

BLACK SWORD AIKIDO
PROMOTIONAL REQUIREMENTS
v.3.0

Yellow Belt

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Obligation and Duty ("giri" and "on")
 - (b) Sincerity ("makoto," the foundation of a samurai's duty)
 - (c) One Point ("seika tanden," "hara," lower "tan ti'en")
 - (d) Energy ("ki," "chi")
 - (e) Senior and Junior ("Sempai" and "Kohai")
 - (f) Partner Practice ("uke" and "nage")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Standing
 - 1) Mugamae (Open stance)
 - 2) Hanmi (Half Stance)
 - 3) Hito e mi (Side Stance)
 - (b) Walking
 - 1) Ying/Yang Foot (Standing)
 - 2) Shikko (Kneeling)
 - (c) Sitting
 - 1) Seiza (Toes relaxed)
 - 2) Kiza (Toes raised)
 - (d) Falling
 - 1) Forward sit down
 - 2) Backward sit down
 - (e) Solitary Training
 - 1) Tiger Claw Training
 - 2) Funakogi Undo (Rowing Exercise)
 - 3) Menuchi Ikkyo Undo (High Parry Exercise)
 - (f) Seizing the body
 - 1) Gyaku hanmi (Same side from front, right vs. left)
 - ◆ Seize wrist from front (Katatedori)
 - 2) Ai hanmi (Opposite side from front, right vs. right, cross handed)
 - ◆ Seize wrist from front (Katate kosadori)
 - (g) Dissolving
 - 1) Same side (right vs. left)
 - ◆ From wrist seized on top
 - ◆ From wrist seized from underneath

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- 2) Opposite side (right vs. right)
 - ◆ From wrist seized from on top
 - ◆ From wrist seized from underneath
 - (h) Stick Training
- (C) Tactics (Waza)
- (1) Demonstrate these techniques.
 - (a) Katatedori Shihonage (Four Direction Throw)
 - (b) Ryotedori Tenchinage (Heaven and Earth Throw)
 - (c) Katatetore Ikkyo (First Elbow Control)

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Yellow Belt With Black Stripe 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Proper combative distance ("ma-ai")
 - (b) Blending ("awase")
 - (c) Principle of Flexibility ("ju no ri")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Seizing the body
 - 1) Behind from front
 - ◆ Ushirotekubitori (Seize both wrists from behind)
 - 2) Morotedori (Seize wrist with both hands)
 - (b) Dissolving
 - 1) From hands seized from behind
 - 2) From one hand seized by two hands
 - ◆ From same side hand on top
 - ◆ From opposite side hand on top
 - (c) Falling
 - 1) Forward Breakfall
 - 2) Backward Breakfall
 - (d) Partner Training
 - 1) Kokyu Dosa
 - ◆ Standing
 - ◆ Kneeling

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in the previous grade.
- (a) Ushirotekubitori Sankyo
 - (b) Morotedori Iriminage
 - (c) Katatedori Kosatori Kotegaeshi
 - (d) Katatedori Kosadori Nikkyo
 - (e) Katatedori Nikkyo

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Green Belt 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Strategy contained in Sun Tsu's Art of War
- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Tsuki (Straight Punch with the fist)
 - 1) High
 - 2) Low
 - 3) Low Upper
 - (b) Blocking straight punch with the fist
 - 1) From high punch
 - 2) From low punch
 - 3) From low uppercut
 - (2) Falling
 - (a) Forward Roll
 - (b) Backward Roll
 - (3) Solitary Training
 - (a) Happo Undo (Eight Direction Exercise)
 - (4) Ken Kamai (Sword Postures)
 - 1) Chudan (middle)
 - 2) Jodan (upper)
 - 3) Gedan (lower)
 - 4) Hasso (side)
 - 5) Waki gamai (rear)
 - (5) Jo Kamai (Short Staff Postures)
 - 1) Sankakutai (triangular)
 - 2) Chudan (middle)
 - 3) Gedan (upper)

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- (6) Five Tai Sabaki (static)

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Reverse Elbow Wrap
 - (b) Hands Holding A Large Beam
 - (c) Carry A Pole On The Shoulder
 - (d) Large Elbow Wrap
 - (e) Prop Up Elbow
 - (f) One Post To Support The Heavens
 - (g) Both Hands Seize The Murderer

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Green Belt With Black Stripe



- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts
 - (a) Attitude for mindfulness (“shinkenshobu,” duel with live swords)
 - (b) Severe Training (“shugyo”)
- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Tsuki (striking with fist)
 - 1) straight
 - 2) circular (roundhouse)
 - 3) Uraken (backfist)
 - (b) Uchi (striking with hand blade)
 - 1) Shomenuchi (straight)
 - 2) Yokomenuchi (circular)
 - 3) side
 - (c) Hijiate (striking with elbow)
 - 1) straight
 - ◆ forward (raising vertical elbow)
 - ◆ backward
 - 2) circular (horizontal elbow)
 - 3) side
 - (d) Redirecting strike from the fist, hand blade or elbow
 - 1) against a straight strike
 - 2) against a circular strike
 - 3) against a side strike
 - (2) Falling
 - (a) Forward Rolling Breakfall
 - (3) Ken Suburi (Sword Empty Striking)
 - (a) Shomen
 - (b) Sokumen
 - (c) Tsuki
 - (4) Jo Suburi (Staff Empty Striking)
 - (a) Tsuki
 - (b) Sokumen
 - (c) Gyaku Sokumen

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- (5) Five Tai Sabaki (flowing)

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Forward Turning Elbow
 - (b) Forward Upward Turning
 - (c) Low Elbow Press
 - (d) Shomenuchi Iriminage (Entering Throw)
 - (e) Chudan Tsuki Sokumen Iriminage (Side Entering Throw)
 - (f) Shomenuchi Ikkyo
 - (g) Yokomenuchi Shihonage
 - (h) Chudan Tsuki Kotegaeshi

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Blue Belt 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
 - (a) Opposites (“yin yang;” “in yo”)
 - (b) Integration and Attainment

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
 - (a) Hizagiri (striking with knee)
 - 1) straight (vertical rising knee)
 - 2) circular (horizontal knee)
 - (b) Giri (striking with foot)
 - 1) Maegiri (front kick)
 - 2) Yokogeri (side kick)
 - 3) Mawashigeri (roundhouse kick)
 - (c) Redirecting strike from knee
 - 1) against a straight strike
 - 2) against a circular strike
 - (d) Redirecting strike from foot
 - 1) against a straight strike
 - 2) against a circular strike
 - 3) against a side strike

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Maegiri Iriminage
 - (b) Yokogeri Sokumen Iriminage
 - (c) Mawashigeri Iriminage
 - (d) Ushirotekubitori Kotegaeshi
 - (e) Ushirotekubitori Sokomen Iriminage
 - (f) Ushiro Kubishime Nage
 - (g) Turn The Body To Seize The Monkey

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Blue Belt With Black Stripe



(D) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
 - (a) Execution of Technique
 - 1) Initial encounter ("deai")
 - 2) Appropriate body shifting ("tai sabaki")
 - 3) Break balance ("kuzushi")
 - 4) Apply technique ("waza")

(E) Skills (Te-no-uchi)

- (1) Performance of these exercises:
 - (a) Five Tai Sabaki (Paired Knife Form)

(F) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Feudal Lord Invites To Dinner
 - (b) Forgive Me For Not Going With You
 - (c) Walk With me
 - (d) Chudan Tsuki Sankyo
 - (e) Katatori Nikkyo
 - (f) Wild Chicken Spreads Its Wings
 - (g) Reverse Wrist Press
 - (h) Arms Hold The Dragon's Head
 - (i) Tanto Randori ("Seizing chaos." Demonstrate defense against one attacker with knife. Attacker should not submit unless defender's technique is effective)

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Brown Belt 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
- (a) Remaining mind ("zanshin")
 - (b) Mind leads Energy ("yii yi yin chi")

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
- (a) Jo Kata
 - 1) Jo Kata #1
 - 2) Jo kata #2

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
- (a) Koshinage (inside hip throw)
 - (b) Koshinage (outside hip throw)
 - (c) Aiki Otoshi (behind hip throw)
 - (d) Koshinage (underneath forward hip throw)
 - (e) Koshinage (underneath backward hip throw)
 - (f) Jujinage (Left Right Cross Elbow)
 - (g) Kaitenage
 - (h) Sumi Otoshi (Corner Drop)
 - (i) White Crane Nods Its Head
 - (j) White Crane Twists Its Neck
 - (k) Butterfly Bores Through The Flowers
 - (l) White Crane Bores The Bush

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Brown Belt With Black Stripe 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Outcomes of Combat (victory, defeat, mutual killing; "katsu," "make," "ai uchi")

- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Ken Kata
 - 1) Ken Kata #1
 - 2) Ken Kata #2

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Irimi Tenkan Nage
 - (b) Roast Peking Duck
 - (c) Lion Shakes Its Head
 - (d) Old Man Carries A Fish On His Back
 - (e) Push The Boat To Follow The Stream
 - (f) Demonstrate the following techniques while sitting against an attacker, also sitting
 - 1) Shomenuchi Ikkyo Suwariwaza
 - 2) Katatori Nikkyo Suwariwaza
 - 3) Shomenuchi Iriminage Suwariwaza

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Shodan- Black Belt With One Red Stripe 

(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
 - (a) Line of attack ("hassuji")
 - (b) Center line of body ("chusentai")
 - (c) Initiative ("go no sen," "sen," "sen no sen," "saki no saki")
 - (d) Legal consequences of self defense

(B) Skills (Te-no-uchi)

- (1) Performance of these exercises:
 - (a) Katatori Ganmenuchi (grabbing and striking the face)

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Jo Dori (Demonstrate defense against attack with staff)
 - (b) Jo Nage (Demonstrate throwing with staff)
 - (c) Bokken Dori (Demonstrate defense against an attack with a sword)
 - (d) Demonstrate defenses against Katatori Ganmenuchi
 - (e) Demonstrate the following techniques while sitting against a standing attacker
 - 1) Katatedori Shihonage Hanmi Handachi
 - 2) Yokomenuchi Kotegaeshi Hanmi Handachi
 - 3) Jodan Tsuki Sumi Otoshi Hanmi Handachi

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Nidan- Black Belt With Two Red Stripes 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Weakness ("suki")
 - (b) Dead angle (blind spot, empty door, open gate; "kong men," "shikaku")

- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Kubishime (Application of chokes)
 - 1) stopping the flow of air
 - 2) Stopping the flow of blood

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Kokyu Nage (Demonstrate Breath/Timing Throws against attacks revealed in previous Grades)
 - (b) Kubishime (Demonstrate chokes against attacks revealed in previous Grades)
 - (c) Demonstrate the following techniques while sitting against a standing attacker, attacking from behind by seizing the shoulders:
 - 1) Ushiro Ryokatatori Kokyunage Hanmi Handachi
 - 2) Ushiro Ryokatatori Jujinage Hanmi Handachi

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Sandan- Black Belt With Three Red Stripes



- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Priority of offensive and defensive action ("kobo-itchi")
 - (b) Collection of Energy ("aiki")
 - (c) Vibration of Energy ("kiai")
 - (d) Explosion of Energy ("fa jin")

- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Kumijo (paired staff forms)
 - 1) Kumijo 1-5
 - (b) Kumiken (paired sword forms)
 - 1) Kumiken 1-6

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades.
 - (a) Sudori (Disappearing Throw)
 - (b) Sutemiwaza (Sacrifice Throw)
 - (c) Yubijime (finger locks)
 - (d) Randori (Demonstrate a defense against four attackers)

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Yodan- Black Belt With Four Red Stripes 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Mind without thought ("mushin no kokoro")
 - (b) Mind like water ("mizu no kokoro")
 - (c) Mind like the moon ("tsuki no kokoro")
 - (d) Immovable mind ("fudoshin")
 - (e) Immovable body ("fudotai")
 - (f) Four evils (fear, doubt, surprise, worry)

- (B) Skills (Te-no-uchi)
 - (1) The Theory of Renzoku Waza (successive variations of technique)

 - (2) The Theory of Henka Waza (changing technique)

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades
 - (a) Demonstrate Renzoku Waza
 - (b) Demonstrate Henka Waza

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Godan- Black Belt With Five Red Stripes



(A) Strategy (Heiho)

- (1) Knowledge and understanding of these concepts:
 - (a) Killing sword ("setsunin to")
 - (b) Life-giving sword ("katsujin ken")
 - (c) Cause and Effect ("karma")
 - (d) Fate ("dharma")

(B) Skills (Te-no-uchi)

- (1) The Theory of Kaeshi Waza (counter techniques)

(C) Tactics (Waza)

- (1) Demonstrate these techniques and techniques revealed in previous grades
 - (a) Demonstrate Kaishi Waza

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Rokudan- Black Belt With Six Red Stripes 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Illusion ("maya")

- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Use of concealed weapons
 - (b) Use of the environment as a weapon
 - (c) Ground fighting
 - (d) Naginata (long staff with sword attached)

- (C) Tactics (Waza)
 - (1) Demonstrate these techniques and techniques revealed in previous grades
 - (a) Demonstrate the use of concealed weapons
 - (b) Demonstrate the use of the environment as a weapon
 - (c) Demonstrate the use of, and defense against leg techniques
 - (d) Demonstrate the use of, and defense against the mount
 - (e) Demonstrate basic skills in Naginata

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Shichidan- Black Belt With Seven Red Stripes 

- (A) Strategy (Heiho)
 - (1) Knowledge and understanding of these concepts:
 - (a) Western & Asian Medical Theory

- (B) Skills (Te-no-uchi)
 - (1) Performance of these exercises:
 - (a) Preparation of herbal remedies
 - (b) Massage
 - (c) Firearm safety
 - (d) Target shooting
 - (e) Kuatsu (revival techniques) & Emergency Medical Treatment

- (C) Tactics (Waza)
 - (1) Demonstrate the use of, and defense against firearms.