

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