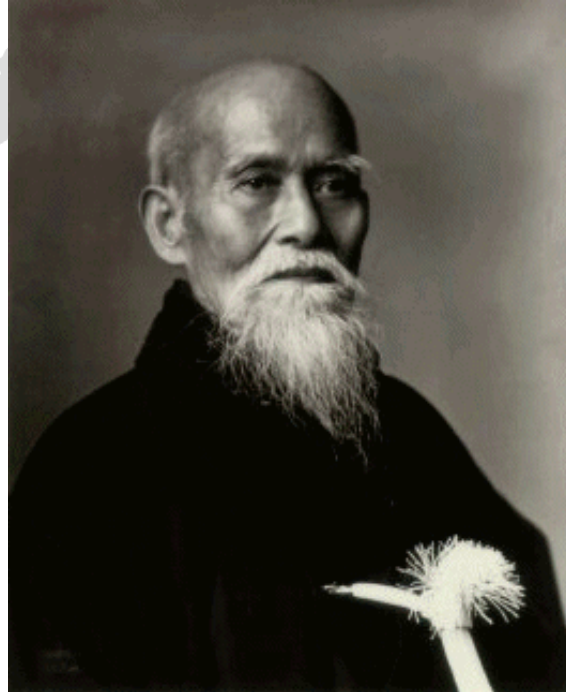


Clydebank Aikido Club



GRADING SYLLABUS

Candidates Name:

Examiners Name:

Grade: Date of Grading: / /

Pass:

Fail:

Examiners Signature:

GRADING SYLLABUS NOTES

- The Syllabus Is A Minimum Requirement For Each Grade.
- Requirements For Previous Grades May Be Asked.
- Irimi & Tenkan Variations May Be Requested During A Technique.
- All Techniques To Be Performed On Right & Left Sides.
- Techniques May Be Asked From Basic Or Moving Attack.

Grades	5 th Kyu - Yellow Belt
	4 th Kyu - Orange Belt
	3 rd Kyu - Green Belt
	2 nd Kyu - Blue Belt
	1 st Kyu - Brown Belt
	1 st Dan - Black Belt

FORMS OF ATTACK

Katate Kosatori	Right To Right, Or Left To Left Wrist Grasp
Katate Tori	Left To Right, Or Right To Left Wrist Grasp
Kata Tori	One Hand Shoulder Grasp
Mune Tori	One Hand Lapel Grasp
Shomen Uchi	Straight Strike To Head
Yokomen Uchi	Oblique Strike To Head
Mune Tsuki	Punch To Centre Of Body
Kata Tori Menuchi	One Hand Shoulder Grasp & Straight Strike To Head
Ryote Tori	Two Hands To Two Hands Wrist Grasp
Ryokata Tori	Grasp Of Both Shoulders
Katate Tori Ryote Mochi	Two Hands To One Hand Wrist Grasp
Ushiro Tekubi Tori	Two Hands To Two Hands Wrist Grasp From Behind
Ushiro Hiji Tori	Grasp Of Both Elbows From Behind
Ushiro Ryokata Tori	Grasp Of Both Shoulders From Behind
Ushiro Katate Tori Kubi Shime	Grasp Of One Wrist & Strangle From Behind

1ST DAN GRADING SYLLABUS

WEAPON TECHNIQUES / KATA

WEAPON	TECHNIQUE / KATA
Bokken	7 Ken Saburi Happo Giri
Jo	8 Kata 22 Kata Jo Tori - 5 Techniques (Personal Selection)
Tanto	Tanto Tori - 3 Techniques (Personal Selection)
Katana	Tachi Tori - 3 Techniques (Personal Selection)

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE
Hanmi Hantachi Waza Katate Tori	Shiho Nage Kaiten Nage
Hanmi Hantachi Waza Shomen Uchi	Ikkyo Shiho Nage Kaiten Nage
Ushiro Tekubi Tori	Hiji Jime Kokyu Nage Juji Nage
Ushiro Hiji Tori	3 Techniques (Personal Selection)
Kata Tori	Hiji Jime
Ryote Tori	Juji Nage

1ST DAN GRADING SYLLABUS (Cont'd)

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE	
Shomen Uchi	Sumi Otoshi	Ude Garami
	Sankyo Koshi Nage	Ude Gaeshi
Yokomen Uchi	Aiki Otoshi	Sumi Otoshi
Mune Tsuki	Hiji Jime	Sumi Otoshi
	Ude Garami	Kote Gaeshi Koshi Nage
Kick	3 Techniques (Personal Selection)	
3 Person Attack	Personal Selection	

Revision	Description	Date
01	4 th Kyu - Katate tori kote gaeshi revised to kaiten nage. 3 rd Kyu - Katate tori attack revised to kata tori. 1 st Dan – Tanto tori increased from 3 arts to 5 arts.	03/12/02
02	All grading syllabus technique requirements revised.	01/01/08