



**Aikido Yuishinkai Canberra
Children's Syllabus**



9-Teen year olds	5-8 year olds
Yellow Level (12 classes) Kotai	Yellow Level (12 classes) Kotai
Sumi o'toshi-irimi	Sumi o'toshi-irimi
Katatekosadori kokyunage – "walk around"	Katatekosadori kokyunage – "walk around"
Katatekosadori kokyunage – spiral	Kokyu dosa
Kokyu dosa	
Orange Level (15 classes) Kotai & Juntai	Orange Level (125 classes) Kotai & Juntai
Sumi o'toshi-irimi	Sumi o'toshi-irimi
Katatekosadori kokyunage – "walk around"	Katatekosadori kokyunage – "walk around"
Katatekosadori kokyunage – spiral	Katatekosadori kokyunage – spiral
Katatekosadori ikkyo irimi katameru	Kokyu dosa
Zagi-katatekosadori ikkyo-irimi katameru	
Kokyu dosa	
Green Level (20 classes) Kotai & Juntai	Green Level (20 classes) Kotai & Juntai
Sumi o'toshi-irimi	Sumi o'toshi-irimi
Katatekosadori kokyunage – "walk around"	Katatekosadori kokyunage – "walk around"
Katatekosadori kokyunage – spiral	Katatekosadori kokyunage – spiral
Katatekosadori ikkyo irimi katameru	Katatekosadori ikkyo irimi katameru
Katatekosadori ikkyo tenkan katameru	Ryotedori tenchi nage irimi
Munetsuki Kotegaishi katameru	Zagi-katatekosadori ikkyo-irimi katameru
Ryotedori tenchi nage irimi	Kokyu dosa
Zagi-katatekosadori ikkyo-irimi katameru	
Zagi-katatekosadori ikkyo-tenkan katameru	
Kokyu dosa	
Blue Level (25 classes) Juntai & Ryotai	Blue Level (25 classes) Juntai & Ryotai
Sumi o'toshi-irimi	Sumi o'toshi-irimi
Katatedori tenkan kokyunage	Katatekosadori kokyunage – "walk around"
Katatedori shihonage tenkan	Katatekosadori kokyunage – spiral
Katatedori shihonage irimi	Katatekosadori ikkyo irimi katameru
Katatekosadori kotegaeshi katameru	Katatekosadori kotegaeshi
Katatekosadori kokyunage – "walk around"	Ryotedori tenchi nage irimi
Katatekosadori kokyunage – spiral	Zagi-katatekosadori ikkyo-irimi katameru
Katatekosadori ikkyo irimi katameru	Kokyu dosa
Katatekosadori ikkyo tenkan katameru	Futarigake - 2 person attack (Adult ukes)
Ryotedori tenchi nage irimi	

Zagi-katatekosadori ikkyo-irimi katameru	
Zagi-katatekosadori ikkyo-tenkan katameru	
Kokyu dosa	
Futarigake - 2 person attack (Adult ukes)	
Brown Level (35 classes) Juntai & Ryotai	Brown Level (35 classes) Juntai & Ryotai
Shomenuchi irimi nage	Shomenuchi irimi nage
Katatedori shihonage tenkan	Katatedori shihonage tenkan
Katatedori shihonage irimi	Munetsuki kotegaeshi katameru
Yokomenuchi shihonage omote irimi	Katatekosadori Kotegaishi
Katatekosadori kotegaeshi katameru	Katadori ikkyo omote irimi katameru
Munetsuki kotegaeshi katameru	Katadori ikkyo ura tenkan katameru
Katadori ikkyo omote irimi katameru	Ryotedori tenchi nage irimi
Katadori ikkyo ura tenkan katameru	Kokyu dosa
Ryotedori tenchi nage irimi	Sanningake - 2 or 3 person attack (Adult ukes)
Kokyu dosa	
Jo (Shooting Star)	
Sanningake - 2 or 3 person attack (Adult ukes)	
Junior Black Belt (50 classes) Ryotai	
Shomenuchi irimi nage	
Yokomenuchi shihonage omote irimi	
Munetsuki kotegaeshi katameru	
Katatedori ikkyo omote irimi katameru	
Katatedori ikkyo ura tenkan katameru	
Katadori nikkyo omote irimi katameru	
Katadori nikkyo ura tenkan katameru	
Ushirotekubidori sankyo katameru	
Bokken (Sword of Nine Ways)	
Jo (Shooting Star)	
Sanningake - 3 person attack (Adult ukes)	
Taninzugake (adult uke, 1 minute) Katatedori and Katatekosadori 1 technique minimum	