



SHODAN GRADING SYLLABUS

Summary

Demonstrate aikido empty-hand (*tai-jitsu*) against uncooperative *uke(s)* delivering realistic, committed attacks and execution of weapons (*bukiwaza*) techniques as outlined in the grading syllabus. Execution of specified *asana-yoga* postures and *pranayama*-breath control practices. Possess a good understanding and practice of *yama*-restraints & *niyama*-observances.

1st Degree Black Belt

1st Kyu plus min 120 sessions over 1 year period

		Body Movement	Starting Position	Description
Yokomen Uchi / Ikkyo – Gokyo	Omote & Ura	One Suwari	Tachi & Suwari Waza	Strike to side of head / First - Fifth teachings
Kata Dori / Ikkyo - Yonkyo	Omote & Ura		Tachi & Suwari Waza	Shoulder grip / First - Fourth teachings
Kata Dori Men Uchi / Ikkyo - Yonkyo	Omote & Ura		Tachi Waza	Shoulder Grip & strike to head / 1 st – 4 th teachings
Shomen Uchi / Irimi Nage	Omote		Hamni Handachi	Dynamic / Ki-no-nagari - High fall execution.
Ryote Dori / Shiho Nage	Omote & Ura		Hamni Handachi	Dynamic / Ki-no-nagari - High fall execution.
Shomen Uchi / Ikkyo	Omote		Hamni Handachi	Dynamic / Ki-no-nagari - High fall execution.
Men Tsuki / 3 ways	Irimi Nage		Kote Gaeshi	Kokyu Nage
Irimi Nage / 3 ways	Shomen Uchi		Yokomen Uchi	Ushiro Ryote Dori
Kokyu Nage / 3 ways	Yokomen Uchi		Morote Dori	Ushiro Ryote Dori
Shiho Nage / 3 ways	Yokomen Uchi		Morote Dori	Ushiro Ryote Dori
Kote Gaeshi / 3 ways	Yokomen Uchi		Morote Dori	Ushiro Ryote Dori
Koshi Nage / 3 ways	Katate Dori		Ryote Dori	Ushiro Ryote Dori
Ushiro Waza / 3 ways	Juji Garami		Kokyu Ho	Koshi Nage
Ryote Dori / Tenchi Nage	Omote & Ura		Tachi Waza	Dynamic / Ki-no-nagari - High fall execution.
Tanken, Tachi & Jo Dori	3 ways each			Knife, sword and staff taking techniques
Ryote Dori / Kokyu Ho	5 ways		Suwari Waza	Double wrist grip / Breath throw
Kumi-Tachi #1-5 / Kumi-Jo #1-7				Formal execution of Ken & Jo katas
31-no-jo kata				31 movement staff / jo kata
13-no-jo kata				13 movement staff / jo kata
<i>Yama & Niyama</i>	Deliver a lecture including experiential learning exercises that demonstrate a good understanding and practice of first 2 limbs			
<i>Asana</i>	Execute a selection of yoga postures as requested by the Chief Instructor and explain benefits & purpose.			
<i>Pranayama</i>	Execute a selection of breathing exercises as requested by the Chief Instructor and explain benefits and purpose.			
Surya Namaskar	Execute Sun salutation routine and then explain each movement's corresponding chakra focus points, imagery and mantra.			
First asana set	Execute first asana routine and then explain each movement's benefits.			
Jiyu Waza / Randori / Against 3 unarmed ukes				Freestyle engagement against 3 unarmed attackers
<i>Q & A: Aikido-Yoga Principles</i>				Demonstrate understanding appropriate to 1 st Dan
<i>Assignment – Verbally communicated by Chief Instructor</i>				To be completed within 6 months.