

Shodan (Black Belt) Practice Sheet

Attack	Defense
Traditional Weapons	Kumitachi (4-5)
Traditional Weapons	Kumijo (6-10)
Tactical Weapons	Disarm: Gun (2) & Knife (2)
Kata Tori	Rokyo (slow 1 step)
Kata Menuchi	Jujinage
Yoke/Sho (barehand)	Aikiotoshi
Sho/Yoke	Udegarame
Mune Tsuki	Kotegaeshi
Yoke/Sho	Shihonage Omote/Ura
Sho/Yoke	Sumiotoshi
Yoke/Sho	Ikkyo Omote/Ura
Sho/Yoke	Koshinage
Evaluator Choice	Nikyo, Sankyo, Yonkyo
Evaluator Choice	Irimi, Kaiten, Hijinage
Running Front Grabs	Free Play (8)
Yokomen Uchi	Free Play (8)
Shomen Uchi	Free Play (8)
Mune Tsuki	Free Play (8)
Ushiro Waza	<ul style="list-style-type: none"> -BearHug Aikiotoshi -Ushiro Kubishime Koshinage -Hook Elbow Armbar -Full Nelson Ikkyo -Headlock Knee/Arm Garame
Ushiro Waza	Free Play (5)
Hanmi Handachi	Free Play (6)
Randori (2 Uke)	Free Play (15)
60 Hours Minimum & Sponsor Required	Kokyu Ho; Q & A prior to test

Question	General Answer
What do you think it means to be a black belt?	Grasp of the basics, at the level where you can truly learn, a master beginner.
What is your favorite technique and why?	na
What do you like most about your training at the Martial Way and why?	na
What is our Aikido lineage	O Sensei, Hombu Dojo > Robert Danza, NJ School of Unarmed Self-Defense/Hombu Aikido Association > Robert Danza, NJ School of Unarmed Self-Defense > Samuel Carney, South Jersey Aikido Academy > Samuel Carney/David Maturo, The Martial Way Aikido and Self-Defense.
What are the 7 virtues of budo, and what do they mean?	1) Honor - The warrior's honor is the integrity of one's spirit and virtues. 2) Benevolence - The true warrior knows it is the Warrior's duty to help others in need, a charitable, selfless mindset. 3) Rectitude/Justice - An adherence to justice and truth. Standing the side of what is right. 4) Sincerity - Truthfulness in thought, speech and action. 5) Courage - The ability to face fear or hardship, without being incautious or inconsiderate, the ability to face fear without hesitation. 6) Loyalty - Faithfulness to a cause or ideal. 7) Respect - A deep feeling of admiration and trust to the core humanity of another. Not the same as courteous.
What is Aikido?	The way of the harmony of energy. This answer should include concepts such as how aikido can help us in our everyday life, such as during driving or making our way through a crowd, de-escalation of a situation before physical action needs to be taken, meditation, physical/mental fitness, etc, as well as the more concrete concepts of aiki discussed on the Sankyu test. Can include commentary on the one point. Should demonstrate the students competency of the basic tenets of aikido.

KEY to Comments
NT = NO TURN, PP = POSTURE, GW = GRABBED WEAPON, R = ROUGH, XX = CRISS CROSS, NP = NO PARRY, M = MA-AI MG = MAT GENERALSHIP, NB = NAGE BALANCE, UB = UKE BALANCE

Requirements and Other Notes
Falling and Rolling - prior to test for eligibility, and based on physical ability. Martial mindset must be demonstrated. One-hand grabs, uke threatens with other hand, brown belt & up attack after 2 secs, shodan & up attack after 1 sec. Kata menuchi is a shoulder/lapel grab with a high straight punch. Back sitfall for uke ideally but can throw. Ude: Sho - low shoulder pin; yoke - high is like a kamura throw. Koshi is full static throw. Aikiotoshi is full dynamic throw. Back: bear hug is over arms. Koshi is hand raise w countergrab. Hook elbows is turn w shoulder armbar on elbow. 60 Hours minimum required. Sponsor required. Q & A prior to test.