



United Kingdom Aikikai

Grading syllabus 2006

V1.06

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6th kyu

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
as tachiwaza and in ura and
omote forms unless otherwise
stated

PARTNER EXERCISES

Ai hanmi katatedori

Irimi *

Kaiten

Uchikaiten

Ikkyo tachiwaza and suwariwaza

Irimi nage tachiwaza and suwariwaza

Optional teaching techniques:

Torifune and shiho giri

Gyaku hanmi katatedori

Irimi *

Kaiten

Uchi and soto kaiten

Tenkan

Ushiro tenkan

Ikkyo tachiwaza

Shiho nage tachiwaza

Suwariwaza kokyuhō

Tachiwaza Kokyuhō



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5th kyu

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

Ai hanmi katatedori

Shiho nage
Kotegaeshi
Nikyo

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

Gyaku hanmi katatedori

Shiho nage
Uchikaiten nage
Nikyo
Tenchi nage

Katadori

Ikkyo suwariwaza
Nikyo suwariwaza

Optional teaching techniques:

Shomen and yokomen happo giri

7 suburi with bokken

Shomen uchi

Ikkyo
Nikyo
Irimi nage

*Techniques in italics are Hombu
syllabus listings*

Yokomen uchi

Shiho nage
Ikkyo
Nikyo

Additional House requirements:

Morotedori

Ikkyo
Nikyo
Shiho nage



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4th kyu

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Minimum 50 hours training after 5th kyu

Test can also include any of the previous requirements

Ai hanmi katatedori *

Sankyo suwariwaza
Yonkyo suwariwaza
Kotegaeshi suwariwaza
Uchikaiten nage suwariwaza
Sotokaiten nage
Sumiotoshi

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

Gyaku hanmi katatedori *

Sankyo
Yonkyo
Irimi nage
Kotegaeshi
Sumiotoshi

Optional teaching techniques:

Katadori

Sankyo
Yonkyo
Kotegaeshi
Shiho nage
Uchikaiten nage

10 jo suburi

* basic kokyu nage from these
forms

Shomen uchi

Sankyo suwariwaza
Yonkyo suwariwaza
Kotegaeshi
Uchikaiten sankyo

*Techniques in italics are
Hombu syllabus listings*

Additional House
requirements:

Yokomen uchi

Ikkyo
Nikyo
Sankyo
Udekime nage



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4th kyu

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

Ryotemochi ryotedori *

Tenchi nage
Sankyo
Yonkyo
Rokkyo
Shiho nage





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3rd kyu

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

Aihanmi katatedori *

Uchi irimi tenkan:-

Shiho nage

Kotegaeshi

Udekime nage

***Advanced kokyunage from all these forms**

20 jo suburi

Gyaku hanmi *

Ikkyo hanmihandachiwaza

Nikyo hanmihandachiwaza

Sankyo hanmihandachiwaza

Yonkyo hanmihandachiwaza

Irimi nage hanmihandachiwaza

Kotegaeshi hanmihandachiwaza

shiho giri bokken exercises

Shomen uchi *

Sotokaiten nage suwariwaza

Gokyo suwariwaza

Shiho nage

Sumiotoshi

Chudan maegiri irimi nage and kokyū nage

Yokomen uchi *

Gokyo

Irimi nage - jodan chudan gedan

Kotegaeshi - jodan chudan gedan

Tsuki (jodan and chudan *)

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

Ryotemochi ryotedori *

Irimi nage
Kotegaeshi

*Techniques in italics are
Hombu syllabus listings*

Ushiro waza *

Ryotemochi ryotedori and ryokatadori:-

Ikkyo
Nikyo
Sankyo
Rokkyo
Shiho nage
Kotegaeshi
Udekime nage
Kaiten nage

**Additional House
requirements:**

Munedakishime:-*

Shiho nage
Kotegaeshi



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2nd kyu

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Minimum 60 hours training after 3rd kyu

Test can also include any of the previous requirements

Ai hanmi katatedori

Koshi nage

Udegarame nage

*Techniques in italics are
Hombu syllabus listings*

Gyaku hanmi katatedori

Koshi nage

Udegarame nage

Katadori shomen uchi

Ikkyo

Nikyo

Sankyo

Kotegaeshi

Shomen uchi

Ikkyo hanmihandachiwaza

Nikyo hanmihandachiwaza

Sankyo hanmihandachiwaza

Yonkyo hanmihandachiwaza

***Irimi nage* hanmihandachiwaza**

***Kotegaeshi* hanmihandachiwaza**

Sumiotoshi hanmihandachiwaza

Yokomen uchi

Shiho nage hanmihandachiwaza

Kotegaeshi hanmihandachiwaza

Uchikaiten katagatame hanmihandachiwaza

Tsuki

Ikkyo suwariwaza



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2nd kyu

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

2nd kyu continued:

Tsuki

Nikyo suwariwaza

Sankyo suwariwaza

Irimi nage suwariwaza

Kotegaeshi suwariwaza

Sotokaiten nage suwariwaza

Ushiro waza

Katatedori kubishime:-

Ikkyo

Nikyo

Kotegaeshi

Shiho nage

Udegaramé nage

**Additional House
requirements:**



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1st kyu

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

Katadori mentsuki

Ikkyo
Nikyo
Sankyo
Kotegaeshi
Irimi nage

Optional teaching techniques

Jiyuwaza in certain forms

Shomen uchi

Uchi irimi tenkan:
Shiho nage
Kotegaeshi
Udegarama nage

Yokomen uchi

Koshi nage

Ushiro waza

Ryokatadori:-

Ikkyo
Nikyo
Kotegaeshi
Kaiten nage

*Techniques in italics are
Hombu syllabus listings*

**Additional House
requirements:**



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Shodan

**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 from all
forms**

**Written article on Aikido
minimum 200 words**

Tanken dori

Jo dori

**Additional House
requirements:**

Tachi dori

Futarigake

Futaridori