

6th Kyu

Minimum training time required- 35 hours and regular attendance in 4 weeks before grading examination.

Posture	Group	Exercise
Tachiwaza	Kamae	Migi and Hidari
Tachiwaza	Ukemi	Ushiro Ukemi (breakfall) Mae Ukemi Mae Kaiten Ukemi (roll) Ushiro Kaiten Ukemi
Tachiwaza	Tai sabaki	Irimi exercise Tenkan Irimi Tenkan Irimi Ashi Tsugi Ashi Ayumi Ashi Kaiten exercise
Tachiwaza	Weapons Kata	1-9 of 31 Jo Kata
Tachiwaza	Atemi	Shomen Uchi Yokomen Uchi Jodan Tsuki
Suwariwaza	Tai sabaki	Shiko
Posture	Attack	Technique
Tachiwaza	Aihanmi Katatetori	Ikkyo Nikyo Shihonage
Suwariwaza	Aihanmi Katatetori	Ikkyo Nikyo Shihonage
Options:		

5th Kyu

Minimum training time required- 40 hours since 6th Kyu + regular attendance in 4 weeks prior to grading

Posture	Group	Exercise
Tachiwaza	Ukemi	Yoko Kaiten Ukemi
Tachiwaza	Tai sabaki	Happo undo
Tachiwaza	Weapons Kata	1-21 Jo Kata
Suwariwaza	Tai sabaki	Irimi tenkan
Posture	Attack	Technique
Tachiwaza	Aihanmi Katatetori, Gyakuhanmi Katatetori	Kaitenage Tenchinage Nikyo Kotegaeshi
Tachiwaza	Ryotetori	Ikkyo Nikyo Shihonage
Suwariwaza	Aihanmi Katatetori	Ikkyo Nikyo Kotegaeshi
Tachiwaza	Shomen Uchi, Yokomen Uchi	Ikkyo, Nikkyo, Kaiten nage Shihonage
Options: Show a favoured technique and explain why and how it is helping your development		

4th Kyu

Minimum training time required- 45 hours since 5th Kyu + regular attendance in 5 weeks prior to grading

Posture	Group	Exercise
Tachiwaza	Ukemi	Ushiro Tobu Ukemi
Tachiwaza	Tai Sabaki	Happo Giri
Tachiwaza	Weapons Kata	1-31 Jo Kata
Tachiwaza	Weapons Kata	Shomen and Yokomen cuts using bokken
Suwariwaza	Tai Sabaki	Yokomen Uchi Shiko using bokken
Posture	Attack	Technique
Tachiwaza	Aihanmi Katatetori, Gyakuhanmi Katatetori	Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage Iriminage, Kaiten nage Kotegaeshi, Udekeminage, Sumiotoshi, (all to be performed Irimi and Tenkan)
Tachiwaza	Shomen Uchi Yokomen Uchi	Ikkyo, Nikyo, Sankyo
Tachiwaza	Jiyuwaza, San-nin Tanto Dori, Shomen Uchi	Shihonage, Kotegaeshi
Hanmi-handachi waza	Shomen Uchi, Yokomen Uchi	Ikkyo, Nikyo, Sankyo
Tachiwaza	Ryotetori	Basic Kokyunage
Suwariwaza	Ryotetori	Basic Kokyunage
Options: 4 additional techniques of Tori's choosing with explanation of what they are doing and why.		

3rd Kyu

Minimum training time required- 50 hours since 4th Kyu + regular attendance in 6 weeks prior to grading.

All techniques to be performed Irimi and Tenkan

Posture	Group	Exercise
Tachiwaza	Tai Sabaki San-nin Dori	Tanto, Jo and Bokken avoidance
Tachiwaza	Weapons Kata	1-9 Jo Kata counter
Posture	Attack	Technique
Tachiwaza	Tsuki either Jodan, Chudan or Gedan	Ikkyo, Nikyo, Sankyo, Yonkyo, Kaitenage, Shihonage, Kotegaeshi
Tachiwaza	Aihanmi Katatetori, Gyakuhanmi Katatetori, Ryotetori	Irimi nage Hiji jime Udekeminage Aikiotoshi
Tachiwaza	Kaeshi Waza Aihanmi Katatetori	Ikkyo, Nikyo, Sankyo, Shihonage
Tachiwaza	San-nin Randori, Aihanmi Katatetori, Gyakuhanmi Katatetori	Open techniques
Tachiwaza	Ryotetori, Morotetori	Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kaitenage, Kotegaeshi
Tachiwaza	Shomen Uchi, Yokomen Uchi	Sumiotoshi, Kotegaeshi, Shihonage

2nd Kyu

Minimum training time required- 60 hours since 3rdth Kyu + regular attendance in 8 weeks prior to grading

Posture	Group	Exercise
Tachiwaza	Weapons Kata	1-21 Jo Kata counter
Posture	Attack	Technique
Tachiwaza	Aihanmi Katatetori, Gyakuhanmi Katatetori, Ryotetori, Munedori	Koshi Waza, Yonkyo Gokyo
Tachiwaza	Ushiro Ryotetori	Koshi Waza, Aikiotoshi Ikkyo-nage, Ikkyo-otoshi, Nikyo, Sankyo Yonkyo, Gokyo, Shihonage, Kotegaeshi
Tachiwaza	Ni-nin-dori:- Shomen Uchi, Yokomen Uchi, Ryotetori , Ushiro Ryotetori	Ki-no-nagari Koyunage
Tachiwaza	Jo Waza (attack and defences)	Freestyle at least 8 different techniques from both attack and defence.
Suwariwaza	Aihanmi Katatetori, Gyakuhanmi Katatetori	Udekeminage, Shihonage, Iriminage
Suwariwaza	As requested by Tori, to include at least three striking attacks	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Iriminage, Kaitenage, Kotegaeshi
Hanmi-handachi waza	Ni-nin-dori: Aihanmi Katatetori, Gyakuhanmi Katatetori	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Shihonage, Iriminage, Kaitenage, Kotegaeshi, Sumiotoshi, Tenchinage, Udekeminage
Hanmi-handachi waza	Ni-nin-dori: Aihanmi Katatetori, Gyakuhanmi Katatetori	Ki-no-nagari Koyunage
Tachiwaza	Ushiro Katate Kubi Shimi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Shihonage
Tachiwaza	Ushiro Ryo-Katatori	Tenchinage, Udekeminage, Kotegaeshi

1st Kyu

Minimum training time required- 80 hours since 2nd Kyu + regular attendance in 10 weeks prior to grading

Posture	Group	Exercise
Tachiwaza	Weapons Kata	1-31 Jo Kata counter
Tachiwaza	Tai sabaki	Happo undo and Happo Giri
Posture	Attack	Technique
Tachiwaza	Yon-nin-dori: Aihanmi Katatetori, Gyakuhanmi Katatetori, Ryotetori Ushiro, Ryotetori,Ushiro Katatori	Ki-no-Nagari Kokyunage
Tachiwaza	Mune-tsuki Tanto Dori	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Shihonage, Hiji jime, Kotegaeshi
Suwariwaza	Mune-tsuki Tanto Dori	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Shihonage, Hiji jime, Kotegaeshi
Tachiwaza	Kata-men-uchi	Ikkyo, Nikyo, Sankyo
Tachiwaza	Shomen uchi, Yokomen uchi, Ryotetori	Atemi waza: Ikkyo, Nikyo, Sankyo, Shihonage, Iriminage, Kotegaeshi
Hanmi-handachi waza	Muni mochi	Ikkyo, Nikyo, Shihonage, Kotegaeshi
Hanmi-handachi waza	Tanto Dori: Shomen uchi, Yokomen uchi	Sankyo, Kaitenage, Sumiotoshi, Tenchinage, Hiji jime
Hanmi-handachi waza	Jo Dori	Ikkyonage, Nikyonage, Sankyonage
Tachiwaza	Jo Dori	Ikkyonage, Nikyonage, Sankyonage
Mandatory: 1500 word paper on Aikido. Explain 2 techniques as if teaching to a mixed ability class		