

Grading Syllabus

Gradings up to and including 3rd Dan are by invitation only. When you are invited to grade you will have your chance to show your abilities to a grading panel. This is your chance to affirm to the grading panel their confidence in inviting you to grade. The panel can potentially ask for any technique up to and including the grade being attempted.

Interpretation

6th Kyu to 4th Kyu The emphasis is on Kihon Waza. Techniques should be started from a static position to demonstrate posture, technique, hip movement, balance taking and aiki principles such as one point, centerline, and unbendable arm.

Where a technique

- 1) does **not** involve a throw, **and**
- 2) Tori losing contact with Uke

Then the appropriate pin for the technique shall be demonstrated.

The *requirement* for techniques at 6th and 5th Kyu is for Irimi techniques *only*, students may demonstrate Tenkan if they feel confident, but the panel assessment shall be only on the Irimi technique performance.

The requirement from 3rd Kyu onwards-and 4th Kyu where stipulated- is the demonstration of Irimi and Tenkan techniques.

3rd Kyu to 1st Kyu emphasis is on movement. Most attacks and techniques should be dynamic. 1st Kyu emphasis is movement and also technical precision to prepare for 1st Dan.

Pins shall **not** be used where: there is more than one attacker, the defense is a throw where Tori loses contact with Uke, and Kokyu Nage practice. In all other cases appropriate pins shall be used.

In weapons practice the weapon shall always be taken from Uke, even on multiple attacks. This shall not apply to the weapons tai sabaki where Tori should not touch Uke.

Options

The options are included to facilitate training in different styles by including club specific requirements. They are therefore a club level option and shall be applied across the board in the club where adopted. These options shall be undertaken at the club prior to the core grading in front of the panel. One of the panel members shall verify the student has satisfactorily completed the option and this shall be written on the grading form.

Nothing in this syllabus prevents teaching students techniques above their grade in normal class.