

# **JUNIOR 6 TO 15 GRADING SYLLABUS**

Revised January 2010

## **8th KYU RED**

Zenpo hiyaku ukemi (forward break falls without slapping mat)

Shumatsu Dosa ich

Tai no henko ni

Renzoku dosa ich (Version 1 without tenkan)

Ai mochi ikkajo osae ich

## **7th KYU YELLOW**

Koho ukemi (backdrop without slapping)

Hiriki no yosei ich

Shumatsu Dosa ni

Renzoku dosa ich (Version 2 with tenkan)

Katate mochi shiho nage ich

## **6th KYU GREEN**

Renzoku dosa ni

Katate mochi shihonage ni

Katate mochi sokomen irimi nage ich

Tai no henko ich

## **5th KYU BLUE**

Zenpo hiyaku ukemi (forward jumping break-fall slapping mat)

Hiriki no yosei ni

Renzoku dosa san

Yokomen uchi shiho nage ich

Suwari shomen uchi ikkajo osae ich

Katate mochi ikkajo osae ich

## **4th KYU ORANGE**

Kihon dosa (2 repetitions right & left)

Suwari katate mochi ikkajo osae ich & ni

Yokomen uchi kokyu nage ich & ni

Ushiro ryote mochi kaiten nage ich & ni

Yokomen uchi jiyuwaza.

### **3rd KYU BROWN**

Shomen uchi shiho nage ich & ni  
Suwari tenchi nage ich and ni  
Yokomen uchi udegarami ich & ni  
Ai mochi iriminage ich & ni  
Shomen tsuki jiyuwaza (5)

### **2nd KYU BROWN**

Shomen tsuki shiho nage (applied) ich & ni  
Hanmi hantachi katate mochi shiho nage ich & ni  
Ushiro ryote mochi shiho nage ich & ni  
Kata mochi ikkajo osae (with trap) ich & ni  
Yokomen uchi irimi nage ich & ni  
Ushiro ryote mochi jiyuwaza (5)  
Katate mochi jiyuwaza (5)

### **1st KYU BROWN**

Suwari mune mochi ikkajo osae (with trap) ich & ni  
Ryote mochi tenchi nage ich  
Tanto Shomen uchi gokajo osae ich & ni  
Shomen uchi irimi nage ich & ni  
Mune mochi jiyuwaza (5)  
Ryote mochi jiyuwaza (5)  
Shomen uchi jiyuwaza (5)

## **SHODAN BLACK BELT**

Tested on a maximum of 20 techniques from kyu and shodan syllabus.

All techniques to be performed in right and left posture.

Tested on all breakfalls

Migi & Hidari ai hanmi (posture)

Kihon dosa (2 repetitions right & left)

Renzoku dosa ich - ni - san

Shomen tsuki applied shihonage ich

Kata mochi sankajo henka waza ich & ni

Kate te mochi kaiten nage ich & ni

Ushiro ryote mochi kote gaeshi ich & ni

Yokomen uchi kote gaeshi ich

Chudan tsuki udegaramae ich & ni

Shomen tsuki koshi nage ich

Hanmi handachi yokomen uchi shiho nage ich & ni

Happo undo (bokken)

13 jo kata

Three jiyuwaza (sensei's choice)

Knife jiyuwaza (see note below)

NB: Knife to be handed back to uke after each technique.

Candidate must hand in an A4 page essay on aikido two weeks before grading.

Candidates must be 14 years or older and must hold dojo captain status.

NB: Tanto – foam sleeves only to be used until student has demonstrated safe practice then following assessment by junior instructor rubber knives can be used.

**WOOD OR METAL KNIVES ARE NOT TO BE USED WITH UNDER 18's UNDER ANY CIRCUMSTANCES.**