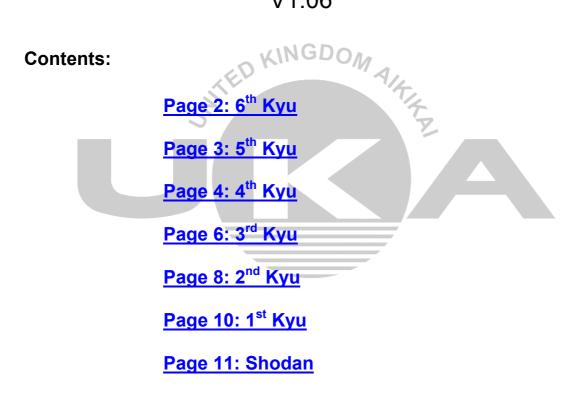


Grading syllabus 2006

V1.06





6th kyu

Grading syllabus 2006

Minimum 3 Months after beginning of training

SOLO EXERCISES Ukemi - mae and ushiro Shikko Tenkan Irimi tenkan * Tsugi ashi and ayumi ashi Shomen uchi Yokomen uchi Chudan tsuki

*Should be demonstrated back and forward foot

All techniques demonstrated All techniques demonstrated as tachiwaza and in ura and omote forms unless otherwise stated

PARTNER EXERCISES

<u>Ai hanmi katatedori</u> Irimi * Kaiten Uchikaiten Ikkyo tachiwaza and suwariwaza Irimi nage tachiwaza and suwariwaza

Optional teaching techniques:

Torifune and shiho giri

<u>Gyaku hanmi katatedori</u> Irimi * Kaiten Uchi and soto kaiten Tenkan Ushiro tenkan Ikkyo tachiwaza

Shiho nage tachiwaza

Suwariwaza kokyuho Tachiwaza Kokyuho



5th kyu

Grading syllabus 2006

Minimum 50 hours training after 6th kyu Test can also include any of the previous requirements

<u>Ai hanmi katatedori</u> Shiho nage Kotegaeshi Nikyo

Gyaku hanmi katatedori
Shiho nage
Uchikaiten nage
Nikyo
Tenchi nageforms unless other
MGDOM

All techniques demonstrated as tachiwaza and in ura and omote forms unless otherwise stated

<u>Katadori</u> Ikkyo suwariwaza Nikyo suwariwaza

Optional teaching techniques:

Shomen and yokomen happo giri

7 suburi with bokken

<u>Shomen uchi</u> Ikkyo Nikyo Irimi nage

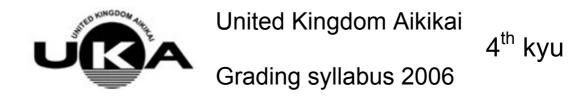
Techniques in italics are Hombu syllabus listings

<u>Yokomen uchi</u> Shiho nage Ikkyo Nikyo

Additional House requirements:

<u>Morotedori</u> Ikkyo Nikyo Shiho nage

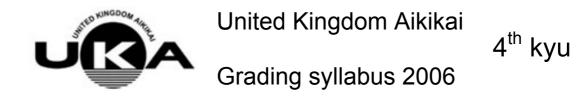
All content Copyright $\textcircled{\sc opt}$ United Kingdom Aikikai 2006 Not to be duplicated without prior permission



Minimum 50 hours training after 5th kyu Test can also include any of the previous requirements

<u>Ai hanmi katatedori *</u> Sankyo suwariwaza Yonkyo suwariwaza Kotegaeshi suwariwaza	
Uchikaiten nage suwariwaza	
Sotokaiten nage	
Sumiotoshi <u>Gyaku hanmi katatedori *</u> Sankyo Yonkyo	All techniques demonstrated as tachiwaza and in ura and omote forms unless otherwise
<u>Gyaku hanmi katatedori *</u> 🏑 🔨	stated
Sankyo	1/4
Yonkyo	14
Irimi nage	Z
Kotegaeshi	
Sumiotoshi	
Katadari	Optional teaching techniques:
Katadori	
Sankyo	10 jo suburi
Yonkyo Kotegaeshi	
Shiho nage	* basic kokyu nage from these
-	forms
Uchikaiten nage	
<u>Shomen uchi</u>	Techniques in italics are
Sankyo suwariwaza	Hombu syllabus listings
Yonkyo suwariwaza	nomba synabus nsungs
Kotegaeshi	
Uchikaiten sankyo	Additional House
	requirements:
	requirements.
<u>Yokomen uchi</u>	
lkkyo	
Nikyo	
Sankyo	
Udekime nage	

All content Copyright © United Kingdom Aikikai 2006 Not to be duplicated without prior permission



Minimum 50 hours training after 5th kyu Test can also include any of the previous requirements

4th kyu continued:

Tsuki Uchi kaiten sankyo Sumiotoshi Kotegaeshi

Morotedori Shiho nage Udekime nage

HITED KINGDOM AIT Ryotemochi ryotedori * Tenchi nage Sankyo Yonkyo Rokkyo Shiho nage



3rd kyu

Grading syllabus 2006

Minimum 60 hours training after 4th kyu Test can also include any of the previous requirements

<u>Aihanmi katatedori *</u> Uchi irimi tenkan:-Shiho nage Kotegaeshi Udekime nage

*Advanced kokyunage from all these forms

20 jo suburi

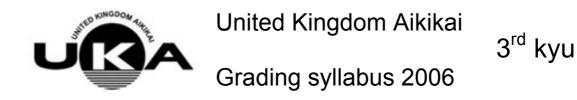
<u>Gyaku hanmi *</u> Ikkyo hanmihandachiwaza Nikyo hanmihandachiwaza Sankyo hanmihandachiwaza Yonkyo hanmihandachiwaza Irimi nage hanmihandachiwaza Kotegaeshi hanmihandachiwaza

shiho giri bokken exercises

<u>Shomen uchi *</u> Sotokaiten nage suwariwaza Gokyo suwariwaza Shiho nage Sumiotoshi Chudan maegiri irimi nage and kokyu nage

<u>Yokomen uchi *</u> Gokyo Irimi nage - jodan chudan gedan Kotegaeshi - jodan chudan gedan

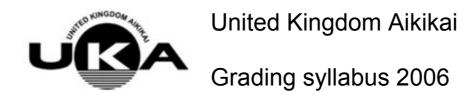
<u>Tsuki (jodan and chudan *)</u> Ikkyo Nikyo Sankyo Gokyo Rokkyo



Minimum 60 hours training after 4th kyu Test can also include any of the previous requirements

3rd kyu continued:

Morotedori * Ikkyo Nikyo Sankyo Yonkyo Irimi nage Kotegaeshi Udekime nage	OM AIL
Ryotemochi ryotedori *	Techniques in italics are
Irimi nage	Hombu syllabus listings
Kotegaeshi	
Ushiro waza *	
Ryotemochi ryotedori and ryokatadori:-	
lkkyo	
Nikyo	
Sankyo	
Rokkyo	Additional House
Shiho nage	requirements:
Kotegaeshi	requirements.
Udekime nage	
Kaiten nage	
Munedakishime:-*	
Shiho nage	
Kotegaeshi	



Minimum 60 hours training after 3rd kyu Test can also include any of the previous requirements

TED KINGDOM AIT

<u>Ai hanmi katatedori</u> Koshi nage Udegarame nage

Techniques in italics are Hombu syllabus listings

2nd kyu

<u>Gyaku hanmi katatedori</u> Koshi nage Udegarame nage

Katadori shomen uchi

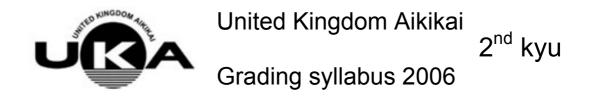
lkkyo Nikyo Sankyo Kotega<mark>eshi</mark>

Shomen uchi

Ikkyo hanmihandachiwaza Nikyo hanmihandachiwaza Sankyo hanmihandachiwaza Yonkyo hanmihandachiwaza *Irimi nage* hanmihandachiwaza *Kotegaeshi* hanmihandachiwaza Sumiotoshi hanmihandachiwaza

<u>Yokomen uchi</u> Shiho nage hanmihandachiwaza Kotegaeshi hanmihandachiwaza Uchikaiten katagatame hanmihandachiwaza

<u>Tsuki</u> Ikkyo suwariwaza



Minimum 50 hours training after 3rd kyu Test can also include any of the previous requirements

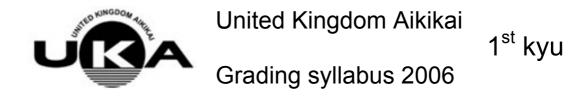
TED KINGDOM AIT

2nd kyu continued:

<u>Tsuki</u> Nikyo suwariwaza Sankyo suwariwaza *Irimi nage suwariwaza Kotegaeshi suwariwaza* Sotokaiten nage suwariwaza

Ushiro waza Katatedori kubishime:-Ikkyo Nikyo Kotegaeshi Shiho nage Udegarame nage

Additional House requirements:



Minimum 60 hours training after 2nd kyu Test can also include any of the previous requirements

<u>Katadori m</u> entsuki Ikkyo Nikyo	Optional teaching techniques
Sankyo Kotegaeshi Irimi nage	Jiyuwaza in certain forms
<u>Shomen uchi</u> Uchi irimi tenkan: Shiho nage Kotegaeshi Udegarame nage	ED KINGDOM AIT
<u>Yokomen uchi</u> Koshi nage	
<u>Ushiro waza</u> <u>R</u> yokatadori:- Ikkyo Nikyo Kotegaeshi Kaiten nage	Techniques in italics are Hombu syllabus listings
	Additional House requirements:



Shodan

Grading syllabus 2006

Completion of all UKA application criteria. 18 months after award of 1st Kyu and minimum 200 hours of training. Test can also include any of the previous requirements.

Jiyuwaza and henkawaza fron forms	n all
ED	Written article on Aikido
Tanken dori	minimum 200 words
Jo dori	Additional House
Tachi dori	requirements:
Futarigake	
Futaridori	