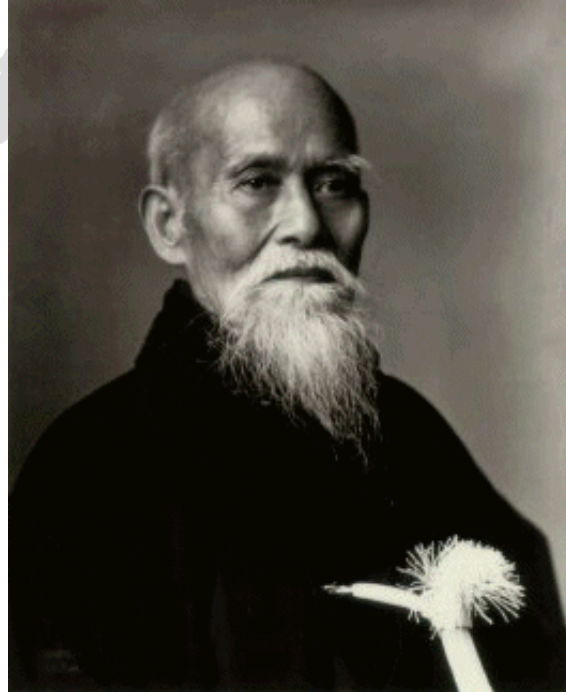


Clydebank Aikido Club



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 KYU GRADING SYLLABUS

WEAPON TECHNIQUES / KATA

WEAPON	TECHNIQUE / KATA
Bokken	7 Ken Saburi
Jo	13 Kata 31 Kata

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE
Suwari Waza Shomen Uchi	Kote Gaeshi Sokomen Irimi Nage Irimi Nage
Katate Tori Ryote Mochi	Shiho Nage Irimi Nage Ude Kimi Nage Kote Gaeshi
Ushiro Tekubi Tori	Shiho Nage Kote Gaeshi Tenchi Nage Juji Nage Irimi Nage Kaiten Nage Aiki Otoshi
Ushiro Hiji Tori	Sokomen Irimi Nage
Ushiro Ryokata Tori	Sankyo Sokomen Irimi Nage
Ushiro Katate Tori Kubi Shime	Ikkyo Kokyu Nage Koshi Nage
Ryokata Tori	Aiki Otoshi
Shomen Uchi	Ikkyo Koshi Nage
Yokomen Uchi	Shiho Nage Koshi Nage

1ST KYU GRADING SYLLABUS (Cont'd)

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE
Mune Tsuki	Ude Kimi Nage Kiri Otoshi Irimi Nage – Tanto Tori
Katate Tori	Koshi Nage
2 Person Attack	Personal Selection
Yokomen Uchi	Kokyu Nage – 3 Techniques
Mune Tsuki	Kokyu Nage – 3 Techniques