



Traditional Aikido Senior Syllabus

6 Kyu (white belt) - no specified training time requirements

Core Skills	Ukemi	Front and rear rolling, left and right
	Tai-sabaki	Irimi and tsugi ashi
Technique	From Ai katate dori:	
	1. Ikkyo	
	2. Nikkyo	
	3. Irimi-nage shomen	
	4. Kote-gaeshi	
Application	5. Ushiro-ate	
	Kokyu-dojo	



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5 Kyu (yellow belt) - minimum 30 hours training time since 6 Kyu

All the above, plus the following:

Core Skills	Ukemi	side break falls and rolling no arms
	Tai-sabaki	irimi tenkan ayumi ashi
	Shikko	forward and back
	Basic balance breaks	
Technique	From Ai katate dori & Gyaku katate dori :	<ul style="list-style-type: none"> • Ikkyo • Nikkyo • Sankyo • Irimi-nage sukomen • Tenchi-nage • Shiho-nage • Kote-gaeshi
	Weapons	Bokken
Jo		Suburi 1-5
Application	Kokyu-dojo	



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4 Kyu (orange belt) - minimum 60 hours training time since 5 Kyu

All the above, plus the following:

Core Skills	Ukemi	over top breakfalls	
	Tai-sabaki		
	Shikko	shikko: irimi tenkan and with partner	
	Basic balance breaks		
Technique	From	<ul style="list-style-type: none"> • Ikkyo • Nikkyo • Sankyo 	
	Chudan tsuki	<ul style="list-style-type: none"> • Irimi-nage sukomen 	
	Shomenuchi	<ul style="list-style-type: none"> • Tenchi-nage 	
	Yokomenuchi	<ul style="list-style-type: none"> • Shiho-nage • Kote-gaeshi • Mai-otoshi • Sumi-otishi • Kaiten-nage 	
	Weapons	Bokken	Suburi 5-7
		Jo	Suburi 6-10
Application	Ninindori as Kokyu-nage		



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3 Kyu (green belt) - minimum 60 hours training time since 4 Kyu

All to be performed to a very high standard of tai sabaki and control of uke

Core Skills	Ukemi	over top breakfalls
	Tai-sabaki	
	Shikko	shikko: irimi tenkan and with partner
	Basic balance breaks	
Technique	From	
	All at 4 th kyu plus:	
	Kata dori	
	Kata dori shomenuchi	All from 4 th Kyu plus:
	Ryote dori	<ul style="list-style-type: none"> • Yonkyo
	Ushiro ryote dori	
Weapons	Ushiro ryo kata dori	
	Bokken	Pairs practice 1-4
	Jo	Suburi 11-13
Application	Ninindori	from tsuki



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2 Kyu (blue belt) - minimum 70 hours training time since 3 Kyu

Core Skills	Ukemi	over top breakfalls
	Tai-sabaki	
	Shikko	shikko: irimi tenkan and with partner
	Basic balance breaks	
Technique	All at 3 rd kyu plus:	
	Ushiro ryote hiji dori	All from 3 rd Kyu plus:
	Jodan tsuki	<ul style="list-style-type: none"> • Kokyu-nage
	Morote dori	
	Suwari-waza	Kansetsu (gripping attacks)
	Hanmi handachi	Atemi (striking attacks)
Weapons		Escape from grip-up attacks from two Uke
	Bokken	Pairs practice 5-7, Tachi dori
	Jo	Suburi 14-18, Jodori
Application	Ninindori	

1 Kyu (brown belt) - minimum 100 hours training time since 2 Kyu



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This grading will incorporate all the previous Kyu syllabi, plus the following:

Core Skills	Ukemi	over top breakfalls
	Tai-sabaki	
	Shikko	shikko: irimi tenkan and with partner
	Basic balance breaks	
Technique		Koshinage: <ul style="list-style-type: none"> • Ikkyo koshinage • Sankyo koshinage • Yonkyo koshinage • Shihonage koshinage
		Mune dori
	All at 2 nd kyu plus:	Ryo mune dori
	Demonstrated from –	Hijishime
	tachi, suwari and hanmi handachi postures	Juji-garami
		Sumi-otoshi
		Ushiro eri dori
		Ushiro katate dori kubishime
		Mune dori shomenuchi
		Mune dori jodan tsuki
	Gokyo (from shomenuchi and yokomenuchi as tanto attacks)	
	Ryo kata dori	
	Mai-otoshi Aiki-otoshi	



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		Uchi-kaiten-nage ,Soto-kaiten-nage
	Suwari-waza	Kansetsu (gripping attacks)
	Hanmi handachi	Atemi (striking attacks)
		Escape from grip-up attacks from two Uke
Weapons	Bokken	Awase (5 off)
	Jo	Suburi 19-20, throwing with Jo
	Knife	Tanto dori
Application	Ninindori	Two unarmed attackers



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1 Dan/Shodan (black belt)

Minimum of 1 year and 100 hours training time since 1 Kyu

- Section 1: Techniques of attack and defence from varying postures, as specified by the lead examiner. Techniques are made up of any of the three elements which form a natural blend and are thus in keeping with the nature of harmony in Aikido movements.
A candidate may be required to demonstrate up to 60 techniques.
- Section 2: The candidate will be required to demonstrate six techniques of his/her own choosing from attacks he/she nominates.
- Section 3: The candidate will be required to demonstrate his/her ability to 'escape' from a situation of being held firmly by two Uke
- Section 4: To assess the candidate's ability to defend against a weapon (tanto, bokken or jo).
Minimum requirement: 2 weapons/10 techniques, which may include repeats and changing applications.
- Section 5: Bokken: Kunitachi
Jo: 13 count Kata
- Section 6: Futari-Gaekai: free style defence from spirited attacks by two Uke

2 Dan/Nidan

Minimum of 2 years training/coaching time since 1 Dan

Defences from nominated attacks, for example, Katate-dori, Ryote-dori, Tsuki, Shomenuchi, Yokomenuchi, Ushiro-dori, Hanmi-handachi and Suwari-waza (each to show positive Irimi (Omoti) & Tenkan (Ura) variations)

Escape from being held by 3 Uke (or 2 + 1 tsuki/geri)

Weapons: Bokken: Kunitachi variations
Jo: 31 Count Kata

Futari-Gaekai: free style defence from spirited attacks by two uke - one armed with Tanto



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3 Dan/Sandan

Minimum of 3 years training/coaching time since 2 Dan

Self-selection (3 each) of defences from morote-dori, mune-dori, kata-dori-Shomen/Yokomenuchi, ushiro-dori, hanmi-handachi and suwari-waza (each to show positive Irimi

(Omoti) & Tenkan (Ura) plus applied variations)

Weapons:	Bokken:	Ken tai Jo
	Jo:	31 count Kumijo

Sannin-Gaekei: free style defence from spirited attacks by three Uke - one armed with Tanto

4 Dan/Yondan

Minimum of 4 years training/coaching time since 3 Dan

To perform a personal demonstration of not more than 15 minutes duration

National Gradings offered twice yearly for candidates applying for a grade of 1 Kyu or above.

Note! Examiners may waive or modify the multiple attack situations in the interest of safety in candidates over 40 years of age – or otherwise impaired.