divided into two general categories: the *atemi-waza* (striking techniques) and the *kansetsu-waza* (joint techniques). The *kansetsu-waza* are then divided into three sub-categories: *hiji-waza* (elbow techniques), *tekubi-waza* (wrist techniques) and *uki-waza* (“floating” or “timing” techniques).

The pedagogical framework for Tomiki Aikido is comprised of the Three Principles and Six Concepts. The Three Principles are the:

1. Principle of Gentleness (*ju no ri*),
2. Principle of Natural Stance (*shizentai no ri*), and
3. Principle of Breaking Balance (*kuzushi no ri*).

The Six Concepts are:

1. Eye contact (*metsuke*)
2. Centerline (*seichusen*)
3. Hand Sword (*tegatana*)
4. Power of focused energy (*toitsu ryoku*)
5. Safe distance (*ma-ai*)
6. Power of locomotion (*idoryoku*)

**The Three Principles and Six Concepts are fundamental to the proper understanding and implementation of Aikido and are included in every examination conducted by Tomiki Aikido of the Americas.**

## 5<sup>th</sup> kyu (yellow belt)(40 hours of practice or more)

-Basic warm-up

-*Unsoku* (footwork)

-*Tegatana dosa* (hand-sword exercises)

-Back falls (*kouhou ukemi*)

-Side falls (*yoko ukemi*)

-Front roll (*zenpo ukemi*)

-Knee walk (*shikko*)

-*Atemi-waza* – the first five “striking” techniques of the *junanahon* (17 basic techniques), both right and left, from a *tegatana* vs. *tegatana* stance:

- 1) *Shomen-ate* (frontal attack)
- 2) *Aigamae-ate* (matching stance attack)
- 3) *Gyakugamae-ate* (opposite stance attack)
- 4) *Gedan-ate* (low-level attack)
- 5) *Ushiro-ate* (back attack)

-*Kihon tsukuri* (basic training exercise) against a standing opponent using the five *atemi-waza*

-*Taisabaki* (evasion exercise)

-*Tegatana taisabaki* (evasion exercise using the hand-sword)

#### **4<sup>th</sup> kyu (orange belt)(more than 40 hours of practice after 5<sup>th</sup> kyu)**

-All of the above

-*Hiji-waza* (elbow techniques), both right and left, from a *teगतana vs. tegatana* stance:

- 1) *Oshi-taoshi* (elbow push-over)
- 2) *Ude-gaeshi* (arm-elbow turn lock-up)
- 3) *Hiki-taoshi* (elbow pull-down)
- 4) *Ude-garami* (elbow wheel-throw)
- 5) *Wakigatame* (armpit lock-up)

-Flying forward roll (*zenpo kaiten ukemi*)(subject to physical capability)

-*Kihon tsukuri*, as per the above, but now against a jumping opponent

-*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)

-*Kakari-geiko* (first level of *randori*, free-style exercise / sparring, where the attacker does not resist)

#### **3<sup>rd</sup> kyu (green belt)(more than 40 hours of practice after 4<sup>th</sup> kyu)**

-All of the above

-*Tekubi-waza* (wrist techniques), both right and left, from a *teगतana vs. tegatana* stance:

- 1) *Kote-hineri* (wrist twist)
- 2) *Kote-gaeshi* (wrist turn)
- 3) *Tenkai-kotehineri* (turning-body wrist twist)
- 4) *Tenkai-kotegaeshi* (turning-body 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

-*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)

-*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*

#### **2<sup>nd</sup> kyu (blue belt)(more than 60 hours of practice after 3<sup>rd</sup> kyu)**

-All of the above

-*Uki waza* (“floating” or “timing” techniques), both right and left, from a *teगतana vs. tegatana* stance:

- 1) *Mae-otoshi* (front throw-down against the elbow)
- 2) *Sumi-otoshi* (corner throw-down)
- 3) *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)

-*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*

- ***Atemi-waza*** against grabs (total of 10 techniques, demonstrated on both left and right side, i.e. 20 techniques in the entirety)

-Randori training exercises:

1) *Sumi-otoshi*

2) *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)

### **1<sup>st</sup> kyu (brown belt)(60 hours practice after 2<sup>nd</sup> kyu)**

-All of the above

-*Suwari-waza shomen-uchi* (sitting techniques against a forehead strike) – *oshitaoshi* with a *kime* (pressure point) lock

-*Juppon ura-waza* (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*
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*

[End of *kyu*-level curriculum]