



Green Belt Expectations

This level of training will begin a more in-depth study of the concepts of Aikido, developed by Morihei Ueshiba (also known as O-Sensei) as well as its foundational art: Daito Ryu Aikijujitsu. This training will have more emphasis on learning how to transition from soft techniques to hard techniques and vice versa.

We will also apply the same learning principles to the study of Judo and how it developed from the art of Jujitsu. You will begin to see, if you have not already, the many similarities present between the techniques studied in the different styles. There may be subtle changes in footwork or technique (hand/body position) application that may change the technique from hard to soft or from soft to hard contingent on the circumstance and level of intervention needed. We will learn how to not confuse these concepts but to feel comfortable with the interchange that takes place.

At this level of training more emphasis will also be placed on your grappling skills. There will be a greater emphasis on flowing application of technique during Newaza ground play.

You should already be familiar with basic/intermediate kicking skills and striking skills. More emphasis will be placed on precision striking (pressure point Kyusho Jitsu techniques) sequences that involve strikes and kicks which transition into throws, joint locks, submission holds and pins.

Ju-Jitsu Randori will continue to play an essential and primary element in your training. Remember that you can learn Ju-Jitsu techniques but this does not mean that you know Ju-Jitsu.

Your body and mind should start to work more in harmony. Letting your body do the thinking is emphasized at this level and above (concept of Mushin). Some exercises will be worked on blindfolded in order to reduce reliance on only one sensory input and hone responses to other stimulus.

Green Belt Requirements

Atemi:

- One-inch power punch
- One-inch palm heel strike
- Three-inch power punch
- Three-inch palm heel strike
- Eagle claw (pressure point grab left and right hand)
- Slashing Eagle claw

Kyusho Jitsu:

Kyusho Jitsu is the art of pressure point fighting. It focuses on strikes, presses, rubs, and slaps to activate pressure points at specific points on the body and is at the core of our Kyu Shin Ryu motto: "Strike to lock, lock to strike."

Wave Attack

A wave attack is defined as a series of no less than six strikes in sequence that involve the fist, open hand, elbows, fingers, etc., targeted at varied points on the body. (This may be also be classified as Te-Waza). Wave attacks are intended to be overwhelming for your opponent, your attack as relentless as the waves. Wave attacks are used for a variety of purposes such as hitting kyusho points (vital points), disrupting kuzushi (balance) points, distraction as preparation for a follow up technique such as a throw, joint lock/manipulation, or as a means to disable the attacker with crushing blows (power strikes).

Uke:

Students at this level should have proficiency with all the previous blocks in the White through Orange belt requirements. Students must demonstrate defensive proficiency in blocking skills by being able to defend against a sequence of five strikes (punches, kicks or both combined). These defenses must be spontaneous and not pre arranged (YOUR ATTACKER WILL NEVER TELL YOU HIS OR HER STRIKING SEQUENCE).

Ukemi:

Perform no less than 8 mae, yoko and ushiro ukemi waza sequential rolls, in varied combinations. Students should also show ability to fall and roll over higher level obstacles

Shime Waza:

Sankaku Jime- Triangle choke techniques

- Yoko Sankaku Jime - side triangular choke
- Ura Sankaku Jime - rear triangular choke
- Omote Sankaku Jime - front triangular choke

Newaza:

Demonstrate transition and pinning strategies with emphasis on strangulation and/or submission techniques during Newaza. Students must be able to demonstrate at least 6 submission techniques, followed by two minutes of freeform Newaza.

Aikido Techniques:

- Katate-mochi Shiho-nage - One hand grasp-four directions throw from a pulling motion (wrist grab position)
- Katate-mochi Shiho-nage -One hand grasp-four directions throw from a pushing motion (wrist grab position)
- Yokomen-uchi Shiho-nage (A) - blow to the side of the head, four directions throw
- Shomen-uchi Shiho-nage - Straight blow to the head four directions throw. The blow is a downward overhand Shuto attack
- Hanmi-Hantachi Katate-mochi Shiho-nage - one sitting, one standing; one hand grasp; four directions throw
- Hanmi-Hantachi Royote-mochi Shiho-nage - one sitting, one standing; both hand grasp;four directions throw

Ju-Jitsu Techniques:

All Ju-Jitsu training from this point on will focus on the Kata and Waza requirements established in the Budoshin ranking system. Choosing to advance in Budoshin ranking is optional, technique proficiency is not.

The following kata (pre-arranged form) and waza (self-defense applications) will be required for both your Aikijujitsu requirements as well as your Budoshin requirements.

All Kata must demonstrate the following:

1. Block, Loosening Up, or Distraction Technique
2. Throw or Take Down
3. Submission or Finishing Blow

Kata:

Ippon Seoi Nage
Osoto Gari
Tai-otoshi
Yubinage (finger throw)
Makikomi (Karada Makikomi)
Hiji Waza (elbow technique)
Shioku Waza (nerve technique)
Kubi Nage Kubi Nage

Waza:

Handshake
Choke
Bearhug
Rear waist grab
Hair grab
Lapel grab
Wrist Grab
Headlock
2 Kime No Kata (pre-arranged forms)
Rear shoulder grab
Clothing grab
Headlock

Proficiency with these techniques will allow you to test for the Gokyu Rank of Green/Yellow Belt (2nd Green Belt) in the Budoshin Ju-jitsu System in addition to being required for Kyu Shin Ryu Green Belts.

Tachi-Waza:

- Kata Guruma - Shoulder whirl or Fireman's carry (2 variations)
- Sukui Nage - Scoop throw
- Kuchiki Taoshi - Dead tree drop
- Sumi Otoshi - Corner drop
- Osoto Guruma - Big outside whirl
- Hiza-Guruma - Knee whirl
- Ashi Guruma -Leg whirl