



# AIKIDO SHINRYUKAN GRADING SYLLABUS

Grade	Minimum Prerequisite	Basics	AIKIDO SHINRYUKAN GRADING SYLLABUS																					
			Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi--nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyu-waza	Kokyu-ho										
6 <sup>th</sup> Kyu	20 days of practice	Aiki Dosa Sabaki	Shomen-uchi (Standing)						Katate-dori	Shomen-uchi							Sitting							
5 <sup>th</sup> Kyu	30 days of practice after obtaining 6 <sup>th</sup> Kyu	Aiki Dosa Sabaki Taking & Striking	Shomen-uchi (Sitting & Standing)						Katate-dori	Shomen-uchi							Sitting							
4 <sup>th</sup> Kyu	40 days of practice after obtaining 5 <sup>th</sup> Kyu		Shomen-uchi (Sitting & Standing)	Kata-dori					Katate-dori Ryote-dori Yokomen-uchi	Shomen-uchi							Sitting							
3 <sup>rd</sup> Kyu	50 days of practice after obtaining 4 <sup>th</sup> Kyu		Shomen-uchi (Sitting & Standing)																	Shomen-uchi & Tsuki	Tsuki	Katate-dori	Ryote-dori	Sitting
2 <sup>nd</sup> Kyu	50 days of practice after obtaining 3 <sup>rd</sup> 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
1 <sup>st</sup> Kyu	60 days of practice after obtaining 2 <sup>nd</sup> Kyu		Shomen-uchi (Sitting & Standing) Kata-dori (Sitting & Standing) Ushiro Ryote-dori																	As above plus Ryote-dori Hanmi-handachi	Shomen-uchi Tsuki Katate-dori			
1 <sup>st</sup> Dan	Invitation required. Minimum 80 days of practice after obtaining 1st Kyu					<b>Unarmed techniques</b> (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 <sup>nd</sup> Dan	Invitation required. Minimum 2 years since 1 <sup>st</sup> dan with 200 days of practice					Same as above plus Futari-gake Submit an article on some Aikido-related subject																		
3 <sup>rd</sup> Dan	Invitation required. Minimum 3 years since 2nd dan with 300 days of practice					Same as above plus Tanizu-gake Submit an article on some Aikido-related subject																		
4 <sup>th</sup> Dan	Invitation required. Minimum 4 years since 3 <sup>rd</sup> dan with 400 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  
 Successful completion of summer and winter trainings and seminars will be taken into consideration  
 Topics to be assigned by the examiner  
 Minimu age for Shodan is 16 years, 3<sup>rd</sup> Dan 23 years  
 Gradings are held only twice a year  
 As a rule, there will be no double grading

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"  
 All dan gradings require an invitation  
 All Dan grades are expected to attend gasshuku since previous grading (or shodan application since sankyu) or will have completed substantially more than the minimum training requirements.

**Belt colours:**  
 5<sup>th</sup> Kyu through to 4<sup>th</sup> Kyu – WHITE BELT 3<sup>rd</sup> Kyu through to 1<sup>st</sup> Kyu – BROWN BELT SHODAN onwards – BLACK BELT

**Hakama:** Women: Hakama worn from 3<sup>rd</sup> Kyu Men: Hakama worn from SHODAN