

ITAF Technical syllabus

ITAF International Technical Commission has formalized the following syllabus.

It covers the entire knowledge base required between the 1st and 5th dan Takemusu. It is an indication, which means that national representations should use it as a guide and a frame by trying to respect its progressiveness.

SHODAN

The required level of execution is **kotai**: the movement must be applied after uke's firm and frank grab. Strikes, once controlled, are dealt with from a static position. Uke must understand that these work conditions are artificial. Therefore he must not use his strength to counter or disturb tori's movement.

TAI JUTSU

1 - Knowledge of the 20 attacks

Uchi waza (strike)

shomen uchi
yokomen uchi
tsuki

Mae dori (front grab)

gyaku hanmi katate dori
morote dori (katate ryote dori)
ryote dori
sode guchi dori
sode dori
muna dori
ryo muna dori (kubishime)
kata dori
ryokata dori
kosa dori (aihanmi katate dori)

Ushiro dori (back grab)

ushiro ryote dori
ushiro ryosode dori
ushiro ryokata dori
ushiro katate dori kubishime
ushiro hagai shime
ushiro eri dori
ushiro katate eri dori

2 – Demonstration of the great technical principles vs the 13 attack forms: uchi waza and mae dori.

These principles are :

7 pinning movements

- 1 – Ikkyo
- 2 – Nikyo
- 3 – Sankyo
- 4 – Yonkyo
- 5 – Gokyo
- 6 - Hiji katame (hiji kime osae)
- 7 - Kote gaeshi

7 throws

- 1 - Shiho nage
- 2 - Kaiten nage
- 3 - Irimi nage
- 4 - Koshi nage
- 5 - Tenchi nage
- 6 - Juji nage
- 7 - Kokyu nage

BUKI WAZA

1 - Aiki ken

Suburi 1 → 7

Migi awase
Hidari awase
Go no awase
Shichi no awase

2 - Aiki jo

Suburi 1 → 20

3 - Aiki ken tai jo

Hachi no ji suburi

Choku barai awase
Kaeshi barai awase
Kaiten barai awase

NIDAN

Just like shodan, the required level of execution is **kotai**: the movement must be applied after uke's firm and frank grab. Strikes, once controlled are dealt with from a static position. Uke must understand that these work conditions are artificial. Therefore he must not use his strength to counter or disturb tori's movement.

TAI JUTSU

Demonstration of the main technical principles form the 20 attack forms: uchi waza, mae dori, ushiro dori.

BUKI WAZA

1 - Aiki ken

Kumitachi	1
Kumitachi	2
Kumitachi	3

2 - Aiki jo

Kumijo	1
Kumijo	2
Kumijo	3

San ju ichi no suburi

Ju san no suburi

3 - Aiki ken tai jo

Kumikentaijo	1
Kumikentaijo	2
Kumikentaijo	3

SANDAN

The level of execution is **jutai**. The movement begins in the grab or the strike as opposed to kotai level.

TAI JUTSU

1 - Demonstration of the main technical principles form the 20 attack forms: uchi waza, mae dori, ushiro dori.

2 - Buki dori

Tanto dori

Tachi dori

Jo dori

BUKI WAZA

1 - Aiki ken

Kumitachi 4

Kumitachi 5

2 - Aiki jo

Kumijo 4

Kumijo 5

Kumijo 6

Kumijo 7

3 – Aiki ken tai jo

Kumikentaijo 4

Kumikentaijo 5

YONDAN

The level of execution is **jutai**. The movement begins in the grab or the strike as opposed to kotai level.

TAI JUTSU

1 - Demonstration of the main technical principles form the 20 attack forms: uchi waza, mae dori, ushiro dori.

2- Randori

3 opponents empty handed

3 opponents with weapons (ken / jo / tanto)

3 - Jo mochi nage (throws with the jo)

BUKI WAZA

1 - Aiki ken

Ki musubi no tachi

2 - Aiki jo

Kumijo 8

Kumijo 9

Kumijo 10

Sanju ichi no awase

Jusan no awase

3 - Aiki ken tai jo

Kumikentaijo 6

Kumikentaijo 7

GODAN

With the 4th dan, the technical syllabus is complete and constitutes the necessary technical basis to practice Aikido.

The fifth dan must make two dimensions visible:

1 - The understanding of the deep nature of Aikido techniques.

The candidate must show his/her good understanding of riai, first what unifies empty hand techniques between them, second what unifies these techniques with weapons.

To achieve this, she/he must use the whole technical syllabus, especially the study of henka waza and kaeshi waza, which are not part of 1st to 4th dan examinations as this would be too soon.

2 - The understanding of the true meaning of practice.

The technical knowledge learned between the 1st and 4th dan is the result of a scholar study via a necessary pedagogical form. It can't be mistaken with the true meaning of the practice.

The candidate will show, through the technical knowledge his understanding of the true meaning (often hidden) of the techniques learned until the 4th dan.