

Aikido Shinryukan Grading Syllabus

EFFECTIVE FROM MARCH 2025



			Katama Waza (Pins)					Nage Waza (Throws)							
GRADE	MIN. PREREQUISITE	BASICS	IKKYO	NIKYO	SANKYO	YONKYO	GOKYO	SHIHO-NAGE	IRIMI-NAGE	KOTE-GAESHI	KAITEN-NAGE	TENCHI-NAGE	KOSHI-NAGE	JIYU WAZA	KOKYU-HO
Gokyu 5th Kyu	30 days of practice	Aiki Dosa Sabaki (taking & striking)	Shomen-uchi (zagi and tachi waza) Katate-dori Kata-dori					Katate-dori	Shomen-uchi						Zagi (sitting)
Yonkyu 4th Kyu	40 days of practice after obtaining 5th Kyu	Applicants will be asked to show improved proficiency in all of the	Shomen-uchi (zagi and tachi waza) Katate-dori Kata-dori	Shomen-uchi (zagi and tachi waza) Kata-dori				Yokomen-uchi Ryote-dori	Shomen-uchi	Tsuki					Zagi (sitting)
Sankyu 3rd Kyu	50 days of practice after obtaining 4th Kyu	techniques of their previous grade e.g when sitting Ikkyu grading you will	Ryote-dori	Shomen-uchi (zagi and tachi waza) Kata-dori	Shomen-uchi (zagi)			Katate-dori Yokomen-uchi Ryote-dori	Shomen-uchi	Tsuki	Katate-dori	Ryote-dori			Zagi (sitting)
Nikyu 2nd Kyu	50 days of practice after obtaining 3rd Kyu	be required to complete the syllabus for Gokyu, Yonkyu Sankyu and	Yokomen-uchi Morote-dori Ushiro Ryote-dori	Shomen-uchi (zagi and tachi waza) Kata-dori	Shomen-uchi (zagi)			Hanmi-handachi Katate-dori	Shomen-uchi Katate-dori	Tsuki	Katate-dori	Ryote-dori	Katate-dori	Katate-dori	Zagi (sitting)
Ikkyu 1st Kyu	60 days of practice after obtaining 2nd Kyu	Nikyu together with Ikkyu syllabus.	All of the above	Ushiro Ryote-dori	Shomen-uchi (zagi)		Yokomen-uchi (zagi)	Hanmi-handachi Ryote-dori	Shomen-uchi Katate-dori	Tsuki Katate-dori	Katate-dori	Ryote-dori	Katate-dori	Tori-waza	Zagi and tachi waza (sitting & standing)

Shodan 1st Dan	70 days of practice after obtaining 1st Kyu, (15 years or older)	Applicants will be asked to show improved	Kata-dori (zagi) Tsuki	Kata-dori (zagi) Yokomen-uchi	Shomen-uchi (zagi)	Yokomen-uchi (zagi)	Shomen-uchi Tsuki Ushiro Ryote-dori	Yokomen-uchi Ryote-dori Morote-dori Ushiro Ryote-dori	Shomen-uchi Yokomen-uchi Ryote-dori Morote-dori Ushiro Ryote-dori	Katate-dori	Ryote-dori	Shomen-uchi Morote-dori	Uchi & Tori-waza (all hitting's, and all takings/grabs)	Zagi (sitting)
			In addition please be ready to receive unarmed techniques: zagi, hanmi-handachi waza, tachi waza) for shomen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear). Plus Tanto-dori, Jo-dori, Tachi-dori.											
Nidan 2nd Dan	Minimum 1 year since 1st Dan, with 200 days of practice	proficiency in all of the techniques of their previous grade e.g. when sitting Ikkyu grading you will be required to complete the syllabus for Gokyu, Yonkyu Sankyu and Nikyu together with Ikkyu syllabus.	Kata-dori (zagi) Tsuki	Ryote-dori Morote-dori	Shomen-uchi (zagi)	Yokomen-uchi (tachi)	Shomen-uchi Tsuki Ushiro Ryote-dori	Shomen-uchi (zagi) Yokomen-uchi (zagi) Hanmi-handachi (shomen/yokomen) Tsuki	Shomen-uchi (zagi) Hanmi-handachi (shomen/yokomen)	Katate-dori	Ryote-dori	Shomen-uchi Morote-dori	Uchi & Tori-waza (all hitting's, and all takings/grabs)	Zagi (sitting)
			In addition please be ready to receive Unarmed techniques: zagi, hamni-handachi waza, tachi waza) for shomen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear). Plus tanto-dori, jo-dori, tachi-dori and futarigake (by two ukes).											
Sandan 3rd Dan	Minimum 2 years since 2nd Dan, with 300 days of practice		Kata-dori (zagi) Tsuki	Katate-dori	Kata-dori (zagi) Yokomen-uchi	Yokomen-uchi (tachi)	Kata-dori	Shomen-uchi (zagi) Yokomen-uchi (zagi) Hanmi-handachi (shomen/yokomen) Tsuki	Shomen-uchi (zagi) Hanmi-handachi (shomen/yokomen)	Shomen-uchi Tsuki	Ryote-dori	Tsuki	Zagi-waza Hanmi-handachi-waza Uchi-waza Tori-waza	Zagi (sitting)
			In addition please be ready to receive Unarmed techniques: zagi, hanmi-handachi waza, tachi waza) for shomen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear). Plus tanto-dori, jo-dori, tachi-dori, ushiro ryote-dori juji garame and taninzugake (more than three ukes).											
Yondan 4th Dan	Minimum 3 years since 3rd Dan, with 400 days of practice, (22 years or older)		Jiyu-waza for all of the above plus submit a short essay detailing your Aikido history and contributions to Aikido Shinryukan.											

Grading preparation and notes

<p>Training requirements</p> <p>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.</p> <p>Successful completion of summer and winter training will be taken into consideration.</p>	<p>Prerequisites</p> <p>TRAINING DAYS: Be sure you have the required number of practice days before applying for an examination.</p> <p>APPLICATIONS: Application forms and fees should be submitted 3 days before the examination.</p> <p>ESSAYS: Essays and articles should be submitted 3 days before the examination.</p> <p>MINIMUM AGES: Minimum age for 1st Dan is 15 years, and for 4th Dan is 22 years.</p> <p>UKE: As a rule, Uke in an examination should be of the same rank.</p> <p>DAN GRADINGS: All Dan gradings require an invitation.</p> <p>ON THE DAY: Continue doing the same Waza (Technique), Hidari (Left) and Migi (Right), Ura and Omote until the Examiner says “Yame”.</p> <p>INTERVAL: Gradings are held twice a year. There will be no double gradings.</p>	<p>Notes</p> <p>BELT COLOURS: 5th Kyu through to 4th Kyu – WHITE BELT 3rd Kyu through to 1st Kyu – BROWN BELT 1st Dan onwards – BLACK BELT (Yudansha)</p> <p>HAKAMA: Women – Hakama worn from 3rd Kyu Men – Hakama worn from Shodan</p> <p>TACHI WAZA: standing</p> <p>ZAGI (SUWARI-WAZA): sitting</p> <p>MOROTE-DORI: two hands holding one hand</p> <p>HANMI-HANDACHI WAZA: nage sitting, uke standing</p> <p>JIYU-WAZA: freeform techniques.</p>
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