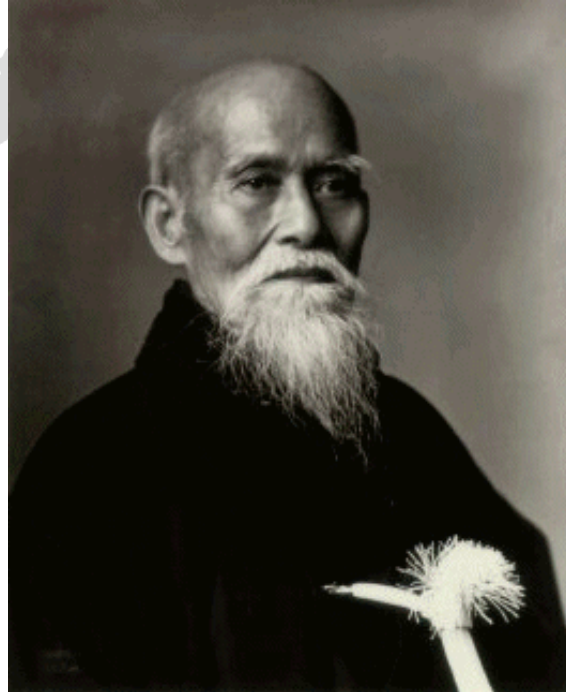


Clydebank Aikido Club



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

2ND KYU GRADING SYLLABUS

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE	
Suwari Waza Shomen Uchi	Ikkyo	Nikyo
	Sankyo	Yonkyo
Kata Tori Menuchi	Ikkyo	
Shomen Uchi	Tenchi Nage	
	Ude Gaeshi	Ude Garami
Yokomen Uchi	Nikyo	Sankyo
	Yonkyo	Gokyo
	Tenchi Nage	
Mune Tsuki	Ikkyo	
	Shiho Nage	Kaiten Nage
	Kote Gaeshi – Tanto Tori	
Ryote Tori	Ikkyo	Nikyo - Positive
	Shiho Nage	Tenchi Nage
	Sokomen Irimi Nage	Koshi Nage
Katate Tori Ryote Mochi	Ikkyo	Nikyo
Ushiro Tekubi Tori	Ikkyo	Sankyo
	Shiho Nage	Sokomen Irimi Nage
Katate Tori	Koshi Nage	
Ryote Tori	Kokyu Nage – 3 Techniques	
Shomen Uchi	Kokyu Nage – 3 Techniques	
Yokomen Uchi	Kokyu Nage – 3 Techniques	