

Pinner Aikido Club

www.pinner-aikido.com



Kai Shin Kai Grading Syllabus

AIKIDO GRADING SYLLABUS

		5th KYU					4th KYU			3rd KYU			2nd KYU			1st KYU			SHODAN			
		IKKYO	NIKKYO	KOTE GEASHI	IRIMINAGE	SHIHO NAGE	SUKOMEN	KOKYU NAGE	SUMI OTOSHI	TENCHI NAGE	SANKYO	YONKYO	MAI OTOSHI	HIJI SHIME	GOKYU	KAITEN NAGE	KOSHI NAGE	AIKI OTOSHI	AIKI NAGE	JUJI GARAMI	KATA GATAME	UDE GARAMI
5th KYU	AI KATATE DORI	S	S	S	S																	
4th 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																					
3rd KYU	RYOTE DORI	S	S		S							S										
	USHIRO RYOTE DORI																					
	KATA DORI	SH	SH								H		SH									
	USHIRO RYO KATA DORI																					
2nd KYU	KATA DORI SHOMENUCHI																					
	MOROTE DORI				S																	
	JODAN TSUKI	S		H	SH								SH									
	USHIRO RYO HIJI DORI	S	S				S														S	
1st 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 DEFENCE. Also from HANMI HANDACHI WAZA

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

COLOUR TACHI WAZA
 S SUWARI WAZA from 3rd KYU
H HANMI HANDACHI WAZA from 2nd KYU