

Requirements for promotion Jisso-kai Aikido Dojo

<u>Rank</u>	<u>Techniques Required:</u>	<u>Time in Grade:</u>
5th Kyu	<ol style="list-style-type: none">1. Katate tori shiho nage2. Shomen uchi ikkyo3. Shomen uchi kokyu nage4. Mune tsuki kote gashi5. Kokyu ho	60 hours
	<u>Aikijujitsu</u> Striking Exercise Striking Applications Shomen Uchi -Kotegaeshi Yokomen Uchi - Shihonage Tsuki - Kotegaeshi Kata Tori – Kotegaeshi Hantai Tenkan (Wrist out turn-opposite side block) Katate Dori (Ai and Gyaku) - Sankyo Ushiro Ryote Tori - Shihonage Tate Zuki (Verticle fist punch) Age Zuke (Rising vertical fist punch) Uraken (Back fist strike) Mae Geri (Front Snap Kick)	
4th Kyu	(the above plus+) <ol style="list-style-type: none">1. Yokomen uchi shiho nage2. Shomen uchi ikkyo3. Shomen uchi kote gaeshi4. Mune tsuki kaiten nage5. Ushiro tekubi tori kote gaeshi	60 + hours
	<u>Aikijujitsu</u> Shomen Uchi –Ushiro Kubi Shime (Behind neck restraint) Yokomen Uchi – Kotegaeshi Yokomen Uchi – Shuto Uchi Sankyo (Strike attacking arm-wrist lock) Ryote Tori – Mae Geri Shihonage Ryote Tori – Sankyo Kata tori – Kotegaeshi Ushiro Ryote Tori - Kotegaeshi Ura Zuki (Reverse Close Punch) Teisho (Palm Heel Strike)	

Mae Geri (Front Snap Kick)
Yoko Geri (Side Snap Kick)
Jo Kata (22 Moves)

3rd Kyu (the above plus+)

1. Yokomen uchi kokyu nage tenkan
 2. Shomen uchi sankyo
 3. Shomen uchi kaiten nage
 4. Kata tori kokyu nage
 5. Ushiro tekubi tori kote gaeshi
 6. Suwariwaza (Ikkyo through Yonkyo)
- 60
hours
+

Aikijujitsu

Yoko Waza -3 (Attack From Side)- Free Defense Techniques

Ryote Mochi Kotegaeshi

Ryote Mochi – Hiji Ate (Elbow Strike)

Katate Tori Kotegaeshi

Katate Tori Ikkyo

Kata Tori Ikkyo

Ushiro Katate Tori Kubi Shime Sankyo

Yoko Geri – Side Kick

Kin Geri- Groin Kick

Kentsui Uchi – Hammer Fist Strike

Hiji Ate – Elbow Strike

Mawashi Zuki – Round House Punch

2nd Kyu (the above plus+)

1. Yokomen uchi kokyu nage irimi
 2. Shomen uchi yonkyo
 3. Yokomen uchi ikkyo
 4. Katate tori ryote mochi kokyu nage
 5. Ushiro kata tori ikkyo
 6. Katadorimenuchi (Grab Shoulder and Strike with other Hand) –Iriminage, Ikkyo,
- 60
hours
+

Shihonage, Kotegaeshi, Nikkyo)

7. Katatedori (Kokyunage Variations, Katagatame, Shihonage {Jo, Chu & Ge} Nikkyo-
ura.

8. Tsuki (1 Arm Udegarami, Kokyunage Variations {Double Cut, Ushiroate, Draping
Move}.

9. Shomenuchi (Gokyo-Tachi and Suwari Waza) Kokyunage –Kesa Based, Kokyunage-
bow pull move, Shihonage, Koshinage from Ikkyo, Iriminage).

Aikijujitsu

Ushiro Waza – 3 (Free Defense Techniques)

2 Man Hold – (Free Defense Techniques)

Ryote Tori – Kotegaeshi

Ryote Mochi – Nikkyo
 Katate Tori - Kotegaeshi
 Yokomen Uchi – (Hiji) Irimi Aiki Nage (Entering Aiki Throw)
 Yokomen Uchi – Hiji Gyaku Nage (Elbow Joint Lock)
 Ippon Ken – (One Knuckle Fist Strike)
 Ippon Ken – Sword Hand Strike
 Haishu Uchi – Finger Flick to the Eyes
 Hiza Geri – Knee Kick
 Sankyo Wrist Lock – Heel Kick

1st Kyu (the above plus+)

1. Yokomen uchi nikyu & sankyo
2. Suwari waza: Shomen uchi ikkyo
 Shomen uchi kokyu nage
 Hanmi handachi shiho nage
3. Randori (against 2 opponents random attacks)
4. Hanmihandachi Sumitoshi
5. Yokomenuchi (Koshinage Based on Shihonage)
6. Ushirokubishime (Sankyo, Iriminage, Kotegaeshi, Koshinage, Kokyunage)
7. Ushirotekubitori (Kokyunage {One hand lowers to pull Uke through}, Iriminage,

90
 hours
 +

Jujinage, Koshinage Sankyo Grip).

Aikijujitsu

Mae Waza – 5 (Free Defense Techniques)
 Tsuki – Teisho Uchi (Palm Strike)
 Kata Tori –Tsuki Kotegaeshi
 Kata Tori – Shomen Uchi Sankyo
 Yokomen Uchi – Hiji Ate (Elbow Strike)
 Tsuki – Hiji Gyaku Nage (Opposite Elbow Lock)
 Yokomen Uchi – Shuto Uchi (Sword Hand Strike to the Neck)
 Short Stick Defense
 Knife Defense

Shodan (the above plus+)

1. Randori against 4 opponents
2. Randori against tanto/bokken/jo

150
 hours
 +

Aikijujitsu

- **All Previous Techniques 5th Kyu – 1st Kyu)**

Yubi Tori – Finger Locks
 Dai – Techniques (Great Techniques Ikkyo-Ryokyo)

Gooseneck Lock
Escapes from Holds and Locks
Self Defense Techniques
Kicks
Striking Targets – With Baton
Keibo Jutsu – Telescopic Baton
Kubotan Jutsu
Tessen Jutsu – Iron Fan
Kobo – 26’ Baton
Jo – 4’ Staff
Tsubo Ate – Nerve Centers & Pressure Points
Ne Waza – Ground Fighting

+ In each case, the number of hours indicated are additional hours – i.e. they are the total number of hours required for that rank, in addition to the total number of hours completed for the previous ranks.

Weapons

Bokken

- 1.) Uchikomi
- 2.) Kirikaeshi
- 3.) Tsuki-kirikaeshi
- 4.) Kiriotoshi: Jodan, Gedan, Chudan

Kumitachi

- 1.) Ichinotachi
- 2.) Ninotachi
- 3.) Sannotachi
- 4.) Yonotachi
- 5.) Gonotachi
- 6.) Ki Musubi no Tachi
- 7.) Variations

Tachidori (Takeaways)

- 1.) Iriminage, Kotegaeshi, Hijishime
- 2.) Upper Cut (Pivot bokken upward and back into attacker), palm heel (Step on foot), Kokyunage into forward roll.
- 3.) Koshinage, Ikkyo

II. Jo

Basic Paired Exercises

- 1.) Tsuki Makkiotoshi continuous partner practice
- 2.) Kesa with step, Kesa with step (Three Kesa total: attack and first two defenses)
- 3.) Twelve Jo Defenses from Kesa Uchi Attack

Kata

- 1.) Tenzan 1 and 2
- 2.) Sancho 1 and 2
- 3.) Jo – Bokken

Jodori (Takeaways)

- 1.) Shihonage base Movement
- 2.) Soto Kaiten based Movement
- 3.) Five or Six Jodori of your choice.

III. Tanto

- 1.) Gokkyo, Hijishime, Kotegaeshi from all standard attacks.
- 2.) Backhand to choke
- 3.) Shihonage
- 4.) Various Attacks