

GRADING SYLLABUS



| Grade | Minimum Prerequisite | Basics | | | | | | | | | | | | | | |
|---------------------|--|------------------------------------|---|---|--------|--------|-------|-------------|--|---|-------------------------------------|-------------|------------|--|---------------------|---------|
| | | | Ikkyo | Nikyo | Sankyo | Yonkyo | Gokyo | Shiho-nage | Irimi--nage | Kote-gaeshi | Kaiten-nage | Tenchi-nage | Jiyu-waza | Kokyu-ho | | |
| 6 th Kyu | 20 days of practice | Aiki Dosa Sabaki | Shomen-uchi (Standing) | | | | | Katate-dori | Shomen-uchi | | | | | | Sitting | |
| 5 th Kyu | 30 days of practice after obtaining 6 th Kyu | Aiki Dosa Sabaki Taking & Striking | Shomen-uchi (Sitting & Standing) | | | | | Katate-dori | Shomen-uchi | | | | | | Sitting | |
| 4 th Kyu | 40 days of practice after obtaining 5 th Kyu | | Shomen-uchi (Sitting & Standing) | Kata-dori | | | | | Katate-dori Ryote-dori Yokomen-uchi | Shomen-uchi | | | | | | Sitting |
| 3 rd Kyu | 50 days of practice after obtaining 4 th Kyu | | Shomen-uchi (Sitting & Standing) | | | | | | Katate-dori Ryote-dori Yokomen-uchi | Shomen-uchi & Tsuki | | | | | | Tsuki |
| 2 nd Kyu | 50 days of practice after obtaining 3 rd Kyu | | Shomen-uchi (Sitting & Standing) Kata-dori (Sitting & Standing) | | | | | | As above plus Hanmi-handachi Katate-dori | Shomen-uchi Tsuki (Standing) | Katate-dori & Tsuki | Katate-dori | Ryote-dori | Katate-dori | Sitting | |
| 1 st Kyu | 60 days of practice after obtaining 2 nd Kyu | | Shomen-uchi (Sitting & Standing) Kata-dori (Sitting & Standing) Ushiro Ryote-dori | | | | | | Yokomen-uchi | As above plus Ryote-dori Hanmi-handachi | Shomen-uchi Tsuki Katate-dori | | Ryote-dori | Katate-dori Ryote-dori Morote-dori | Sitting Standing | |
| 1 st Dan | Invitation required. Minimum 70 days of practice after obtaining 1st Kyu | | | Unarmed techniques (sitting, sitting vs standing, standing techniques for strikes, thrusts, all forms of grasping – shoulders, elbows, collar, wrists and hands; all techniques from the rear) Plus Tanto-dori, Jo-dori, Tachi-dori | | | | | | | | | | | | |
| 2 nd Dan | Invitation required. Minimum 1 years since 1 st dan with 200 days of practice | | | Same as above plus Futari-gake Submit an article on some Aikido-related subject | | | | | | | | | | | | |
| 3 rd Dan | Invitation required. Minimum 2 years since 2nd dan with 300 days of practice | | | Same as above plus Tanizu-gake Submit an article on some Aikido-related subject | | | | | | | | | | | | |
| 4 th Dan | Invitation required. Minimum 3 years since 3 rd dan with 400 days of practice | | | Jiyuwaza for all of the above plus a short essay | | | | | | | | | | | | |

23 June 2011 Grading Examination