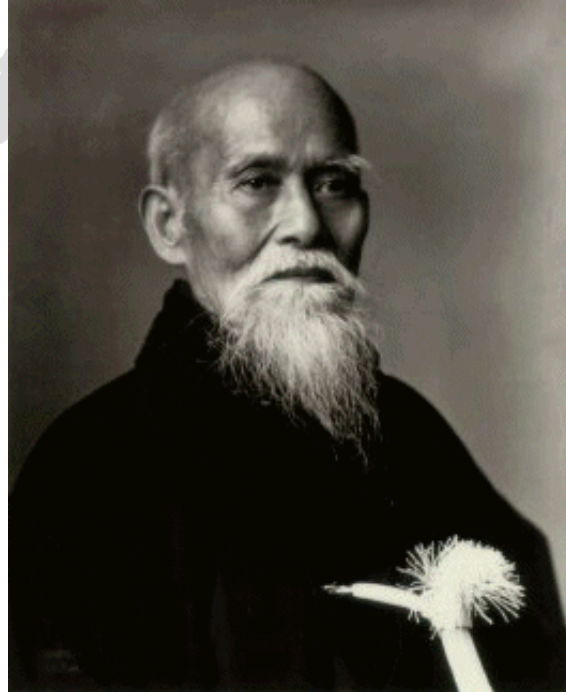


Clydebank Aikido Club



GRADING SYLLABUS

Candidates Name:

Examiners Name:

Grade: 5th Kyu 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

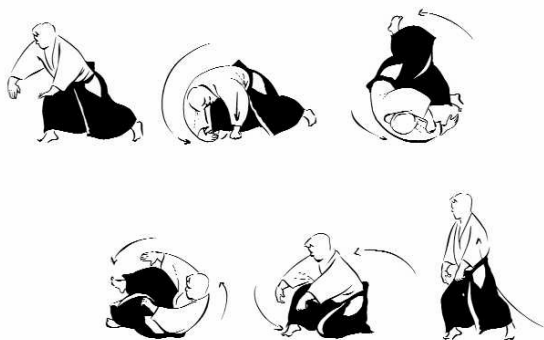
5TH KYU GRADING SYLLABUS

AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE
Katate Kosatori	Ikkyo Nikyo Shiho Nage Kote Gaeshi Irimi Nage
Katate Tori	Ikkyo Nikyo Tenchi Nage
Shomen Uchi	Ikkyo Kote Gaeshi
Katate Kosatori	Kokyu Nage – 3 Techniques
Katate Tori	Kokyu Nage – 1 Techniques

Ukemi - Breakfalls

Forward Ukemi



Backwards Ukemi

