

合氣道

OPEN HEART OPEN MIND



BASIC GRADING SYLLABUS

KAI SHIN KAI TRADITIONAL AIKIDO

Founding Member of the AIKIDO ALLIANCE UK

		5 th KYU					4 th KYU			3 rd KYU			2 nd KYU			1 st KYU			SHODAN			
		IKKYO	NIKKYO	KOTE GAESHI	IRIMI NAGE	SHIHO NAGE	SOKUMEN	KOKYU NAGE	SUMI OTOSHI	TENCHI NAGE	SANKYO	YONKYO	MAI OTOSHI	HIJI SHIME	GOKYO	KAITEN NAGE	KOSHI NAGE	AIKI OTOSHI	AIKI NAGE	JUJI GARAMI	KATA GATAME	UDE GARAMI
5 th KYU	AI KATATE DORI	S	S	S	S																	
4 th KYU	GYAKU KATATE DORI	S	S	H	SH	H	SH	H							H							
	SHOMENUCHI	S	S	SH	SH		H			S	S	S										
	YOKOMENUCHI	S	S		S									S								
	CHUDAN TSUKI																					
3 rd KYU	RYOTE DORI	S	S		S						S											
	USHIRO RYOTE DORI																					
	KATA DORI	SH	SH								H		SH									
	USHIRO RYO KATA DORI																					
	KATA DORI SHOMENUCHI																					
2 nd KYU	MOROTE DORI				S																	
	JODAN TSUKI	S		H	SH								SH									
	HIJI DORI	S	S				S													S		
	USHIRO RYO HIJI DORI																					
1 st KYU	MUNE DORI																					
	RYO KATA / RYO MUNE DORI																					
	MUNE DORI SHOMENUCHI																					
	USHIRO ERI DORI																					
SHODAN	USHIRO KATATE KUBISHIME																					
	MUNE DORI JODAN TSUKI																					
	USHIRO MUNE DAKESHIME																					
	CHUDAN GERI / GEDAN GERI	FREE CHOICE OF DEFENSE. Also from HANMI HANDACHI WAZA																				

5 th KYU	SOLO EXERCISES	UKEMI	TORI FUNE	SHIKKO	TAI SABAKI
	PARTNER EXERCISES	TAI NO HENKO		SUWARI WAZA KOKYU HO	

KEY:- TACHI WAZA S Also SUWARI WAZA from 3rd Kyu H Also HANMI HANDACHI WAZA from 2nd Kyu