

Aikido Grades and Ki Examinations

Your completed Grading forms and fees are to be handed to your instructor two weeks prior to grading date.

Rank: 5th Kyu (“Yellow Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 30 classes; and the student must be recommended by her/his instructor.

<p style="text-align: center;">Shokyu Ki Exam</p> <ul style="list-style-type: none"> • Standing • Unbendable arm • Thrusting out arm with weight underside • Sitting seiza • Sitting seiza and standing up • Breathing exercise 	<p style="text-align: center;">Hitori Waza</p> <ul style="list-style-type: none"> • Udemawashi waza • Udefuri waza • Udefuri choyaku waza • Sayu waza • Ushiro ukemi waza • Zempo kaiten waza
	<p style="text-align: center;">Kumi Waza</p> <ul style="list-style-type: none"> • Katatekosatori kokyunage (basic static form) • Katatetori kokyunage tenkan <i>sayu waza</i> (basic static form)

Rank: 4th Kyu (“Orange Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 30 classes; and the student must be recommended by her/his instructor.

<p style="text-align: center;">Hitori Waza</p> <ul style="list-style-type: none"> • Udemawashi waza • Udefuri waza • Udefuri choyaku waza • Sayu waza • Ikkyo waza • Zengo waza • Happo waza • Zenshin-koshin waza • Ushiro ukemi waza • Zempo kaiten waza • Kokyu dosa 	<p style="text-align: center;">Taigi Arts</p> <p>Taigi 5</p> <ol style="list-style-type: none"> 1. Shomenuchi kokyunage 2. Yokomenuchi shihonage <i>irimi</i> 3. Munetsuki koteoroshi (katameru) 4. Katatori ikkyo <i>irimi</i> (katameru) 5. Kokyu dosa
<p style="text-align: center;">Kumi Waza</p> <ul style="list-style-type: none"> • Katatekosatori kokyunage • Katatetori kokyunage tenkan <i>sayu waza</i> • Katatori ikkyo (<i>irimi</i> & <i>tenkan</i>) • Munetsuki koteoroshi (katameru) • Yokomenuchi shihonage (<i>irimi</i> & <i>tenkan</i>) • Shomenuchi kokyunage 	

Rank: 3rd Kyu (“Green Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 30 classes; and the student must be recommended by her/his instructor.

Chukyu Ki Exam

- Standing
- Unbendable arm
- Thrusting out arm with weight underside
- Sitting seiza
- Sitting seiza and standing up
- Sitting cross-legged while being pushed from behind
- Sitting cross-legged while being raised by one knee
- Thrusting out wrist
- Bending backwards
- Stooping
- Unraisable body
- Breathing exercise

Hitori Waza

- Udemawashi waza
- Udefuri waza
- Udefuri choyaku waza
- Sayu waza
- Ikkyo waza
- Zengo waza
- Happo waza
- Zenshin-koshin waza
- Nikyo waza
- Koteoroshi waza
- Sankyo waza
- Funakogi waza
- Ushiro ukemi waza
- Zempo kaiten waza
- Kokyu dosa

Kumi Waza

- Katatekosatori kokyunage
- Katatetori kokyunage *tenkan sayu waza*
- Katatori ikkyo (*irimi & tenkan*)
- Katatori nikyo (*irimi & tenkan*)
- Katatori sankyo (*irimi & tenkan*)
- Katatori yonkyo (*irimi & tenkan*)
- Munetsuki koteoroshi (katameru)
- Yokomenuchi shihonage (*irimi & tenkan*)
- Shomenuchi kokyunage
- Yokomenuchi kokyunage zenpo nage
- Ryotetori kokyunage zenpo nage
- Ushirotekubitori sankyo (katameru)

Taigi Arts**Kitei Taigi**

1. Shomenuchi kokyunage
2. Yokomenuchi shihonage *irimi*
3. Munetsuki koteoroshi (katameru)
4. Katatetori ikkyo *tenkan* (katameru)
5. Katatori nikyo *irimi* (katameru)
6. Ushirotekubitori sankyo (katameru)

Taigi 5

1. Shomenuchi kokyunage
2. Yokomenuchi shihonage *irimi*
3. Munetsuki koteoroshi (katameru)
4. Katatori ikkyo *irimi* (katameru)
5. Kokyu dosa

Rank: 2nd Kyu (“Blue Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 40 classes; and the student must be recommended by her/his instructor.

<p style="text-align: center;">Hitori Waza</p> <ul style="list-style-type: none"> • Nikyo waza • Koteoroshi waza • Sankyo waza • Funakogi waza • Ikkyo waza • Zengo waza • Happo waza • Zenshin-koshin waza • Udemawashi waza • Udefuri waza • Udefuri choyaku waza • Sayu waza • Kahotekubikosa waza • Johotekubikosa waza • Ushirotori waza • Ushirotekubitori zenshin waza • Ushirotekubitori koshin waza • Ushiro ukemi waza • Zenpo kaiten waza • Kokyu dosa 	<p style="text-align: center;">Taigi Arts</p> <p>Kitei Taigi</p> <ol style="list-style-type: none"> 1. Shomenuchi kokyunage 2. Yokomenuchi shihonage <i>irimi</i> 3. Munetsuki koteoroshi (katameru) 4. Katatetori ikkyo <i>tenkan</i> (katameru) 5. Katatori nikyo <i>irimi</i> (katameru) 6. Ushirotekubitori sankyo (katameru) <p>Taigi 5</p> <ol style="list-style-type: none"> 1. Shomenuchi kokyunage 2. Yokomenuchi shihonage <i>irimi</i> 3. Munetsuki koteoroshi (katameru) 4. Katatori ikkyo <i>irimi</i> (katameru) 5. Kokyu dosa <p>Taigi 14 (Katatori)</p> <ol style="list-style-type: none"> 1. Ikkyo <i>tenkan</i> (katameru) 2. Nikyo <i>irimi</i> (katameru) 3. Sankyo <i>tenkan</i> (katameru) 4. Yonkyo <i>irimi</i> (katameru) 5. Kokyunage ushiromuki 6. Kokyunage ushiromuki furikaette yokomenuchi
<p style="text-align: center;">Kumi Waza</p> <ul style="list-style-type: none"> • Yokomenuchi kokyunage zenpo nage • Ryotetori kokyunage zenpo nage • Ushirotekubitori sankyo (katameru) • Katatetori ryotemochi kokyunage <i>en-undo</i> • Ryotetori tenchinage <i>irimi</i> • Ryotetori tenchinage <i>tenkan</i> • Ryotetori kirikaeshi • Ushirotekubitori kubijime sankyo nage • Ushirotori kokyunage • Ushirotekubitori kokyunage zenpo nage 	

Rank: 1st Kyu (“Brown Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 70 classes; and the student must be recommended by her/his instructor.

<p style="text-align: center;">Kumi Waza</p> <ul style="list-style-type: none"> • Zagihandachi shomenuchi kokyunage • Zagihandachi munetsuki koteoroshi (katameru) • Zagihandachi yokomenuchi kokyunage zenpo nage • Munetsuki kokyunage <i>zenpo nage</i> • Munetsuki kokyunage <i>sudori</i> • Munetsuki kokyunage <i>kaiten nage</i> • Katatetori ryotemochi koteoroshi • Katatetori ryotemochi kokyunage <i>hachi-no-ji</i> • Yokomenuchi koteoroshi <i>en-undo</i> • Yokomenuchi kokyunage <i>hachi-no-ji</i> • Shomenuchi koteoroshi • Shomenuchi ikkyo (<i>irimi & tenkan</i>) • Ushirotekubitori koteoroshi • Ushirotekubitori ikkyo katameru <p style="text-align: right;">1</p>	<p style="text-align: center;">Taigi Arts</p> <p>Kitei Taigi</p> <ol style="list-style-type: none"> 1. Shomenuchi kokyunage 2. Yokomenuchi shihonage <i>irimi</i> 3. Munetsuki koteoroshi (katameru) 4. Katatetori ikkyo <i>tenkan</i> (katameru) 5. Katatori nikyo <i>irimi</i> (katameru) 6. Ushirotekubitori sankyo (katameru) <p>Taigi 1 (Katatetori)</p> <ol style="list-style-type: none"> 1. Kokyunage <i>tenkan</i> 2. Kirikaeshi <i>tenkan</i> 3. Zenpo nage <i>tenkan</i> 4. Kaiten nage <i>tenkan</i> 5. Shihonage <i>tenkan</i> 6. Ikkyo <i>tenkan</i> (katameru) <p>Taigi 2 (Katatetori ryotemochi)</p> <ol style="list-style-type: none"> 1. Kokyunage <i>tenkan jump in</i> 2. Kokyunage <i>tenkan en-undo</i> 3. Kokyunage <i>tenkan hachi-no-ji</i> 4. Zenpo nage <i>tenkan</i> 5. Nikyo <i>tenkan</i> (katameru) 6. Koteoroshi <i>tenkan</i> (katameru) <p>Taigi 4 (Ryokatatori)</p> <ol style="list-style-type: none"> 1. Kokyunage <i>tenkan turn & bow</i> 2. Kokyunage <i>tenkan kirikaeshi</i> 3. Kokyunage <i>tenkan bow & bow</i> 4. <i>Sudori</i> 5. Nikyo <i>tenkan</i> (katameru) 6. Zenpo nage <p>Taigi 15</p> <ol style="list-style-type: none"> 1. Shomenuchi ikkyo <i>irimi</i> (katameru) 2. Yokomenuchi kokyunage <i>hachi-no-ji</i> 3. Munetsuki zenpo nage 4. Katatori nikyo <i>irimi</i> (katameru) 5. Ushirotori kokyunage zenpo nage 6. Ushirotekubitori sankyo nage <p>Taigi 25 (Bokken part 1) Taigi 27 (Jo part 1)</p> <p style="text-align: right;">2</p>
<p style="text-align: center;">Kumi Waza (weapons)</p> <p>Jo tori (2 arts) Tanto tori (2 arts) Bokken tori (2 arts)</p> <p style="text-align: right;">3</p>	<p style="text-align: center;">Saningake</p> <p>Three-person attack for at least 1 minute. If nage is held and cannot throw uke within this time then start again.</p> <p style="text-align: right;">4</p>

Shodan, Nidan and Sandan Applications

Forms and essays are to be handed to your instructor two weeks before grading date, complete with fees.

Rank: Shodan (“Black Belt”)

Requirements: Based on prior experience, members are likely to be ready to grade after consistent attendance at a minimum of 100 classes; and the student must be recommended by her/his instructor. Classes attended at seminars are counted towards your requirements for grading.

Jokyu Ki Exam	Kumi Waza
<ul style="list-style-type: none"> • Standing • Unbendable arm • Thrusting out arm with weight underside • Sitting seiza • Sitting seiza and standing up • Sitting cross-legged while being pushed from behind • Sitting cross-legged while being raised by one knee • Thrusting out wrist • Bending backwards • Stooping • Unraisable body • Leaning backwards on a partner • Leaning forwards on a partner • Thrusting out hand and raising leg • Swinging up both arms • Walking forward while being held • Sitting cross legged while holding both hands underneath the examiner’s arms while being tested at the shoulders • Breathing exercise 	<ul style="list-style-type: none"> Yokomenuchi randori (5 arts) Katatetori randori (5 arts) Ushirotekubitori randori (5 arts)

Shodan (cont.)

Taigi Arts	Taigi Arts (cont.)
<p>Kitei Taigi</p> <ol style="list-style-type: none"> 1. Shomenuchi kokyunage 2. Yokomenuchi shihonage <i>irimi</i> 3. Munetsuki koteoroshi (katameru) 4. Katatetori ikkyo <i>tenkan</i> (katameru) 5. Katatori nikyo <i>irimi</i> (katameru) 6. Ushirotekubitori sankyo (katameru) <p>Taigi 3 (Yokomenuchi)</p> <ol style="list-style-type: none"> 1. Sudori <i>slide in</i> 2. Sudori <i>bow</i> 3. Kokyunage <i>irimi</i> 4. Shihonage <i>irimi</i> 5. Kokyunage <i>sudori nage</i> 6. Kokyunage <i>tenkan hachi-no-ji</i> <p>Taigi 6 (Ushiro waza)</p> <ol style="list-style-type: none"> 1. Ushirotori kokyunage 2. Ushirotekubitori uragaeshi kokyunage 3. Ushirotekubitori zenpo nage 4. Ushirotekubitori koteoroshi 5. Ushirotekubitori ikkyo (katameru) 6. Ushirotekubitori sankyo nage <p>Taigi 8 (Ryotetori)</p> <ol style="list-style-type: none"> 1. Tenchinage <i>irimi</i> 2. Tenchinage <i>tenkan</i> 3. Kokyunage <i>yurei nage</i> 4. Kokyunage <i>sayu undo</i> 5. Kokyunage <i>zenpo nage</i> 6. Kokyunage <i>kirikaeshi</i> 	<p>Taigi 16 (Zagi)</p> <ol style="list-style-type: none"> 1. Shomenuchi ikkyo irimi (katameru) 2. Shomenuchi ikkyo <i>tenkan</i> (katameru) 3. Katatori shomenuchi kokyunage 4. Shomenuchi kokyunage 5. Munetsuki koteoroshi (katameru) 6. Yokomenuchi kokyunage <p>Taigi 17 (Zagihandachi)</p> <ol style="list-style-type: none"> 1. Katatetori kokyunage 2. Katatetori kokyunage <i>kirikaeshi</i> 3. Shomenuchi kokyunage 4. Ushirokatatori kokyunage 5. Munetsuki koteoroshi 6. Yokomenuchi kokyunage <p>Taigi 25 (Bokken part 1) Taigi 27 (Jo part 1)</p>
2	3
Kumi Waza (weapons)	Yoningake
<p>Jo tori (3 arts) Jo nage (3 arts) Bokken tori (3 arts) Tanto tori (5 arts)</p>	<p>Four-person attack for at least 1 minute. If nage is held and cannot throw uke within this time then start again.</p>
4	5