

# GRADING SYLLABUS - ANU AIKIDO CLUB

## 5th Kyu (after 50 classes)

Demonstrate irimi-tenkan tai-sabaki  
Demonstrate katate-tori tenkan (tai-no-henko)

Katate tori (ai hanmi)	Irimi nage (jodan & gedan)
Shomen uchi	Irimi nage
Katate tori (Gyaku hanmi)	Shiho-nage (omote & ura)
Mune tsuki	Kote gaeshi (tenkan)
Katate tori (ai hanmi)	ik-kyo (omote & ura)
Shomen uchi	ik-kyo (omote & ura)
<b>San nin gake</b>	<b>Irimi nage</b>
<b>Suwari waza Kokyu ho</b>	

## 4th Kyu (50 classes after 5th Kyu)

Previous techniques plus -

Shomen uchi	Ni-kyo (omote & ura)
Shomen uchi	Kote gaeshi
Kata tori	Ik-kyo (omote & ura)
Kata tori	Ni-kyo (omote
& ura)	
Yokomen-men uchi	Shiho nage
Riyote tori	Tenchi nage
Ushiro ryote tori	1st Kokyu-nage
Ushiro kubi-shime	San-kyo
Ushiro ryo kata tori	San-kyo
<b>San nin gake</b>	<b>Irimi nage</b>
<b>Suwari waza Kokyu ho</b>	

## 3rd Kyu (50 classes after 4th Kyu)

Previous techniques plus -

Shomen uchi	Ik-kyo to Yon-kyo (omote & ura)
Shomen uchi (suwari-waza)	Ik-kyo to Yon-kyo (omote & ura)
Shomen uchi	Kote gaeshi
Mune tsuki	Irimi nage
Katate tori	Ik-kyo & Ni-kyo (omote & ura)
Ryote tori	Shiho nage
Ryote tori	Kokyu nage (opening to rear)
Yoko men uchi	Kokyu nage (opening to rear)
Yoko men uchi	Shiho nage & Kokyu nage
Yoko men uchi	Irimi nage (First two ways)
Yoko men uchi	Kote gaeshi
Katate tori	Koshi nage
Katate tori	Kaiten nage (uchi & soto)
Ushiro ryote tori	Ik-kyo
Morote tori	Ik-kyo (omote & ura)
* Mune tsuki	Koyu nage ( <i>see box at right</i> )

**Katate tori - jiyu waza**  
**San nin gake**

### Boken

Shiho giri (4 directions shomen uchi)

### Jo

First four movements of 22 movement kata



First 12 movements of the 22 movement jo kata



All 22 movements of the jo kata plus first three sword counters plus the first sword block and counter

### Tanto Tori

Mune-tsuki Kote gaeshi  
Shomen uchi Kote gaeshi

### Ken Tori

Shomen uchi kokyu nage

### Jo Tori

Shomen uchi Kokyu nage

\* Mune tsuki (left & right) kokyu nage

\* (This relates directly to Mune-tsuki kokyu nage in the unarmed technique in the list on the left)



**Kokyu ho suwari waza**  
**2nd Kyu (50 classes after 3d Kyu)**

**Previous techniques plus -**

Morote tori	Kote gaeshi
Katate tori	San-kyo (two ways)
Ushiro ryote tori	San-kyo
Ushiro ryo kata tori	Ik-ryo
Kata tori	Ni-kyo then change to San-kyo
Katate tori (gyaku hanmi)	Irimi nage (jodan & gedan)
Katate tori	Kote gaeshi
Shomen uchi	Kaiten nage
Mune tsuki	Kaiten nage
Ushiro ryo Katate tori	Kaiten nage
Shomen uchi (to ik-kyo)	Ik-kyo kaeshi-waza
Morote-tori break)	Kokyu nage (arm)
Ryote tori	Ik-kyo
Katate tori	Jiyuji nage
Riyogte tori	Jiyuji nage
Riyote tori	Ju waza
Shomen uchi	Ju waza
Katate tori	Shiho nage (hanmi-hantachi)

**Katate tori - jiyu waza**  
**San nin gake**  
**Kokyu ho suwari-waza**

**1st Kyu (50 classes after 2nd Kyu)**

**Previous techniques plus -**

Katate tori	Yon-kyo
Kata tori	Yon-kyo
Morote tori	Shiho nage
Morote tori (two attackers)	Kokyu nage
Yokomen uchi (omote)	Irimi nage
Mune tsuki	Jiyugi nage
Shomen uchi	Jiyugi nage
Yokomen uchi	Jiyugi nage
Ushiro ryote tori	Kote gaeshi
Ushiro ryote tori	Kaiten nage
Ushiro ryote tori	Jiyuji nage
Ushiro ryote tori	Ik-kyo to San-kyu
Ushiro ryo hija tori	Kokyu nage
Ushiro ryo kata tori	Kokyu nage
Kata tori	Nikyo to San-kyo
	Kaeshi-waza
Morote tori	Ju waza
Ryote tori	Shiho nage - (hanmi hantachi)
Kata tori shomen uchi	Kokyu nage

**Oral test**  
**San nin gake**

**Jo nage techniques**

- two more than for 3rd Kyu

**Ken-tori techniques**

Shomen uchi Kote gaeshi  
 Yokomen uchi Shiho nage

**Jo-tori techniques**

(at least three)

**Tanto-tori techniques**

Yokomen uchi Shiho nage  
 Yokomen uchi Go-kyo  
 Shomen uchi Go-kyo

Sword counters to sword attacks and Jo counters to jo attacks



Demonstrate free sword movements

Demonstrate free jo movements

Ju-waza against tanto attacks



For dan grades, all these techniques are required, plus any other techniques requested

Shodan: minimum 1 year after 1st Kyu

Nidan: minimum 3 years after 1st Dan

Sandan: minimum 3 years after 2nd Dan

## SYLLABUS NOTES

The Japanese terminology used for Aikido's techniques is made of two parts. First it provides the name of the attack' followed by the name of the counter.

For example, in **shomen uchi ikyo**, the '**shomen uchi**' describes the name of the attack, which is a downward blow to the head. '**ik-kyo**' is the name of the defense and means "first technique".

But techniques usually have two basic variations, so it's also necessary to identify which of these is intended. These variations usually take one of two possible forms, **omote** or **ura** (*meaning forwards or backwards*) or **irimi** and **tenkan**. **Irimi** means entering directly into the attacker's space and **tenkan** means pivoting rearwards so the attack bypasses its intended target.

Confusion often arises, however, because **omote** and **irimi** can seem quite similar to each other, and **ura** and **tenkan** can also seem similar. But **irimi** literally means "entering into the attacker's space" and is unique to Aikido, whereas **omote** merely means moving in front of the attacker .

Another confusing aspect of all this is the use of the word **ushiro** to describe an attack which is made from the rear of the defender. The difference between **ura** and **ushiro** becomes clear if it's remembered that **ura** means that the defender moves behind the attacker, and **ushiro** means that the attacker attacks from behind the defender.

Thus **shomen-uchi ik-kyo omote** means that **ik-kyo** (the first technique) is applied while the defender steps in front of the attacker. **Shomen-uchi ik-kyo ura** means applying **ik-kyo** while stepping to the attacker's rear.

Also remember that although these movements are called steps they are not merely steps, but are also **turning and pivoting movements** . Aikido's **tai sabaki** **always** involve **rotation around a vertical axis**. **Tai Sabaki** translates literally as "body movement" and does not mean just footwork.