



AIKIDO GRADING SYLLABUS



Grading Dates: Refer Web Site: www.aikidoaustralia.com

Aikido training integrates three martial systems of tai-jutsu (empty hand), aiki-ken (wooden sword) and aiki-jo (wooden staff). The basic principles of footwork, body movement and mental focus common across the three martial disciplines provide an integrated training program consistent with traditional Aikido practices worldwide.

Safety, manners and etiquette are integral components of Aikido training, and together with technical execution of technique are pre-requisite requirements in order to be eligible for obtaining each successive grade.

10th KYU After 16 training sessions

			Uke's Attack	/	Nage's Technique
Shomen Uchi	/	Ikkyo (Omote & Ura)	Strike to top of head	/	First Teaching
Shomen Uchi	/	Irimi Nage (Omote)	Strike to top of head	/	Entering throw
Forward Roll		(Suwari Waza)	Basic forward roll from kneeling position		
Break Fall		(Tachi & Suwari Waza)	Basic break fall from kneeling & standing position		
Partner Etiquette	Training partner, safety and good manners				
Bokken & Jo Etiquette	Bokken & Jo handling, safety and good manners				
Suwari Waza	/	Kokyu Ho	Kneeling position	/	Breath throw

9th KYU 10th Kyu plus an additional 24 training sessions

			Uke's Attack	/	Nage's Technique
Katate Dori	/	Kaiten Nage (Soto & Uchi)	Single wrist grip	/	Rotation throw
Katate Dori	/	Shino Nage (Omote & Ura)	Single wrist grip	/	Four-direction throw
Knee walking		(Forwards & Backwards)	Basic knee walking		
Forward Roll		(Tachi & Suwari Waza)	Basic forward roll from kneeling & standing position		
Bokken Etiquette	Bokken handling, safety and good manners				
Ken Suburi 1 - 3	Bokken solo forms 1 - 3				
Suwari Waza	/	Kokyu Ho	Kneeling position	/	Breath throw

8th KYU 9th Kyu plus an additional 30 training sessions

			Uke's Attack	/	Nage's Technique
Shomen Uchi	/	Ikkyo (Omote & Ura)	Strike to top of head	/	First Teaching
Shomen Uchi	/	Nikkyo (Omote & Ura)	Strike to top of head	/	Second Teaching
Misogi - Rowing Exercise		(Tachi Waza)	Movement, breathing and mental focus control		
Backward Roll		(Tachi & Suwari Waza)	Basic backward roll from sitting & standing position		
Jo Etiquette	Jo handling, safety and good manners				
Jo Suburi 1 - 3	Jo solo forms 1 - 3				
Suwari Waza	/	Kokyu Ho	Kneeling position	/	Breath throw

7th KYU 8th Kyu plus an additional 30 training sessions

3rd KYU 4th Kyu plus an additional 30 training sessions

6th KYU 7th Kyu plus an additional 30 training sessions

2th KYU 3rd Kyu plus an additional 50 training sessions

5th KYU 6th Kyu plus an additional 30 training sessions

1st KYU 2nd Kyu plus an additional 50 training sessions

4th KYU 5th Kyu plus an additional 30 training sessions

BLACK BELT 1st Kyu plus an additional 120 training sessions