



# KYU GRADE GRADING SYLLABUS

## 5<sup>th</sup> Kyu - Gokyū

Minimum 40 sessions over a 6 mth period

	Body Movement	Starting Position	Description
Etiquette / Rei			Student attitude, interaction & safety practices
Ukemi		Tachi & Suwari Waza	Basic rolling and break falling exercises
Knee walking	Forwards & Backwards		Basic knee walking exercises
Surya Namaskar / Pranayama			Sun salutation routine / Basic breathing exercises
Rowing exercise / Misogi			Purification exercise
Shomen Uchi / Ikkyo	Omote & Ura	Ai Hamni	Strike to top of head / First teaching
Shomen Uchi / Irimi Nage	Omote	Ai Hamni	Strike to top of head / Entering throw
Katate Dori / Kaiten Nage	Uchi & Soto	Giyaku Hamni	Single wrist grip / Rotation throw
Katate Dori / Shino Nage	Omote & Ura	Giyaku Hamni	Single wrist grip / Four-direction throw
Ryote Dori / Kokyu Ho		Suwari Waza	Double wrist grip / Breath throw
Aiki-Ken Suburi #1 - 5			Formal execution of solo sword forms #1 to 5
Essay: Tea Ceremony			Based on experiential learning exercise given

## 4<sup>th</sup> Kyu - Yonkyū

5<sup>th</sup> Kyu plus min 60 sessions over a 6 mth period

	Body Movement	Starting Position	Description
Shomen Uchi / Ikkyo	Omote & Ura	Ai Hamni	Strike to top of head / First teaching
Shomen Uchi / Nikkyo	Omote & Ura	Ai Hamni	Strike to top of head / Second teaching
Yokomen Uchi / Irimi Nage	3 ways	Giyaku Hamni	Strike to side of head / Entering throw
Kata Dori / Nikkyo	Omote & Ura	Giyaku Hamni	Shoulder grip / Second teaching
Yokomen Uchi / Shiho Nage	Omote & Ura	Giyaku Hamni	Strike to side of head / Four-direction throw
Ryote Dori / Kokyu Ho		Suwari Waza	Double wrist grip / Breath throw
Aiki-Jo Suburi #1 - 10			Formal execution of solo staff forms #1 to 10
Q & A: Yama & Niyama			Demonstrate understanding of first 2 limbs of yoga
Essay: Commitment			Based on research & experiential learning to date

## 3<sup>rd</sup> Kyu - Sankyū

4<sup>th</sup> Kyu plus min 60 sessions over a 6 mth period

	Body Movement	Starting Position	Description
Yokomen Uchi / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Strike to side of head / First - Fourth teachings
Tsuki / Kote Gaeshi	Tenken	Giyaku Hamni	Thrusting attack / Outward wrist twist
Tuski / Irimi Nage	3 ways	Giyaku & Ai Hamni	Thrusting attack / Entering throw
Ryote Dori / Shiho Nage	Omote & Ura	Giyaku Hamni	Double wrist grip / Four-direction throw
Tanken, Tachi & Jo Dori	1 way each		Knife, sword and staff taking techniques
Ryote Dori / Kokyu Ho		Suwari Waza	Double wrist grip / Breath throw
Happo Giri / Ken Suburi #1-7 / Jo Suburi #1-13			Eight direction cut & solo sword & jo forms
Q & A: Aikido-Yoga Principles			Demonstrate understanding appropriate to 3 <sup>rd</sup> Kyu
Essay: Integrity			Based on research & experiential learning to date

## 2<sup>nd</sup> Kyu - Nikyū

3<sup>rd</sup> Kyu plus min 80 sessions over a 6 mth period

	Body Movement	Starting Position	Description
Shomen Uchi / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Strike to top of head / First - Fourth teachings
Kata Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Shoulder grip / First - Fourth teachings
Shomen Uchi / Kaiten Nage	Irimi	Giyaku Hamni	Strike to top of head / Rotation throw
Katate Dori / Irimi Nage	Irimi	Giyaku Hamni	Single wrist grip / Entering throw
/ Kote Gaeshi	Tanken	Giyaku Hamni	Single wrist grip / Outward wrist twist
/ Kaiten Nage	Uchi & Soto	Giyaku Hamni	Single wrist grip / Rotation throw
Hamni Handachi / Shiho Nage	Omote & Ura	Suwari Waza	Kneeling vs Standing / Four-direction throw
Ryote Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Double wrist grip / First - Fourth teachings
/ Kote Gaeshi	Tanken	Giyaku Hamni	Double wrist grip / Outward wrist twist
/ Irimi Nage	Irimi	Giyaku Hamni	Double wrist grip / Entering throw
Yokomen Uchi / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Strike to side of head / First - Fourth teachings
/ Kote Gaeshi	Tanken	Giyaku Hamni	Strike to side of head / Outward wrist twist
/ Irimi Nage	Irimi	Giyaku Hamni	Strike to side of head / Entering throw
Ryote Dori / Kokyu Ho	2 ways	Suwari Waza	Double wrist grip / Breath throw
Ukemi		Tachi Waza	More advanced break falling & rolling routine
Tanken, Tachi & Jo Dori	2 ways each		Knife, sword and staff taking techniques
Kumi-Tachi #1-2 / Kumi-Jo #1-3 / Ken Suburi #1-7 / Jo Suburi #1-18			Ken & Jo partner practice / solo sword & jo forms
<i>Q &amp; A: Aikido-Yoga Principles</i>			Demonstrate understanding appropriate to 2 <sup>nd</sup> Kyu
<i>Essay: The "Do" in Aiki-do</i>			Based on research & experiential learning to date

## 1<sup>st</sup> Kyu - Ikkyū

2<sup>nd</sup> Kyu plus min 80 sessions over a 6 mth period

	Body Movement	Starting Position	Description	
Shomen Uchi / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Strike to top of head / First - Fourth teachings	
Kata Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Shoulder grip / First - Fourth teachings	
Ushiro Ryote Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi Waza	Double wrist grip from behind. Static & dynamic	
Kote Gaeshi / 5 ways	Shomen Uchi	Katate Dori	Morote Dori	Tsuki
Tsuki / Kaiten Nage	Irimi	Giyaku Hamni	Dynamic / Ki-no-nagari - High fall execution	
Katate & Ryote Dori / Koshi Nage		Tachi Waza	Single & Double wrist grip / Hip throw	
Hamni Handachi / Shiho Nage	Omote & Ura	Suwari Waza	Dynamic / Ki-no-nagari - High fall execution	
Ryote Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Dynamic / Ki-no-nagari execution	
Katate Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi & Suwari Waza	Dynamic / Ki-no-nagari execution	
Morote Dori / Ikkyo - Yonkyo	Omote & Ura	Tachi Waza	Dynamic / Ki-no-nagari execution	
Irimi Nage / 2 ways	Katate Dori	Morote Dori	Omote & Ura / Giyaku Hamni	
			Dynamic / Ki-no-nagari - High fall execution.	
Ukemi (high fall)		Tachi Waza	Advanced high-fall & rolling execution	
31-no-jo kata			31 movement staff / jo kata	
Surya Namaskar & First asana set			Sun salutation routine & 1 <sup>st</sup> Asana routine	
Tanken, Tachi & Jo Dori	3 ways each		Knife, sword and staff taking techniques	
Ryote Dori / Kokyu Ho	3 ways	Suwari Waza	Double wrist grip / Breath throw	
Kumi-Tachi #1-3 / Kumi-Jo #1-5 / Ken Suburi #1-7 / Jo Suburi #1-21			Ken & Jo partner practice / solo sword & jo forms	
<i>Q &amp; A plus demonstration of Aikido-Yoga principles &amp; Ken/Tai Jutsu No Rai</i>			Demonstrate understanding appropriate to 1 <sup>st</sup> Kyu	
<i>Essay: The importance of being a good uke</i>			Based on research & experiential learning to date	