



AIKIDO SHINRYUKAN NEW ZEALAND - Grading Syllabus January 2008

| Grading Examination | Minimum Prerequisite for Grading Examination | GRADING SYLLABUS | | | | | | | | | | | | | | | | |
|---------------------|--|--|-------|--------|--------------|---|-------------------------------------|---------------------------------|--|--|---------------------|-----------|----------|--|-------------|------------|-------------|---------|
| | | Ikkyo | Nikyo | Sankyo | Yonkyo | Gokyo | Shiho-nage | Irimi-nage | Kote-gaeshi | Kaiten-nage | Tenchi-nage | Jiyu-waza | Kokyu-ho | | | | | |
| 5th Kyu | 30 days of practice | Shomen-uchi | | | | | | Katate-dori | Shomen-uchi | | | | | | Sitting | | | |
| 4th Kyu | 50 days of practice after obtaining 5th Kyu | Shomen-uchi | | | | | | Kata-dori | Ryote-dori | | | | | | Shomen-uchi | Sitting | | |
| 3rd Kyu | 60 days of practice after obtaining 4th Kyu | Shomen-uchi (Sitting and Standing) | | | | | | Ryote-dori Yokomen-uchi | Shomen-uchi Tsuki | | | | | | Ryote-dori | Sitting | | |
| 2nd Kyu | 60 days of practice after obtaining 3rd Kyu | Shomen-uchi (Sitting and Standing) Kata-dori (Sitting and Standing) | | | | | | Katate-dori (Hanmi-handachi) | Shomen-uchi Tsuki (Standing) Katate-dori | | | | | | Katate-dori | Ryote-dori | Katate-dori | Sitting |
| 1st Kyu | 70 days of practice after obtaining 2nd Kyu | Shomen-uchi (Sitting and Standing) Yokomen-uchi (Sitting and Standing) Kata-dori (Sitting and Standing) Ushiro Ryote-dori | | | Yokomen-uchi | Katate-dori Ryote-dori (Hanmi-handachi & Standing) | Shomen-uchi Tsuki Katate-dori | | Ryote-dori | Katate-dori Ryote-dori Morote-dori | Sitting Standing | | | | | | | |
| 1st Dan | Invitation required Minimum 80 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) | | | | | | | | | | | | | | | | |
| 2nd Dan | Invitation required Minimum 1 year since 1st dan, with 200 days of practice | Same as above plus Tantodori and Futarigake Submit an article on some Aikido-related subject. | | | | | | | | | | | | | | | | |
| 3rd Dan | Invitation required Minimum 2 years since 2nd dan, with 300 days of practice | Same as above plus Tachi-dori , Jo-dori and Taninzu-gake Submit an article on some Aikido-related subject. (Topics will be assigned) | | | | | | | | | | | | | | | | |
| 4th Dan | Invitation required Minimum 3 years since 3rd dan, with 450 days of practice | Jiyuwaza for all of the above plus a short essay | | | | | | | | | | | | | | | | |

Grading preparation and notes

- * Be sure you have the required number of practice days before applying for an examination.
- * Application forms and fees should be filed 7 days before the examination.
- * Right to honour of New grade only after all relevant Fees, Registration and your certificate presented.
- * Essays and articles should be submitted with the application form.
- * Successful completion of summer and winter trainings, and seminars will be taken into consideration.
- * Topics to be assigned by the examiner.
- * Minimum age for Shodan is 16 years, 3rd Dan 23 years.
- * Belt Colours:
 - o 5th Kyu through to 4th Kyu -WHITE BELT
 - o 3rd Kyu through to 1 st Kyu -BROWN BELT
 - o SHODAN onwards - BLACK BELT
- * Hakama:
 - o Women: Hakama worn from 3rd Kyu
 - o Men: Hakama worn from SHODAN
- * As a rule Uke in an examination should be of the same rank.
- * Continue doing the same Waza, Hidari and Migi, Ura and Omote until the Examiner says "Yame"
- * Gradings are held only twice a year.
- * As a rule there will be no double grading.
- * All dan gradings require an invitation.
- * All Dan grades are expected to attend gasshuku since previous grading (or shodan applicants since sankyu) or will have completed substantially more than the minimum training requirements.