

# TOMIKI AIKIDO OF THE AMERICAS

## Juniors Curriculum (Ages 6-12) White Belt w/Stripes

ONE YELLOW STRIPE		
CORE SKILLS	Ukemi	Backward Breakfall
	Unsoku	Any 1 set
TECHNIQUE	Basic Kata	Any 1 technique
APPLICATION	N/A	N/A

TWO YELLOW STRIPES		
CORE SKILLS	Ukemi	Backward Breakfall
	Unsoku	Any 2 sets
TECHNIQUE	Basic Kata	Any 2 techniques
APPLICATION	N/A	N/A

THREE YELLOW STRIPES		
CORE SKILLS	Ukemi	Backward Breakfall
	Unsoku	Any 2 sets
TECHNIQUE	Basic Kata	Any 3 techniques
APPLICATION	N/A	N/A

ONE ORANGE STRIPE		
CORE SKILLS	Ukemi	Backward Breakfall
		Forward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-5 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

TWO ORANGE STRIPES		
CORE SKILLS	Ukemi	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
	Unsoku	Complete 3 sets
TECHNIQUE	Basic Kata	1-6 (Left or Right)
APPLICATION	Kakarigeiko	Shomen-ate attack

THREE ORANGE STRIPES		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-8 (Left or Right)
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack

ONE GREEN STRIPE		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Any 1 set
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-10 (Left or Right)
		Tanto Tsukiari attack: Any 2 Techniques (Left or Right)
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack
		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

TWO GREEN STRIPES		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Any 2 sets
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-11 (Left or Right)
		Tanto Tsukiari attack: Any 3 Techniques (Left or Right)
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack
		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

THREE GREEN STRIPES		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Any 3 sets
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-12 (Left or Right)
		Tanto Tsukiari attack: Any 4 Techniques (Left or Right)
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack
		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

ONE BLUE STRIPE		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
		Forward rolling breakfall (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Any 4 sets
	<b>Shikko</b>	Perform shikko walk
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-14 (Left or Right)
		Tanto Tsukiari attack: 1-5 (Left or Right)
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack
		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

TWO BLUE STRIPES		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
		Forward rolling breakfall (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Complete 5 sets
	<b>Shikko</b>	Perform shikko walk
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-14 (Left or Right)
		Tanto Tsukiari attack: 7 Techniques, including 1-5 (Left or Right)
	<b>Suwari-waza</b>	Any 1 technique
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack

		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

<b>THREE BLUE STRIPES</b>		
<b>CORE SKILLS</b>	<b>Ukemi</b>	Backward Breakfall
		Forward roll (Left or Right)
		Backward roll (Left or Right)
		Forward rolling breakfall (Left or Right)
	<b>Unsoku</b>	Complete 3 sets
	<b>Tandoku-undo</b>	Complete 5 sets
	<b>Shikko</b>	Perform shikko walk
<b>TECHNIQUE</b>	<b>Basic Kata</b>	1-14 (Left or Right)
		Tanto Tsukiari attack: 1-10 (Left or Right)
	<b>Suwari-waza</b>	Any 2 techniques
<b>APPLICATION</b>	<b>Kakarigeiko</b>	Shomen-ate attack
		Tanto Tsukiari attack
	<b>Ninin dori</b>	Shomen-ate attack

*Adopted November 10, 2024*