

Budo Society Musashi



AIKI JUJITSU

Syllabus

Kyu grades, Dan Grades, Weapons

7th Kyu - 1st Dan

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Kyu requirements 7th Kyu Red belt

❁ Minimum of 25 Hours of training

❁ Dojo etiquette

❁ Ukemi waza

- ❁ Ushiro
- ❁ Yoko
- ❁ Mae Ukemi over the top

❁ Attack and defence stances

Basic stances (Foot and arm stances)

- ❁ Hanmi Kamae (half front 50% - 50%)
- ❁ Zenkutsu Dachi (70% - 30%)
- ❁ Neko Ashi Dachi (cat stand 20% - 80%)
- ❁ Kokutsu Dachi (30% - 70%)

❁ Movement on tatami

- ❁ Tsugi ashi
- ❁ Ayumi ashi
- ❁ Tai sabaki
- ❁ Happo undo
- ❁ Ebi (move on back, side, back and stomach)

Idori techniques

Shomenuchi Ippondori (*one point take*)

Katadori Gyakuuedori (*reverse arm take*)

Munedori Hijikaeshi (*Elbow turn*)

Hanzahandachi techniques

Katatedori Hanminage (*Half body throw*)

Katatedori Uraotoshi (*rear drop*)

Tachiai techniques

Shomenuchi Ippondori (*one point take*)

Yokomenuchi Kurumadaoshi (*Wheel drop*)

Katadori Gyakuuedori (*reverse arm take*)

Jujimunedori Koshiguruma (*hip wheel*)

Ushirodori techniques

Tachieridori (*standing collar take*)

Ryokatahineri (*Double shoulder twist*)

Ryohijigaeshi (*Double elbow turn*)

All techniques to be performed left and right handed



Bukiwaza

- Jo handling
- Bokken handling
- Defence against knife

Hanbo requirements

Stance

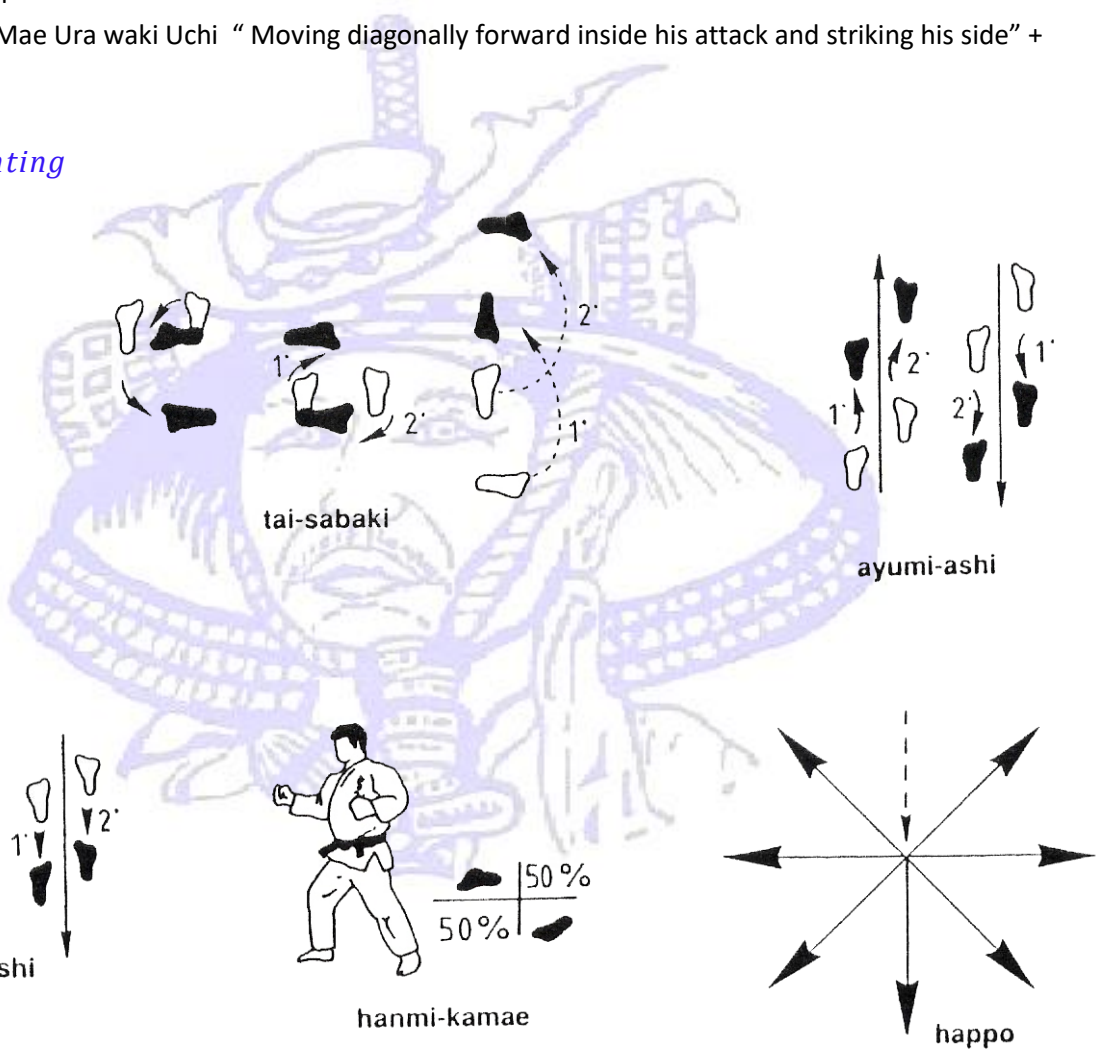
Hira Ichimonji no kamae (you stand holding the stick in both hands down in front of you)

Hanbo Basic movements

- Naname Ushiro omote Waki Uchi “Moving diagonally back outside his attack and striking his side” + Tsuke Iri
- Naname Mae Ura waki Uchi “ Moving diagonally forward inside his attack and striking his side” + Koshi Ori

Japanese counting

- Ichi One
- Ni Two
- San Three
- Shi Four
- Go Five
- Roku Six
- Shichi Seven
- Hachi Eight
- Ku nine
- Ju Ten





Kyu requirements 6th Kyu White belt

- ❁ **Minimum of 25 Hours of training**
- ❁ **Attendance of at least one Master Class**
- Dojo etiquette**
- ❁ **Ukemi Waza**
- ❁ **Movement on tatami**

Idori techniques

Yokomenuchi Kurumadaoshi (*wheel drop*)
 Jujimunedori Shimekaeshi (*Wringin turnon elbows*)
 Munedori Menuchi Karaminage (*Entangle throw*)
 Jujimunedori Dakijime (*hugging tightly*)

Tachiai techniques

Munedori Menuchi Karaminage (*entangle throw*)
 Sodedori Uraotoshi (*rear drop*)
 Jujimunadori Obiotoshi (*belt drop*)
 Ryosodedori Kirikaeshi (*cutting turn*)

Hanzahandachi techniques

Ryotedori Izori (*Breath throw over shoulders*)
 Ryotedori Iriminage (*entering throw*)
 Kubishime Kata Otoshi (*shoulder drop*)

Ushirodori techniques

Dakijimedori (*hugging take*)
 Dakijime Kata Otoshi (*bear hug shoulder drop*)

All techniques to be executed left and right handed

Bukiwaza

Basic Bokken handling and Jo handling

Bokken Disarming

Shihonage
 Kotegaeshi

Jo disarming

Aihanmi Kokyunage
 Aihanmi Shutozume

Tanto disarming

Tsuki - Shihonage
 Tsuki - Kotegaeshi

Kumijo no 1

Hanbo requirements

Basic movements

- ❁ Naname Mae omote Waki uchi “Moving diagonally forward outside his attack and striking his side” +
- ❁ Mawashi Kote Uchi omote “Rotate the stick and strike the wrist, outside his attack”
- ❁ Mawashi Kote Uchi ura “Rotate the stick and strike the wrist, inside his attack” + Ganseki Otoshi
- ❁ Kote Uchi ura “Strike the wrist, inside his attack” + Ganseki Otoshi
- ❁ Katate Tsuki “One hand thrust



Kyu requirements 5th Kyu Yellow belt

- ❁ **Minimum of 40 Hours of training**
- ❁ **Attendance of at least 1 Master Class**
- ❁ **Dojo etiquette**
- ❁ **All from previous grades**
- ❁ **Ukemi Waza**
- ❁ **Movement on tatami**

Idori techniques

Ryotedori Kotegaeshi (*wrist turn*)
 Ryotedori Nukitedori (*pulling out hand take*)
 Ryotedori Hizajime (*knee hug*)
 Shomenuchi Kotezume
 Shomenuchi Gyakudasuki (*reverse Dasuki*)

Hanzahandachi

Katatedori Shutozume (*reverse hand grab pull*)
 Tsuki Kotegaeshi (*right hand stab to left side*)
 Shomenuchi Susodori (*Foot take*)

Tachiai techniques

Ryotedori Kotegaeshi (*wrist turn*)
 Shihonage omote and ura (*four direction throw*)
 Shomenuchi Gyakudasuki (*reverse Dasuki*)
 Yokomenuchi Hikiotoshi (*pulling drop*)
 Sodedori Kubinage (*Neck twist throw*)
 Sodedori Susobarai (*hem take*)

Bukiwaza

Bokken Disarming

Kokyunage
 Iriminage

Jodori / Jo Waza

Sokumen Iriminage
 Shihonage

Tanto disarming

Tsuki - Udekimenage
 Tsuki - Iriminage

Hanbo requirements

Techniques against fist attack

- ❁ Tsuke Iri “Inserting the stick between arm and body”
- ❁ Koshi Ori “Breaking the hip”
- ❁ Ganseki Otoshi “Dropping a big rock”
- ❁ Ganseki Otoshi Makikomi “Dropping a big rock – enfolding techniques”



Kyu requirements 4th Kyu Orange belt

- ❁ **Minimum of 40 Hours of training**
- ❁ **Attendance of at least three Master Classes**
- ❁ **Dojo etiquette**
- ❁ **All from previous grades**

Idori techniques

Yokomenuchi Hijikujiki (*straight arm lock*)
 Katatedori Shutozume (*sword hand trap*)
 Juji Munadori Kubihineri (*cross strangle neck twist*)
 Shomenuchi Konohagaeshi (*turning leaf*)
 Munedori Kotegeashi (*wrist turn*)

Hanzahandachi

Ushiro Eridori Hijikujiki (*elbow sprain*)
 Ryotedori Irimizume (*entering trap*) Uchi Kaiten
 Sankyo

Tachiai techniques

Jujimunadori Seoinage (*shoulder throw*)
 Katatedori Shutozume (*sword hand trap*)
 Tsuki Kotegaeshi (*wrist turn*)
 Shomenuchi Kataguruma (*shoulder wheel*)
 Yokomenuchi Koshiguruma (*hip wheel*)

Ushirodori

Eridori Tsukidaoshi (*thrusting drop*)
 Ryo Hijidori Sukuinage (*scooping drop*)
 Kubishime Gyakugote (*grab around*)

Bukiwaza

- ❁ 13 step Jo Kata (left and right)
- ❁ Kumijo no 1 + 2
- ❁ Use of Tanjo

Bokken Disarming

Udekimenage
 Hijikimeosae

Jodori / JoWaza

Ippondori + Jujinage
 Hijikimeosae, / Kotezume

Tanto disarming

Tsuki - Hijikimeosae
 Yokomenuchi - Gokyo

Hanbo

Techniques against fist attack

- ❁ Oni Kudaki "Crushing the devil"
- ❁ Oni Kudaki Variation 1
- ❁ Oni Kudaki Variation 2
- ❁ Oni Kudaki Variation 3



Kyu requirements 3th Kyu Green belt

- ❁ **40 Hours of training**
- ❁ **Attendance of a Master Class**
- ❁ **Dojo etiquette**
- ❁ **All from previous grades**

Idori techniques

Tsuki Katahadori (*single wing take*)
Tsuki Kamatezume (*single hand sprain*)
Munedori Gyakugote (*reverse wrist*)
Shomenuchi Tsuriotoshi (*fishing drop*)
Yokomenuchi Temakura (*hand pillow*)
Munedori Sotogote (*outside wrist*)

Tachiai techniques

Jujimunadori Sekujiki (*back sprain*)
Shomenuchi Tsuriotoshi (*fish drop*)
Munadori Sotogote (*outside wrist*)
Shomenuchi Makizume (*Winding trap*)
Katatedori Wakizume (*side trap*)

Bukiwaza

- ❁ 16 step Jo Kata (left and right)
- ❁ Eight direction Bokken kata
- ❁ Use of Tanjo
- ❁ Kumijo 1 – 4

Bokken Disarming

Kote Hineri
Yonkyo

Jo disarming

Aihanmi Tenchinage
Gyaku Kotegaeshi

Tanto disarming

Yokomenuchi - Kotezume
Yokomenuchi - Kote Hineri

Hanzahandachi

Katatedori Makizume (*Winding trap*)
Sokumen Tsuki Hijikujiki (*Elbow sprain*)

Ushirodori

Hagashime Kubinage (*Full nelson + neck throw*)
Ryo Sodedori Hijikujiki (*elbow sprain*)
Ryotedori Makizumeotoshi (*winding trap drop*)
Ryotedori Udegaeshi (*Tekubi Kotegaeshi*) (*arm turn*)

Haga Jime = grab around neck from under arms

Hanbo requirements

Techniques against foot attacks

- ❁ Ashi Garami “Entangling the leg”
- ❁ Ashi Dori “Seizing the leg”
- ❁ Ashi Gatame “Pressing on the leg”



Kyu requirements 2nd Kyu Blue belt

- ❁ **Minimum of 50 Hours of training**
- ❁ **Attendance of at least one Master Class**
- ❁ **All from previous grades**

Idori techniques

Shomenuchi Makizume (*winding trap*)
 Tsuki Age Kobushigaeshi (*fist turn*)
 Tsuki Kakaekujiki (*Carrying sprain*)
 Munadori Menuchi Karamizume
 Kake Te (no attack) Kiriha (*Cutting wing*)
 Tsuki Uchi Udegaeshi (*Inside arm turn*)
 Ryotedori Gassyoudori (*Praying take*)

Hanzahandachi

Katatedori Kubishime Katahagaeshi
 (*single wing take*)
 Shomenuchi Ashijime (*Leg hug*)
 Munadori Wakikujiki (*Side trap*)

Tachiai techniques

Ryotedori Gansekiotoshi (*rock drop*)
 Tsuki Kubiwa (*Neck wring*)
 Tsuki Uchiudegaeshi
 Katatedori Shichiribiki (*Seven mile pull*)
 Katatedori Ipponkatsugi (*One point carry*)
 Yokomenuchi Shihonage (*Four direction throw*)

Ushirodori

Eridori Wakigarami (*Side entanglement*)
 Daki Komi Kiriha (*Cutting wing*)
 Morotedori Kata Udenage (*Single arm throw*)

Taninzudori

Defence against 3 or more attackers

Bukiwaza

Use of the Tanjo
 22 step Jo Kata (Left and right)
 Defences against Bokken with Hanbo and Tanjo
 Nine Cut Bokken Kata

Bokken Disarming

Gokyo
 Kotezume

Jo disarming

Gokyo
 Yonkyo

Knife disarming

Yokomenuchi - Shihonage
 Yokomenuchi - Uchikaitensankyo
 (*Wakizume*)

Hanbo requirements

Techniques against wrist grabs

- ❁ Ude Garami omote “Entangling the arm – outside”
- ❁ Kyojitsu “Feinting” (*A deceptive action calculated to divert attention from one's real purpose*)
- ❁ Ude Gaeshi “Turning the arm over”
- ❁ Take Ori “Breaking Bamboo”



Kyu requirements 1st Kyu Brown belt

- ✿ **Minimum of 90 Hours of training**
- ✿ **Attendance of at least 2 Master Classes**
- ✿ **All from previous grades**
- ✿ **Kyusho Jitsu course (a 3-day course)**
- ✿ **Prepare and deliver two lessons of each 45 minutes (with a lesson plan)**

Yonkajo

Shomenuchi Uragote
 Yokomenuchi Uchigote
 Katatedori Kakaekubi
 Yokomenuchi Temakurazume
 Shomenuchi Wakidori Omote
 Yokomenuchi Wakidori Ura
 Katatedori Irichigai
 Ryotedori Tatsumaki
 Ryotedori Izori
 Katatedori Uraotoshi
 Katatedori Senryu
 Katatedori Wakizumeotoshi
 Yokomenuchi Kasuminage
 Tsuki Hadakajime
 Kuwadate Ryokatadori Darumagaeshi

Gokajo

Tsuki Makikomikujiki
 Kuwadate Katatedori
 Kobangaeshi
 Ryotedori Kannukizume
 Munadori Enma
 Yokomenuchi Shumoku
 Kake Te no Takiotoshi

Taninzudori

Defence against 4 or more attackers

Bukiwaza

All previous requirements
 Use of credit card, Kubotan, Umbrella, walking stick, magazine etc
 Kumijo 1 – 8

Bokken syllabus

Bokken kata
 10 defences against Bokken
 Defence against Bokken with Tanjo

Jo syllabus

Jo Kata's 50 step and 70 step kata
 10 defences against Jo
 6 techniques Jo Waza

Tanto

Variety of Attacks 10+ techniques



From static knife threat against neck

Ikkyo/Ippondori
Kotezume
Kote Hineri
Yonkyo
Gokyo

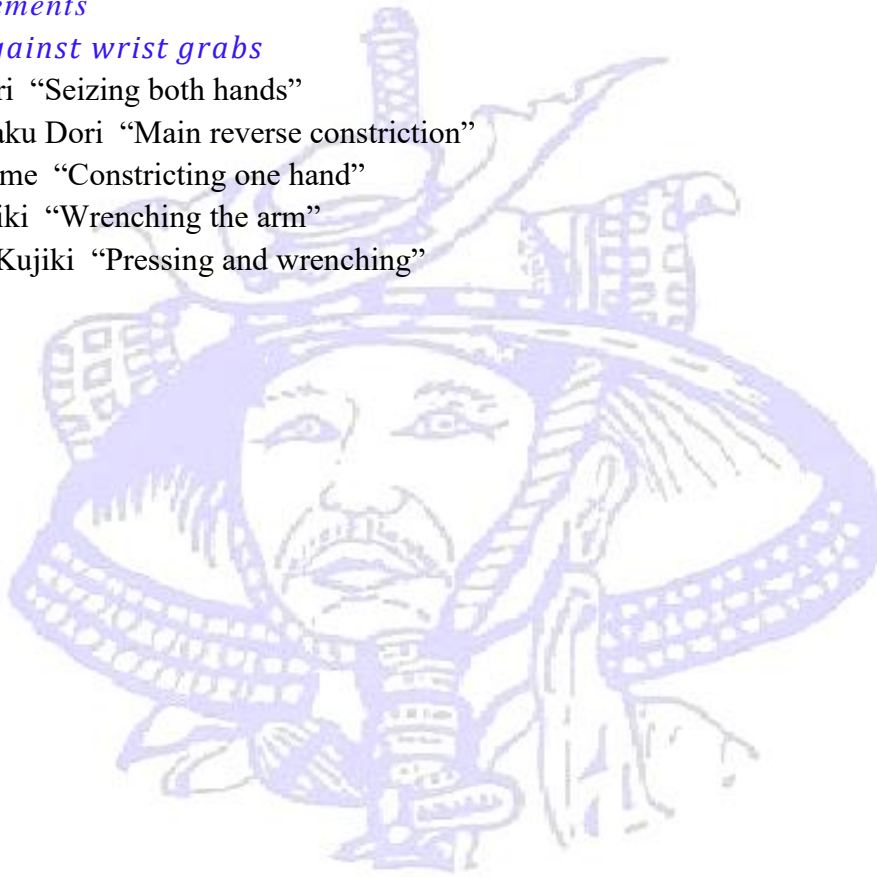
Defence against knife attacks from Ushiro

Defence with Jo against Bokken

Hanbo requirements

Techniques against wrist grabs

- ❁ Ryōtedori “Seizing both hands”
- ❁ Hon-Gyaku Dori “Main reverse constriction”
- ❁ Katate Jime “Constricting one hand”
- ❁ Ude Kujiki “Wrenching the arm”
- ❁ Katame Kujiki “Pressing and wrenching”





Kyu requirements Shodan 1st Dan

- **Minimum of 12 months or 100 Hours of training**
- **Attendance of at least 4 Master Classes**
- **First Aid**
- **Dojo etiquette**
- **All from previous grades**

Idori

Munadori Hijigaeshi
Juji Munadori Shimekaeshi
Ryotedori Hizajime
Shomenuchi Konohagaeshi
Jujimunadori Kubihineri
Shomenuchi Tsuriotoshi

Hanzahandachi

Katatedori Hanminage
Shomenuchi Susodori
Katatedori Uraotoshi
Katatedori Kubishime Katahagaeshi
Katatedori Makizume

Tachiai

Sodedori Kubinage
Shomenchi Kataguruma
Jujimunadori Seikujiki
Katatedori Ipponkatsugi
Yokomenuchi Uchigote
Kuwadate Katatedori Kobangaeshi
Yokomenuchi Hijiotoshi

Ushirodori

Ryohijigaeshi
Eridori Tsuki Daoshi
Ryosodedori Hijikujiki
Ryotedori Makizumeotoshi
Morotedori Kata udenage

Taninzudori

Defence against 2 or more attackers

Bukiwaza

Tanto

Tsuki Uchiudegaeshi
Shichiribiki (from threat)
Gyaku Shihonage from knife hold against neck
Makikomikujiki from knife hold against neck

Bokken

Shomenuchi – defence with Tanjo
Tsuki Makikomikujiki
Shomenuchi – defence with Jo
Shomenuchi – defence with Jo: Harai Menuchi



Jo

Tsuki uragote

Tsuki Makikomikujiki

Jo Kata's Flame Kata, 16 Step Kata, 22 Step kata

Seitei Kata

Ippon Me - Mae

Nihon Me - Ushiro

Hanbo requirements

Techniques against fist attack

- ❁ Oni Kudaki “Crushing the devil”
- ❁ Oni Kudaki Variation 1
- ❁ Oni Kudaki Variation 2
- ❁ Oni Kudaki Variation 3
- ❁ Gyaku Ude garami “Entangling the reversed arm”
- ❁ Kyukotsu Kudaki “Crushing the sternum”
- ❁ Ryō-Ashi dori “Seizing both legs”
- ❁ Kochō dori “Catching a butterfly”

Techniques against foot attacks

- ❁ Ashi Kujiki “Wrenching the leg”
- ❁ Ashi Kujiki variation 1
- ❁ Ashi dori “Breaking the leg”

