



Youth Syllabus – Ages 10 to 15

WHITE BELT

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right) |
| | Unsoku | Complete 3 set |
| TECHNIQUE | Basic Kata | 1-5 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |

WHITE – 1 YELLOW MON

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| TECHNIQUE | Basic Kata | 1-6 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |

WHITE – 2 YELLOW MON

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| TECHNIQUE | Basic Kata | 1-7 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |

British Aikido Association – Youth Syllabus – Ages 10 to 15

WHITE – 3 YELLOW MON

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right) |
| | Unsoku | Complete 3 set |
| TECHNIQUE | Basic Kata | 1-8 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |

YELLOW BELT

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| TECHNIQUE | Basic Kata | 1-10 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |

YELLOW – 1 ORANGE MON

| | | |
|--------------------|-------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| TECHNIQUE | Basic Kata | 1-11 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |
| | Ninin dori | Shomen-ate attack |

British Aikido Association – Youth Syllabus – Ages 10 to 15

YELLOW – 2 ORANGE MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Any 1 set |
| TECHNIQUE | Basic Kata | 1-12 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |
| | Ninin dori | Shomen-ate attack |

YELLOW – 3 ORANGE MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left or Right), Forward roll (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Any 2 sets |
| TECHNIQUE | Basic Kata | 1-13 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack |
| | Ninin dori | Shomen-ate attack |

British Aikido Association – Youth Syllabus – Ages 10 to 15

ORANGE BELT (maximum conversion)

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Any 3 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | 1-15 (Left or Right) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiri attack |
| | Ninin dori | Shomen-ate attack |

ORANGE – 1 GREEN MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Any 4 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | 1-15 (Left or Right) 1-5 (Opposite side to usual performance) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiari attack |
| | Ninin dori | Shomen-ate attack |

ORANGE – 2 GREEN MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Any 4 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | 1-15 (Left or Right) 1-6 (Opposite side to usual performance) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiari attack |
| | Ninin dori | Shomen-ate attack |

British Aikido Association – Youth Syllabus – Ages 10 to 15

ORANGE – 3 GREEN MON

| | | |
|--------------------|--------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | 1-16 (Left or Right) 1-8 (Opposite side to usual performance) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiari attack |
| | Ninin dori | Shomen-ate attack |

GREEN BELT

| | | |
|--------------------|--------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left or Right) 1-10 (Opposite side to usual performance) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiri attack |
| | Ninin dori | Shomen-ate attack |

GREEN – 1 BLUE MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete 1 to 17 left or right 1-12 (Opposite side to usual performance) |
| | Counters | 1-3 (Left or Right) |
| | Shichi-hon | First 2 techniques |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiri attack |
| | Ninin dori | Shomen-ate attack |

GREEN – 2 BLUE MON

| | | |
|--------------------|--------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | complete(Left or Right) 1-14 (Opposite side to usual performance) |
| | Counters | 1-5 (Left or Right) |
| | Shichi-hon | First 4 techniques |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiarri attack |
| | Ninin dori | Shomen-ate attack |

British Aikido Association – Youth Syllabus – Ages 10 to 15

GREEN – 3 BLUE MON

| | | |
|--------------------|-------------------|--|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left or Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left or Right) |
| | Basic Kata (left) | 1-16 (Opposite side to usual performance) |
| | Counters | 1-8 (Left or Right) |
| | Suwari-Waza | Any 2 techniques |
| | Shichi-hon | First 6 techniques |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiri attack |
| | Ninin dori | Shomen-ate attack |

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BLUE BELT (minimum age – 12)

| | | |
|--------------------|---------------------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left and Right) |
| | Counters | Complete (Left or Right) |
| | Suwari-Waza | Any 4 techniques |
| | Shichi-hon | Complete (7) |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiar attack |
| | Counters (from tanto) | Any 1 counter |
| | Combinations (from tanto) | Any 1 combination |
| | Ninin dori | Shomen-ate attack |
| | Hikitatigeiko | Tanto (passive) |

BLUE – 1 BROWN MON

| | | |
|--------------------|---------------------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left and Right) |
| | Basic Kata (grasps) | 1-5 (Any grasp) |
| | Counters | Complete (Left or Right) |
| | Suwari-Waza | Any 4 techniques |
| | Dai-yon | 1-9 |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto Tskiri attack |
| | Counters (from tanto) | Any 2 Counters |
| | Combinations (from tanto) | Any 2 Combinations |
| | Ninin dori | Shomen-ate attack |
| | Hikitatigeiko | Tanto (Passive) |

BLUE – 2 BROWN MON

| | | |
|--------------------|---------------------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left and Right) |
| | Basic Kata (grasps) | 1-10 (Any grasp) |
| | Counters | complete(Left or Right) |
| | Suwari-Waza | Any 4 techniques |
| | Dai-yon | 1-11 |
| APPLICATION | Kakarigeiko | Shomen-ate attack Tanto attack |
| | Counters (from tanto) | Any 3 Counters |
| | Combinations (from tanto) | Any 3 Combinations |
| | Ninin dori | Shomen-ate attack |
| | Hikitatigeiko | Tanto (Passive) |

British Aikido Association – Youth Syllabus – Ages 10 to 15

BLUE – 3 BROWN MON

| | | |
|--------------------|---------------------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) |
| | Unsoku | Any 3 sets |
| | Tandoku-undo | Any 5 sets |
| | Shikko | |
| TECHNIQUE | Basic Kata | Complete (Left and Right) |
| | Basic Kata (grasps) | 1-15 (Any grasp) |
| | Counters | Complete (Left and Right) |
| | Dai-san | First 6 techniques |
| | Dai-yon | 1-13 |
| APPLICATION | Kakarigeiko | Shomen-ate attack Yokomen & Gyakumen Tanto Tskiar attack |
| | Counters (from tanto) | Any 4 Counters |
| | Combinations (from tanto) | Any 4 Combinations |
| | Ninin dori | Shomen-ate attack |
| | Hikitatigeiko | Tanto (Passive) |

BROWN BELT (minimum age 14)

| | | |
|--------------------|---------------------------|---|
| CORE SKILLS | Ukemi | Backward Breakfall, Backward roll (Left and Right), Forward roll (Left and Right), Forward rolling breakfall (Left and Right), Kota-Gaeshi (Left and Right) |
| | Unsoku | Complete 3 sets |
| | Tandoku-undo | Complete 5 sets |
| TECHNIQUE | Basic Kata | Complete (Left and Right) |
| | Basic Kata (grasps) | Complete (Any grasp) |
| | Counters | Complete (Left or Right) |
| | Dai-san | First 8 techniques |
| | Dai-yon | First 14 techniques |
| APPLICATION | Kakarigeiko | Shomen-ate attack |
| | | Yokomen & Gyakumen |
| | | Tanto attack |
| | Counters (from tanto) | Any 5 Counters |
| | Combinations (from tanto) | Any 5 Combinations |
| | Ninin dori | Shomen-ate attack |
| Hikitatigeiko | From tanto (Active) | |
| | Toshu | |