



Aikido Academy UK

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Grading Instructions and Syllabus

Version 1.1

The techniques contained in this syllabus are a minimum level requirement only. Aikidoka may be asked to demonstrate additional techniques during the grading and all techniques are to be performed from both sides of attack for each technique.

During the grading Aikidoka will be assessed including the following at the level of the grading they are taking:

- Knowledge of technique
- Correctness of Technique
- Effectiveness of Technique
- Posture & Maai
- Flow, Flexibility & Movement
- Ukemi
- Manner, Attitude & Commitment

Grading will be undertaken as and when the instructors deem fit.

Aikido Methods of Attack

System / Form	System Name	Translation
1	Ai Hanmi Katate Dori	Uke takes same wrist
2	Gyaku Hanmi Katate Dori	Uke takes opposite wrist
3	Shomen Uchi	Vertical strike to top of head
4	Mune (Chudan) Tsuki	Strike to the chest
5	Yokomen uchi	Strike to the side of the head
6	Katate Mochi Katate Dori	Lapel (shoulder) hold
7	Katate Mochi Shomen Uchi	Lapel hold Shomen strike
8	Mune Tsuki Katate Dori	Push to the chest
9	Ryote Mochi Katate Dori	Two hands on one wrist
10	Ryote Mochi Ryote Dori	Two hands on two wrists
11	Ushiro Morote Dori	Two hands from behind
12	Ushiro Katate Dori Kubishime	From behind one hand wrist one on neck
13	Ryote Mune Dakishime	Bearhug from front
14	Ushiro Ryote Dakishime	Bearhug from rear
15	Tanken Dori	Knife Techniques
16	Geri Dori	Kick Techniques
17	Hanmi Handachi Waza	Uke standing Tori kneeling
18	Suwari Waza	Kneeling techniques
19	Ken Waza	Sword Techniques
20	Jo Waza	Stick Techniques
21	Taninzu Waza	Multiple Attack
22	Koshi Nage	Hip Throws
23	Henka Waza	Switching Techniques
24	Keshi Waza	Counter techniques

Grade Levels

Novice	White Belt
6 th Kyu	Red Belt
5 th Kyu	Yellow Belt
4 th Kyu	Orange Belt
3 rd Kyu	Green Belt
2 nd Kyu	Blue Belt
1 st Kyu	Brown Belt
1 st Dan	Black Belt One Red Stripe
2 nd Dan	Black Belt Two Red Stripes
3 rd Dan	Black Belt Three Red stripes

6th Kyu – Red Belt

Basic Requirements

- Brief knowledge of etiquette: i.e. grading procedure on the mat and lining up etc.
- Basic Ukemi from Forward and Backward
- Tenkan and Tai Sabaki, basic posture and Maai

Aikido Techniques

- Ai Hanmi Katate Dori – Ikkyo, Shiho Nage, Irimi Nage
- 3 techniques from any attack (Aikidoka to choose both attacks & defence)

Weapons

- Hold bokken at relaxed position and in chudan no kamae. Move from relaxed position to chudan no kamae
- Hold jo at relaxed position and in chudan no kamae. Move from relaxed position to chudan no kamae.

Application

- General understanding of technique demonstrating basic fundamentals of each technique
- Static posture / techniques

5th Kyu – Yellow Belt

Basic Requirements

- Correct etiquette on mat and correct grading etiquette.
- Competent Ukemi Forward and Backward
- Tenkan, Tai Sabaki, Tai no Henko, Shikko

Aikido Techniques

- As for 6th Kyu Grading plus:
- Ai Hanmi Katate Dori – Nikkyo, Sankyo, Kaiten Nage, Kote Gaeshi, Tenchi Nage
- Gyaku Hanmi Katate Dori – Ikkyo, Shiho Nage (2 x Directions), Irimi Nage
- Hanmi Handachi Waza – Ikkyo

Weapons

- Boken Suburi 1 -3
- 31 count kata 1 – 5
- Aikijo Technique – Ikkyo, Nikkyo, Tenchi Nage
- Jo suburi 1 – 3

Application

- Good static application of techniques, show basic control and effectiveness of techniques
- Good manner and spirit to application of techniques and respectful treatment of Uke(s)
- Intensity of attack must be at least medium range when taking role of Uke

4th Kyu – Orange Belt

Basic Requirements

- As for 5th Kyu Grading

Aikido Techniques

- As for 5th Kyu Grading plus:
- Gyaku Hanmi Katate Dori – Nikkyo, Sankyo, Tenchi Nage, Kote Gaeshi, Kaiten Nage
- Hanmi Handachi Waza – Shiho Nage, Irimi Nage, Kote Gaeshi
- Mune (Chudan) Tsuki – Ikkyo, Shiho Nage, Irimi Nage
- Shomen Uchi – 2 techniques (Aikidoka to choose)

Weapons

- Boken Suburi 1 -5
- 31 Count Kata 1 – 10
- Jo suburi 4 – 5
- Techniques as for 5th Kyu plus:
- Aikijo Technique – Irimi Nage, Sankyo, Shiho Nage

Application

- Good application of technique showing control of Uke and effectiveness of technique, movement and flow should be shown in the techniques.
- Immobilisation techniques to be correctly finished with suitable pin / lock demonstrating control.
- Good manner and attitude throughout grading including willingness to Uke for other Aikidoka during gradings.
- Strong attack when uke

3rd Kyu – Green Belt

Basic Requirements

- As for 4th Kyu Grading
- Attendance to at least 40 hours since last grading.

Aikido Techniques

- As for 4th Kyu Grading plus:
- Ai Hanmi Katate Dori – Yonkyo, Sumi Otoshi
- Gyaku Hanmi Katate Dori – Shiho Nage (4 directions)
- Mune (Chudan) Tsuki – Nikkyo, Sankyo, Tenchi Nage, Kote Gaeshi
- Hanmi Handachi Waza, Ai Hanmi Katate Dori – Tenchi Nage, Sankyo
- Shomen Uchi – Ikkyo, Irimi Nage, Shiho Nage
- Yokomen – 2 techniques (Aikidoka to choose)
- Suwari Waza, Ai Hanmi Katate Dori – Ikkyo, Kote Gaeshi

Weapons

- Boken Suburi
- 31 Count kata 1 – 20
- Jo Suburi 6 – 10
- Techniques as for 4th Kyu plus:
- Aikijo technique – Kote Gaeshi, Kaiten Nage
- Uke to take Jo, attack Tsuki – 2 techniques (Aikidoka to choose)
- Uke to use Boken, attack Shomen uchi – 2 techniques (Aikidoka to choose)

Application

- Good application of technique showing control of Uke and effectiveness of technique, movement and flow should be shown throughout techniques.
- Immobilisation techniques to be correctly finished with suitable pin / lock demonstrating control.
- Projection techniques to be completed with Tori finishing in good controlled posture
- Good manner and attitude throughout grading including willingness to Uke for other Aikidoka during gradings.
- Deliberate and strong attack when uke

2nd Kyu – Blue Belt

Basic Requirements

- As for 3rd Kyu Grading
- Attendance to at least 60 hours since last grading

Aikido Techniques

- As for 3rd Kyu Grading plus:
- From 2 different attacks(Aikidoka to choose) - Rokkyo, Sumi Otoshi
- Shomen Uchi – Nikkyo, Sankyo, Tenchi Nage, Kote Gaeshi
- Yokomen Uchi – Ikkyo, Shiho Nage, Irimi Nage, Kote Gaeshi, Tenchi Nage
- Ryote Mochi Katate Dori – Ikkyo, Nikkyo, Shiho Nage, Kote Gaeshi
- Ryote Mochi Ryote Dori – 3 techniques (Aikidoka to choose)
- Geri Dori (Front Kick) – 2 Techniques (Aikidoka to choose)
- Suwari Waza Ai Hanmi Katate Dori – Shiho Nage, Tenchi Nage, Irimi Nage, Kokyu Ho

Weapons

- Boken Suburi
- 31 count kata
- Jo suburi 11 – 15
- Techniques as for 3rd Kyu Grading plus:
- Uke to take Jo, attack Shomen – 4 techniques (Aikidoka to choose)
- Uke to take Jo, attack Tsuki – 4 techniques (Aikidoka to choose)
- Tori to keep Jo, Uke attack Shomen Uchi – 2 techniques (Aikidoka to choose)
- Tanto, Uke to attack Tsuki – 2 techniques (Aikidoka to choose)

Application

- Controlled application of technique showing control of Uke and effectiveness of technique, movement and flow should be shown throughout techniques, including extended maai.
- Immobilisation techniques to be correctly finished with suitable pin / lock demonstrating control.
- Projection techniques to be completed with Tori finishing in good controlled posture
- Good manner and attitude throughout grading including willingness to Uke for other Aikidoka during gradings.
- When attacking, uke must try to stay in posture.

1st Kyu – Brown Belt

Basic Requirements

- As for 2nd Kyu Grading
- Attendance to at least 100 hours since last grading

Aikido Techniques

- As for 2nd Kyu Grading plus:
- From 2 different attacks(Aikidoka to choose) - Gokkyo, Juji Nage
- Shomen Uchi – Kaiten Nage (inside & outside)
- Yokomen Uchi – Nikkyo, Sankyo, Kaiten Nage
- Ushiro Morote Dori – 3 techniques (Aikidoka to choose)
- Katate Mochi Katate Dori – 3 techniques (Aikidoka to choose)
- Mune Tsuki Katate Dori – 3 Techniques (Aikidoka to choose)
- Taninzu Waza, 2 attackers

Weapons

- Bokken Suburi
- 31 Jo Kata
- Jo suburi
- No. 1 Kumi Tachi
- As for 2nd Kyu Grading plus:
- Tori to keep Jo, 2 Uke to take each end of Jo – 2 techniques
- Tori to keep Jo, Uke attack Yokomen Uchi – 4 techniques (Aikidoka to choose)
- Tanto, Uke to attack Yokomen.

Application

- Fully Controlled application of technique showing control of Uke and effectiveness of technique, movement and flow should be shown throughout techniques, including extended maai.
- Immobilisation techniques to be correctly finished with suitable pin / lock demonstrating control.
- Projection techniques to be completed with Tori finishing in good controlled posture
- Excellent manner and attitude throughout grading including willingness to Uke for other Aikidoka during gradings
- Uke must try to recompose posture at all times.

1st Dan – Black Belt

Basic Requirements

- As for 1st Kyu Grading
- Attendance to at least 150 hours since last grading
- Interview with Chief Instructor & Yudansha Members

Aikido Technique

- As for 1st Kyu Grade plus:
- Continuous attack, 4 Uke – Kokyu Nage
- Multiple Attack, 4 Uke, Tsuki attack
- Multiple Attack, 4 Uke, Shomen attack
- Henka Waza, Ai Hanmi Katate Dori

Weapons

- No. 1 Kumi jo
- No. 1 Kumi Tachi
- No. 2 Kumi Tachi
- As for 1st Kyu Grading plus
- Multiple Attack, 4 Uke Jo, Tsuki Attack (square formation)
- Multiple Attack, 4 Uke Boken Shomen attack (square formation)
- Multiple Attack, 4 Uke Tanto (Semi circle, Random attack)
- Hanmi Handachi Waza, 4 techniques (Aikidoka to choose)

Application

- Fully Controlled application of technique showing control of Uke and effectiveness of technique, movement and flow should be shown throughout techniques, including extended maai.
- Immobilisation techniques to be correctly finished with suitable pin / lock demonstrating control.
- Projection techniques to be completed with Tori finishing in good controlled posture
- Excellent manner and attitude throughout grading including willingness to Uke for other Aikidoka during gradings

2nd Dan – Black Belt

Basic Requirements

- As for 1st Dan Grading
- Attendance to at least 6 approved courses since last grading
- Attendance at Chief Instructor Classes
- Interview with Chief Instructor & Yudansha members

Grading:

- The subject which shall be determined by the Chief Instructor at the time of the examination.

3rd Dan – Black Belt

Basic Requirements

- As for 2nd Dan Grading
- Attendance to at least 6 approved courses since last grading
- Attendance at Chief Instructor Classes
- Interview with Chief Instructor & Yudansha members

Grading:

- The subject which shall be determined by the Chief Instructor at the time of the examination.