

合  
気  
道

# ADULT GRADING SYLLABUS



The Institute of Aikido Australia

合  
気  
道

The techniques contained in this syllabus are an outline of grading requirements only. Students may be asked to demonstrate additional techniques and not all listed tasks may require demonstration during the grading.

Students will be assessed on the following:

- Knowledge of technique
- Correctness of technique
- Effectiveness of technique
- Posture and maai
- Flow and flexibility
- Zanshin and spirit ukemi
- Manner and attitude
- Commitment

## First Form – Katate tori

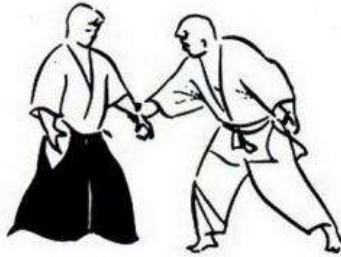


Figure 1 – Gyaku Hanmi Katate tori

## Second Form – Katate Tori



Figure 2 – Ai Hanmi Katate Tori

# 5<sup>TH</sup> KYU Yellow Belt

### TECHNIQUES

First and Second form positive and negative with immobilisation

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Includes posture and strikes

- Bokken
- Jo

### ATTACKS

- None for this belt
- Randori – basic

### KICKING AND PUNCHING

- Basics

### Third Form – Katate Tori Ryote Mochi



Figure 3 – Katate Tori Ryote Mochi

## 4<sup>TH</sup> KYU Orange Belt

### TECHNIQUES

First, Second and Third form standing suwari waza first and second form positive and negative including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyū Nage, rokyō

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Posture and strikes including basic kata for Bokken and Jo

- Bokken
- Jo

### ATTACKS

- Yokomen uchi
- Shomen uchi
- Suki
- Randori

### KICKING AND PUNCHING

- Advanced Kicking and punching

### Fourth Form – Katate Tori Ryote



Figure 4 – Katate Tori Ryote

## 3<sup>RD</sup> KYU Green Belt

### TECHNIQUES –

First, Second, Third, Fourth form standing suwari waza first and second form positive (Omote) and negative (Ura) including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Posture and strikes including basic kata for Bokken and Jo

- Bokken
- Jo
- Tanto

### ATTACKS

- Yokomen uchi
- Shomen uchi
- Suki
- Randori

### KICKING AND PUNCHING

- Advanced Kicking and punching

### Fifth Form – Kata Tori



Figure 5 – Kata Tori

### Sixth Form – Ryokata Tori



Figure 6 – Ryokata Tori

## 2<sup>ND</sup> KYU Blue Belt

### TECHNIQUES

First through twelfth form standing, suwari waza first and second form positive (Omote) and negative (Ura) including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Randori with weapons (open hand and weapon against weapon)

- Bokken
- Shinai
- Jo
- Tanto

### ATTACKS

- Yokomen uchi
- Shomen uchi
- Suki
- Randori

### KICKING AND PUNCHING

- Advanced Kicking and punching

### KATA

- Bokken as taught
- 13 and 31 Jo Kata

## Seventh Form – Ushiro Tekubi Tori



Figure 7 – Ushiro Tekubi Tori

## Eighth Form – Ushiro Hiji Tori



Figure 8 – Ushiro Hiji Tori

# 1<sup>ST</sup> KYU Brown Belt

### TECHNIQUES

First through twelfth form standing suwari waza first and second form positive (Omote) and negative (Ura) including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Randori with weapons (open hand and weapon against weapon)

- Bokken
- Shinai
- Jo
- Tanto
- Iaito
- Katana

(Advanced first aid certificate – Compulsory at this level with suturing course)

### ATTACKS

- All forms of attack
- Up to 8 attackers
- Live Blade

### KICKING AND PUNCHING

- Advanced Kicking and punching

### KATA

- Bokken as taught
- 13 and 31 Jo Kata

## Ninth Form – Ushiro Kata Tori



Figure 9 – Ushiro Kata Tori

## Tenth Form – Ushiro Kubi Shime



Figure 10 – Ushiro Kubi Shime

# SHODAN Black Belt

## TECHNIQUES

First through twelfth form standing suwari waza first and second form positive (Omote) and negative (Ura) including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

## OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

## MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

## WEAPONS

Randori with weapons (open hand and weapon against weapon)

- Bokken
- Shinai
- Jo
- Tanto – Live Blade
- Iaito
- Katana

(Advanced first aid certificate – Compulsory at this level with suturing course)

## ATTACKS

- All forms of attack
- Up to 8 attackers
- Live Blade

## KICKING AND PUNCHING

- Advanced Kicking and punching

## KATA

- Bokken as taught
- 13 and 31 Jo Kata

### Eleventh Form – Ushiro tori



Figure 11 – Ushiro Tori

### Twelfth Form – Ushiro Tori



Figure 12 – Ushiro Tori

## 2<sup>ND</sup> DAN Black Belt

### TECHNIQUES

First through twelfth form standing suwari waza first and second form positive (Omote) and negative (Ura) including attacks

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

### OTHER TECHNIQUES

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

### MOVEMENT

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

### WEAPONS

Randori with weapons (open hand and weapon against weapon)

- Bokken
- Shinai
- Jo
- Tanto – Live Blade
- Iaito
- Katana

(Advanced first aid certificate – Compulsory at this level with suturing course)

### ATTACKS

- All forms of attack
- Combination Attacks from 1 to 4 attackers
- Up to 8 attackers
- Live Blade

### KICKING AND PUNCHING

- Advanced Kicking and punching

### KATA

- Bokken as taught
- 13 and 31 Jo Kata



## **3<sup>RD</sup> DAN**

### **Black Belt**

#### **TECHNIQUES**

First through twelfth forms standing, suwari waza first and second form positive (Omote) and negative (Ura) Including attacks.

- Ikkyo
- Nikyo
- Sankyo
- Yonkyo
- Shiho nage
- Kote gaeshi
- Irimi nage
- Tenchi nagi
- Kaiten nagi

#### **OTHER TECHNIQUES**

- Added as per level of student i.e. ude garami, Sumi otoshi, Kokyu Nage, rokyo

#### **MOVEMENT**

- Ukemi
- Tai sabaki
- Irimi
- suwari waza

#### **WEAPONS**

Randori with weapons (open hand and weapon against weapon)

- Bokken
- Shinai
- Jo
- Tanto – Live Blade
- Iaito
- Katana

(Advanced first aid certificate – Compulsory at this level with suturing course)

#### **ATTACKS**

- All forms of attack
- Combination Attacks from 1 to 4 attackers
- Up to 8 attackers
- Live Blade

#### **KICKING AND PUNCHING**

- Advanced Kicking and punching

#### **KATA**

- Bokken as taught
- 13 and 31 Jo Kata