

Children's Aikido Curriculum

Kyushinkan Dojo
Aikido Association Atlanta/Roswell Budokan
(Effective 1/1/15)

Teaching Blocks

The Children's Curriculum is divided into 22 separate teaching Blocks. Each Block will be 6-7 weeks long depending upon teachers' assessment of class progress. Kyu rank testing will be offered upon completion of each block. Kyu tests will be evaluated upon the ability to demonstrate technique at a level that is "rank appropriate." As noted below, Weapons training will be offered in a separate curriculum.

Class Structure

All classes will include: the usual warm ups, standard Aiki taiso exercises, ukemi and shikko practice, and kokyudosa. Tai Sabaki demonstration should be used as a prelude to teaching the techniques noted below. Try to add suwariwaza and hanmi hantachi waza to the listed techniques. Advanced students may be challenged by adding jiyu waza practice. Incorporate games as appropriate.

Testing

Students must attend a minimum of 16 separate class days between teaching Blocks to be eligible to test for new rank (i.e., an average of two classes per week).

BLOCK 1

Kokyunage

Katatekosatori: ura and omote
Shomenuchi: ura and omote

Ikkyo

Katatori: omote and ura
Katatekosatori: omote and ura

BLOCK 2

Shihonage

Katatetori: step back, then omote and ura

Nikyo

Katatori: omote and ura

BLOCK 3

Iriminage

Katatekosatori Sokomen: omote and ura

Sankyo (standing pin, kneeling pin, forward throw, backward throw)

Katatekosatori: enter under uke's arm

BLOCK 4

Kotagaeshi

Katatekosatori: ura and omote

Munetski: ura and omote

Gokyo

Katatetori: omote and ura

Shomenuchi: omote and ura

BLOCK 5

Ushiro based techniques

Ushirotori Kokyunage: throwing in both directions

Ushirotekubitori Kokyunage: throwing in both directions

Yonkyo

Katatori: omote and ura

BLOCK 6

Katateriyotetori (also called “morotetori”)

Kokyunage: tenkan, then slide forward and throw; and tenkan, then step back, head throw

Nikyo: tenkan, pinning inside hand and pinning outside hand

Kaitenage (soto, uchi, tenkan)

Katatetori

BLOCK 7

Kokyunage

Katatori Kokyunage: ura and omote

Ushirotekubetori Kokyunage: head throw, and tenben nage (“lever” under the arm) throw

Kaitenage (soto, uchi, tenkan)

Ryotetori

BLOCK 8

Kokyunage

Munetski: move outside strike and use “gator jaws” throw from arm; and head throw (ura)

Ikkyo

Munetski: omote and ura

BLOCK 9

Shihonage

Yokomenuchi: omote and ura

Munetski: omote and ura

Nikyo

Munetski: omote and ura
Shomenuchi: omote and ura

BLOCK 10

Iriminage

Yokomenuchi: step back, then kihon
Ryotetori: step back, then kihon

Sankyo (standing pin, kneeling pin, forward throw, backward throw)

Munetski: step back, then ikkyo control, then transition into sankyo

BLOCK 11

Kotagaeshi

Shomenuchi: ura and omote

Gokyo

Munetski: omote and ura

BLOCK 12

Ushiro based techniques

Ushirotekubetori Jujinage: throwing forward and backwards

Yonkyo

Shomenuchi: omote and ura
Yokomenuchi: omote and ura

BLOCK 13

Shihonage

Katatekosatori: slide in omote

Sumiotoshi

Katatetori Sumiotoshi: tenkan and inside irimi tenkan variations

BLOCK 14

Shihonage

Ryotetori: step back, then omote and ura

Nikyo

Yokomenuchi: omote and ura

BLOCK 15

Irimi

Shomenuchi: kihon; also, direct entry inside strike (to face or chest)

Sankyo

Katatetori: step back, then ikkyo control, then into sankyo

BLOCK 16

Shihonage

Katatetori: tenkan variation (tenkan off forward foot)

Nikyo

Katatekosatori: omote and ura

BLOCK 17

Ushiro

Ushirotekubetori ikkyo: pinning using uke's 1st hand

Ushirotekubetori ikkyo: nage waza (throw)

Yonkyo

Katatetori: omote and ura

BLOCK 18

Katateteryotetori

Kotagaeshi: tenkan, then step back

Kaitenage (soto, uchi, tenkan)

Ushirokatatetori

BLOCK 19

Ryotetori

Ryotetori Kokyunage: pivot and step back variations

Ryotetori Tenchinage: omote and step back variations

Sudori

Yokomenuchi Sudori

BLOCK 20

Kokyunage

Yokomenuchi: mid-level tai sabaki; head throw, and tenben nage lever throw

Ikkyo

Shomenuchi: omote and ura

BLOCK 21

Sankyo (standing pin, kneeling pin, forward throw, backward throw)

Shomenuchi: step back, then ikkyo control, then into sankyo

Kotagaeshi

Ushirotekubitori: both 1st and 2nd hands (using uke's hands as the reference point)

BLOCK 22

Sankyo

Ushirotekubetori sankyo: using uke's 1st hand (standing pin, kneeling pin, forward throw, backward throw)

Miscellaneous Techniques

Munetski Sumiotoshi: tenkan and inside irimi tenkan variations

Maegeri: sokkomen iriminage from outside; irimi from inside; kokyunage from outside (throw uke from shoulders or waist)

WEAPONS KATA (solo and paired kata will be taught as separate class on Saturday morning at 9:00am for invited students)