



# AIKIDO of San Leandro

1033 Macarthur Blvd., San Leandro, CA 94577 • (510) 430-2518

## Training Hrs. #Months Age Limit

**10th Kyu (white stripe)** ----- 24hrs. ----- 3mos. ---- under 6yrs.

Forward rolls  
Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho

**9th Kyu (purple belt)** ----- 24hrs. ----- 3mos. ----- 6yrs.

Forward rolls  
Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho  
Shomen uchi ikkyo omote waza

**8th Kyu (purple stripe)** ----- 24hrs. ----- 3mos. ----- 6yrs.

8 direction move  
Forward rolls  
Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho  
Shomen uchi ikkyo omote and ura waza

**7th Kyu (yellow belt)** ----- 24hrs. ----- 3mos. ----- 7yrs.

Forward and backward rolls  
Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho  
Shomen uchi ikkyo omote and ura waza  
Munetsuki kotegaeshi

**6th Kyu (yellow stripe)** ----- 24hrs. ----- 3mos. ----- 7yrs.

Forward and backward rolls  
Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho  
Shomen uchi ikkyo omote and ura waza  
Munetsuki kotegaeshi  
Kata dori nikkyo omote and ura waza



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**5th Kyu (orange belt)** ----- 24hrs. ----- 3mos. ----- 8yrs.

Tae no henko  
Tae no henko ki no nagare  
Morote dori kokyu ho  
Shomen uchi ikkyo omote and ura waza  
Munetsuki kotegaeshi  
Kata dori nikkyo omote and ura waza  
Katate dori shihonage omote and ura waza

**Training Hrs. #Months Age Limit**

**4th Kyu (blue belt)** ----- 48hrs. ----- 6mos. ----- 8yrs.

all above from various attacks, i.e.  
shomen uchi  
katate dori ikkyo  
kata dori nikkyo  
ryote dori  
katate dori and yokomen uchi shihonage  
munetsuki  
gyakute dori kotegaeshi  
shomen uchi  
shomen uchi iriminage  
1 person jiyu waza

**3rd Kyu (green belt)** ----- 108hrs. ----- 9mos. ----- 8yrs.

all above plus:  
suwari waza ikkyo and nikkyo  
shomen uchi sankyo omote and ura waza  
more variations

**2nd Kyu (brown belt)** -----156hrs. ----- 12mos.

suwari waza shomen uchi  
katate dori ikkyo – sankyo  
kata dori omote and ura waza  
ryote dori  
same as above: standing  
kotegaeshi  
katate, ryote, yokomen uchi : shihonage  
shomen uchi, katate, ryote, gyakute: iriminage  
variations from any grab or strike  
31 jo kata  
jiyu waza



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**1st Kyu (red belt)** -----208hrs. ----- 12mos.

all above plus:

yonkyo

katate and ryote dori koshinage

13 jo kata

2 person jiyu waza

**Shodan (black belt)** -----208hrs. ----- 12mos.

suwari waza

hanmi handachi

bukiwaza

jo nage

tachi dori

tanto dori

jo dori

randori