



Aikido Kenkyukai International
Australia

Grading Syllabus and Requirements

Aikido Kenkyukai International Australia
Grading Syllabus and Requirements

Adopted by the Australian Grading Panel
April 2005

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General Pre-requisites for Gradings

1. Annual membership fees and *keiko* fees must be up to date.
2. Propective students must know the *dōjō* and grading etiquette (correct bowing sequence, tidy *keikogi*, respectful behaviour, willingness to clean the *dōjō* etc).
3. They must also be proficient with the technical syllabus and associated Japanese terminology for the attacks and techniques required for the grade being attempted. For each particular grade, emphasis will be placed on the techniques listed, plus a selection from previous grades.
4. An application form (Appendix 1) is to be submitted to the grading panel by the student's instructor in advance of the test, demonstrating that the required number of *keiko*, length of time between grades and number of *gasshuku* for the grade being attempted have each been satisfied. Grading fees (Appendix 2) should also be paid in advance of the test and these are non-refundable in the event the student is unsuccessful.

NB: Dispensation can be given by the panel for required length of time, number of *keiko*, and attendance at camps for talented people who join from other *Aikidō* groups, and in rare cases of exceptional talent. Dispensation may also be given for poor attendance at camps by students living in remote areas.

5. Students must be willing to accept the judgement of the grading panel and teachers with regard to gradings. Responsibility for the quality of a test is to be taken by the student being tested and their teacher.
6. In the case of gradings for *shodan* and above, notice should be given to the grading panel 9 to 12 months before the test by the student's instructor. The panel requires time to get to know the student in order to judge properly. Students being graded to *shodan* and above should also be known to Takeda Shihan or the *daisenpai*, wherever possible.

Furthermore, as *dan* gradings are registered with *Aikikai Honbu Dōjō* in Tokyo, special paperwork is required. These forms must be completed and submitted to the grading panel along with the grading fee in Japanese yen one month prior to the test.

7. Tests for *sandan* and above are taken with Takeda Shihan at the A.K.I. *Honbu Dōjō* in Yokohama, Japan.

Grading Protocol

1. Make sure you are well presented and that your *dōgi* is clean.
2. Sit quietly and attentively in *seiza* while watching others test.
3. When your name is called, move forward swiftly and line up in *seiza*, facing the *shōmen*.
4. At the panel's instruction, bow to the *shōmen* (the front of the *dōjō*). Turn and bow to the panel, then turn to face your *uke*.
5. Listen carefully and attentively to instructions. Once the first technique has been called, bow to your *uke* and say, "*onegai shimasu*".
6. Each technique should be performed *omote* (front version) on the right and left, then *ura* (rear version) on the right and left and finished with *osae* (a pin), wherever possible.
7. Tests should be sharp, energetic and vigorous while the mind remains calm. Do your best and show your spirit - this is most important.
8. Upon completion of the test and at the panel's instruction, bow to your *uke* and say, "*arigatō gozaimashita*". Then turn and bow to the panel, and finally to the *shōmen*.
9. Move swiftly back to the edge of the mat and sit in *seiza*.



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Gokyū minimum requirements: 6 months training
50 *keiko*

taijutsu:

suwari waza:

| | | |
|--------------------------|---------------------|--------------------|
| <i>shōmen uchi ikkyō</i> | <i>omote to ura</i> | <i>suwari osae</i> |
| <i>shōmen uchi nikyō</i> | " | " |

tachi waza:

| | | |
|------------------------------------|---|-------------------|
| <i>shōmen uchi ikkyō</i> | " | " |
| <i>shōmen uchi nikyō</i> | " | " |
| <i>shōmen uchi irimi nage</i> | " | <i>tachi osae</i> |
| <i>katate dori shihō nage</i> | " | " |
| <i>katate dori kote gaeshi</i> | " | " |
| <i>katate dori kokyū nage (ge)</i> | " | " |

buki waza:

| | |
|--------------------|--------------------|
| <i>ken suburi:</i> | <i>shōmen giri</i> |
| | <i>kesa giri</i> |

| | |
|-----------------|----------------|
| <i>jō dōsa:</i> | <i>shōmen</i> |
| | <i>yokomen</i> |

jiyū waza:

| | |
|---------------------|---------------------------------|
| <i>hitori gake:</i> | <i>shōmen uchi, katate dori</i> |
|---------------------|---------------------------------|

other:

| | |
|--|--------------------|
| <i>suwari waza ryōte dori kokyū hō</i> | <i>suwari osae</i> |
|--|--------------------|



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Yonkyū minimum requirements: 6 months after *gokyū* test
60 *keiko* since *gokyū* test
1 *gasshuku*

taijutsu:

suwari waza:

shōmen uchi sankyō *omote to ura* *suwari osae*

tachi waza:

shōmen uchi sankyō " "
mune dori ikkyō " "
mune dori nikyō " "
katate dori irimi nage " "
ryōte dori shihō nage " *tachi osae*
yokomen uchi shihō nage " "
ryōte dori tenchi nage " "

buki waza:

ken suburi: *tsuki*
 zengo giri

jō dōsa: *tsuki*

jiyū waza:

futari gake: *shōmen uchi, katate dori*

** Plus a selection of techniques from the previous grade*

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Nikyū minimum requirements: 6 months after *sankyū* test
80 *keiko* since *sankyū* test
3 *gasshuku*

taijutsu:

tachi waza:

| | | |
|--------------------------------------|---------------------|--------------------|
| <i>yokomen uchi kote gaeshi</i> | <i>omote to ura</i> | <i>suwari osae</i> |
| <i>yokomen uchi kaiten nage</i> | " | |
| <i>shōmen uchi kokyū nage</i> | " | |
| <i>yokomen uchi kokyū nage</i> | " | |
| <i>tsuki kokyū nage (jō)</i> | " | |
| <i>ushiro ryōte dori ikkyō</i> | " | <i>suwari osae</i> |
| <i>ushiro ryōte dori nikyō</i> | " | " |
| <i>ushiro ryōte dori kokyū nage</i> | " | |
| <i>ushiro ryōte dori kote gaeshi</i> | " | <i>tachi osae</i> |

buki waza:

ken suburi: *happō giri*

jō dori: *tsuki kokyū nage*

jiyū waza:

hitori gake: *men tsuki* (both *tori* and *uke* with *shōtō*; *tachi waza*)

futari gake: *ushiro ryōte dori*

* Plus a selection of techniques from previous grades



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Ikkyū minimum requirements: 6 months after *nikyū* test
90 *keiko* since *nikyū* test
4 *gasshuku*

taijutsu:

tachi waza:

| | | |
|-------------------------------------|---------------------|--------------------|
| <i>ushiro ryōte dori sankyō</i> | <i>omote to ura</i> | <i>suwari osae</i> |
| <i>ushiro ryōte dori yonkyō</i> | " | " |
| <i>ushiro ryōte dori irimi nage</i> | " | " |
| <i>ushiro ryōte dori shihō nage</i> | " | " |
| <i>shōmen uchi koshi nage</i> | | |
| <i>ryōte dori koshi nage</i> | | |
| <i>morote dori koshi nage</i> | | |
| <i>ushiro ryōte dori koshi nage</i> | | |

hanmi handachi waza:

| | | |
|--------------------------------|---|---|
| <i>katate dori kaiten nage</i> | " | |
| <i>katate dori shihō nage</i> | " | " |
| <i>katate dori kokyū nage</i> | " | |
| <i>yokomen uchi kokyū nage</i> | " | |

buki waza:

tachi dori: *shōmen giri irimi nage*

jiyū waza:

futari gake: *hanmi handachi* (any empty-handed attack)

* *Plus a selection of techniques from previous grades*



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Shodan minimum requirements: 12 months after *ikkyū* test
100 *keiko* since *ikkyū* test
5 *gasshuku*

taijutsu:

suwari waza:

| | | |
|---------------------------|---------------------|--------------------|
| <i>yokomen uchi gokyō</i> | <i>omote to ura</i> | <i>suwari osae</i> |
| <i>mune dori ikkyō</i> | " | " |
| <i>mune dori nikyō</i> | " | " |

tachi waza:

| | | |
|--|---------------------------------------|---|
| <i>tsuki irimi nage</i> | | |
| <i>katate dori sumi otoshi</i> | " | |
| <i>tsuki sumi otoshi</i> | " | |
| <i>ushiro ryōte dori aiki otoshi</i> | " | |
| <i>ushiro kubi jime sankyō</i> | " | " |
| <i>ushiro kubi jime irimi nage</i> | | |
| <i>ushiro kubi jime kokyū nage</i> | " | |
| <i>ushiro kubi jime jūji garami</i> | " | |
| <i>ushiro ryōte dori jūji garami</i> | " | |
| <i>shōmen uchi kubi nage</i> | | |
| <i>ushiro ryōte dori kubi nage</i> | | |
| <i>katate dori sutemi nage</i> | | |
| <i>ushiro ryōkata dori sutemi nage</i> | (<i>tachi waza, hanmi handachi</i>) | |
| <i>ryōmune dori kokyū nage</i> | | |
| <i>hagai jime kokyū nage</i> | | |

hanmi handachi waza:

| | | |
|-------------------------------|---|---|
| <i>shōmen uchi ikkyō</i> | " | " |
| <i>shōmen uchi irimi nage</i> | | |

buki waza:

| | |
|--------------------|--|
| <i>tachi dori:</i> | <i>yokomen giri shihō nage</i> |
| | <i>yokomen giri kokyū nage</i> |
| | <i>tsuki kokyū nage</i> |
| <i>jō dori:</i> | <i>yokomen shihō nage</i> |
| | <i>tsuki kokyū nage</i> (3 versions; disarm <i>uke</i> & throw continuously w/ <i>jō</i>) |
| <i>tantō dori:</i> | <i>tsuki kote gaeshi</i> |
| | <i>tsuki nikyō</i> (applied to a straight elbow) |
| | <i>yokomen giri gokyō</i> |

jiyū waza:

| | |
|---------------------|---|
| <i>futari gake:</i> | beginning from a static <i>morote dori</i> attack on each wrist <i>tori</i> strives to break free and continues with <i>jiyū waza</i> (repeat until <i>tori</i> can no longer break free) |
| <i>sannin gake:</i> | any empty-handed attack |

* Plus a selection of techniques from previous grades


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Nidan minimum requirements: 2 years after *shodan* test
 200 *keiko* since *shodan* test
 8 *gasshuku*

taijutsu:

tachi waza:

| | | |
|---|---------------------|--------------------|
| <i>morote dori shihō nage</i> | <i>omote to ura</i> | <i>tachi osae</i> |
| <i>morote dori jūji garami</i> | | |
| <i>mune dori kote gaeshi</i> | | <i>suwari osae</i> |
| <i>mune dori shōmen uchi ikkyō</i> | " | " |
| <i>mune dori shōmen uchi nikyō</i> | " | " |
| <i>mune dori shōmen uchi irimi nage</i> | | |
| <i>mune dori shōmen uchi shihō nage</i> | " | <i>tachi osae</i> |
| <i>mune dori shōmen uchi koshi nage</i> | | |
| <i>ryōmune dori aiki otoshi</i> | " | |

hanmi handachi waza:

| | | |
|-----------------------------------|---|--------------------|
| <i>ushiro ryōkata dori ikkyō</i> | " | <i>suwari osae</i> |
| <i>ushiro ryōkata dori nikyō</i> | " | " |
| <i>ushiro ryōkata dori sankyō</i> | " | " |
| <i>ushiro ryōkata dori yonkyō</i> | " | " |

jiyū waza:

hitori gake: *men tsuki* (both *tori* and *uke* with *shōtō*; *hanmi handachi*)
futari gake: longer than for *shodan*; beginning from a static *morote dori* attack on each wrist (two times or more)
sannin gake: beginning from a static *morote dori* attack on each wrist with one attacker holding with *ushiro kubi jime* (two times or more)
futari gake: *tachi dori*
jō dori

* Plus a selection of techniques from previous grades

** An MAIA/NCAS Coaching Accreditation is also required



Aikido Kenkyukai International Australia

Glossary of terms used

| | |
|----------------------------|--|
| <i>aiki otoshi</i> | <i>Aiki</i> drop |
| <i>buki waza</i> | weapons techniques |
| <i>futari gake</i> | two-person attack |
| <i>gasshuku</i> | intensive training camp |
| <i>gokyō</i> | fifth wrist pin |
| <i>gokyū</i> | first white-belt grade (5th <i>kyū</i>) |
| <i>hagai jime</i> | bear hug from behind |
| <i>hanmi handachi waza</i> | seated techniques against a standing attacker |
| <i>happō giri</i> | sword cut in eight directions |
| <i>hitori gake</i> | one-person attack |
| <i>ikkyō</i> | first wrist pin |
| <i>ikkyū</i> | fifth white-belt grade (1st <i>kyū</i>) |
| <i>irimi nage</i> | entering throw |
| <i>jiyū waza</i> | free-style (continuous) techniques |
| <i>jō dōsa</i> | basic staff exercises |
| <i>jūji garami</i> | figure ten (cross-arm) throw |
| <i>kaiten nage</i> | rotary throw |
| <i>katate dori</i> | single wrist grab |
| <i>ken suburi</i> | basic sword exercises |
| <i>kesa giri</i> | diagonal sword cut |
| <i>kokyū hō</i> | breathing technique |
| <i>kokyū nage</i> | breath throw |
| <i>kokyū nage (ge)</i> | lower version of <i>kokyū nage</i> |
| <i>kokyū nage (jō)</i> | upper version of <i>kokyū nage</i> |
| <i>koshi nage</i> | hip throw |
| <i>kote gaeshi</i> | wrist-turning throw |
| <i>kubi nage</i> | neck throw |
| <i>men tsuki</i> | direct forward strike to the face |
| <i>morote dori</i> | grabbing a single wrist with both hands |
| <i>mune dori</i> | taking the chest or lapel with one hand |
| <i>nidan</i> | second-degree black belt |
| <i>nikyō</i> | second wrist pin |
| <i>nikyū</i> | fourth white-belt grade (2nd <i>kyū</i>) |
| <i>omote</i> | front (-version of a technique) |
| <i>ryōmune dori</i> | taking both the chest (lapels) with both hands |
| <i>ryōte dori</i> | taking both hands |
| <i>sankyō</i> | third wrist pin |
| <i>sankyū</i> | third white-belt grade (3rd <i>kyū</i>) |
| <i>sannin gake</i> | three-person attack |
| <i>shihō giri</i> | sword cut in four directions |
| <i>shihō nage</i> | four direction throw |
| <i>shodan</i> | first-degree black belt |
| <i>shōmen giri</i> | a forward and downward sword cut |
| <i>shōmen uchi</i> | a forward (and downward) empty-handed strike |
| <i>shōtō</i> | wooden short sword |

| | |
|----------------------------|---|
| <i>sumi otoshi</i> | corner drop |
| <i>sutemi nage</i> | sacrifice throw |
| <i>suwari osae</i> | kneeling pin |
| <i>suwari waza</i> | seated techniques |
| <i>tachi dori</i> | unarmed defense against a sword |
| <i>tachi osae</i> | standing pin |
| <i>tachi waza</i> | standing techniques |
| <i>taijutsu</i> | empty-handed techniques |
| <i>tantō dori</i> | unarmed defense against a knife |
| <i>tenchi nage</i> | heaven and earth throw |
| <i>tori</i> | defender; person executing a technique |
| <i>tsuki</i> | a direct forward strike, often to the stomach |
| <i>uke</i> | attacker; person receiving a technique |
| <i>ura</i> | rear (-version of a technique) |
| <i>ushiro kubi jime</i> | single wrist grip with choke applied from behind |
| <i>ushiro ryōkata dori</i> | taking both shoulders from behind |
| <i>ushiro ryōte dori</i> | taking both wrists from behind |
| <i>yokomen uchi</i> | a diagonal, empty-handed strike to the side of the head |
| <i>yonkyō</i> | fourth wrist pin |
| <i>yonkyū</i> | second white-belt grade (4th <i>kyū</i>) |
| <i>zengo giri</i> | sword cut to the front and rear |

For further details, consult the *Aikidō Kenkyūkai International Japanese Aikidō Glossary* or email akisydney@hotmail.com

Appendix 1 ~ A.K.I. Australia Schedule of Grading Fees

The following grading fees are current as of April 2005:

| | |
|---------------|------------------|
| <i>gokyū</i> | AU\$30 |
| <i>yonkyū</i> | AU\$35 |
| <i>sankyū</i> | AU\$40 |
| <i>nikyū</i> | AU\$45 |
| <i>ikkyū</i> | AU\$50 |
| <i>shodan</i> | JP¥42,000 |
| <i>nidan</i> | market price :) |