

Aikido Kenkyukai International Grading Syllabus and Requirements

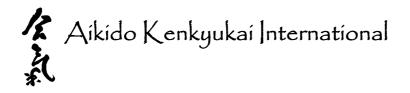
Aikido Kenkyukai International Grading Syllabus and Requirements

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Table of Contents

General Pre-requisites for Gradings	<u> </u>
Grading Protocol	匹
Technical Syllabus - $goky\bar{u}$	Ŧī.
- yonkyū	六
- sankyū	七
- nikyū	八
- ikkyū	九
- shodan	+
- nidan	+
Glossary of terms used	+_
Appendix 1 - Grading Application Form	十四
Appendix 2 - Schedule of Grading Fees	十五



General Pre-requisites for Gradings

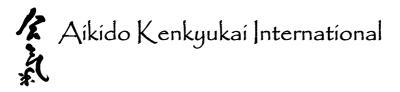
- 1. Annual membership fees and *keiko* fees must be up to date.
- 2. Propective students must know the $d\bar{o}j\bar{o}$ and grading etiquette (correct bowing sequence, tidy *keikogi*, respectful behaviour, willingness to clean the $d\bar{o}j\bar{o}$ etc).
- 3. They must also be proficient with the technical syllabus and associated Japanese terminology for the attacks and techniques required for the grade being attempted.
- 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 satisified. Grading fees (Appendix 2) should also be paid in advance of the test and these will not be refunded 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* $D\bar{o}j\bar{o}$ in Yokohama, Japan.



Grading Protocol

- 1. Make sure you are well presented and that your $d\bar{o}gi$ is clean.
- 2. Sit quietly and attentively in *seiza* while watching others test.
- 3. When your name is called, more forward swiftly and line up in *seiza*, facing the *shōmen*.
- 4. At the panel's instruction, bow to the *shōmen* (the front of the $d\bar{o}j\bar{o}$). 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*.



<i>Gokyū</i> minimu	m requirements:	6 months training 50 <i>keiko</i>	
taijutsu:			
suwari waza	u d		
shōmen uchi	-	omote to ura	suwari osae "
shōmen uchi	nikyō		
tachi waza:			
shōmen uchi	ikkyō	"	"
shōmen uchi	-	н	"
shōmen uchi	irimi nage		
katate dori si	0		tachi osae
katate dori k	0		"
katate dori k	okyū nage (ge)	"	
buki waza:			
ken suburi:	shōmen giri		
	kesa giri		
_			
jō dōsa:	shōmen		
	yokomen		
jiyū waza:			
hitori gake:	shōmen uchi, ka	tate dori	
other:			
suwari waza	ryōte dori kokyū hō		suwari osae
	22		



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	"	"
yokomen uchi shihō nage	"	"
ryōte dori tenchi nage	"	

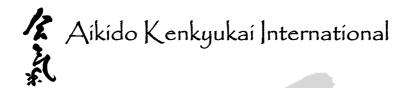
buki waza:

ken suburi:	tsuki
	zengo giri

jō dōsa: tsuki

jiyū waza:

futari gake: shōmen uchi, katate dori

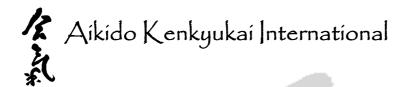


Sankyū minimum requirements:

6 months after *yonkyū* test 70 *keiko* since *yonkyū* test 2 *gasshuku*

taijutsu:

suwari waza:		
shōmen uchi yonkyō	omote to ura	suwari osae
tachi waza:		
shōmen uchi yonkyō	"	"
mune dori sankyō	"	"
mune dori yonkyō		"
yokomen uchi ikkyō		suwari osae
yokomen uchi nikyō		"
yokomen uchi sankyō		"
yokomen uchi yonkyō	"	"
yokomen uchi irimi nage		
shōmen uchi kote gaeshi		"
tsuki kote gaeshi		"
katate dori kaiten nage	"	
shōmen uchi kaiten nage	"	
tsuki kaiten nage	"	
katate dori kokyū nage (jō)		
halale act holy a hage (jo)		
buki waza:		
ken suburi: shihō giri		
tachi dori shōmen giri kokyū na	ge	
tachi dori shōmen giri kote gaes	shi	
jiyū waza:		
futari gake: yokomen uchi, ts	uki	
juiuri gune. yonomen uchi, is	ипі	



Nikyū minimum requirements:

6 months after *sankyū* test 80 *keiko* since *sankyū* test 3 *gasshuku*

taijutsu:

tachi waza:		
mune dori yonkyō	omote to ura	suwari osae
yokomen uchi kote gaeshi		"
yokomen uchi kaiten nage	"	
shōmen uchi kokyū nage		
yokomen uchi kokyū nage	"	
tsuki kokyū nage (jō)		
ushiro ryōte dori ikkyō	"	suwari osae
ushiro ryōte dori nikyō	"	"
ushiro ryōte dori kokyū nage		
ushiro ryōte dori kote gaeshi	"	tachi osae

buki waza:

ken suburi: happō giri

jō dori tsuki kokyū nage

jiyū waza:

hitori gake:	<i>men tsuki</i> (bo	oth <i>tori</i> ar	nd <i>uke</i> wit	th <i>shōtō</i> ; <i>tachi</i>	waza)

futari gake: ushiro ryōte dori



Ikkyū minimum requirements:

6 months after *nikyū* test 90 *keiko* since *nikyū* test 4 *gasshuku*

taijutsu:

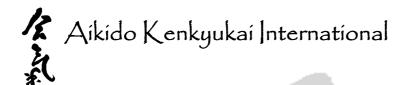
tachi waza:		
ushiro ryōte dori sankyō	omote to ura	suwari osae
ushiro ryōte dori yonkyō		"
ushiro ryōte dori irimi nage		
ushiro ryōte dori shihō nage	"	**
shōmen uchi koshi nage		
ryōte dori koshi nage		
morote dori koshi nage		
ushiro ryōte dori koshi nage		
hanmi handachi waza:		
katate dori kaiten nage	"	
katate dori shihō nage	"	**
katate dori kokyū nage	"	
yokomen uchi kokyū nage	"	

buki waza:

tachi dori shōmen giri irimi nage

jiyū waza:

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



Shodan minimum requirements:

12 months after *ikkyū* test 100 *keiko* since *ikkyū* test 5 *gasshuku*

taijutsu:

suwari waza:		
yokomen uchi gokyō	omote to ura	suwari osae
mune dori ikkyō	"	"
mune dori nikyō	"	"
tachi waza:		
tsuki irimi nage		
yokomen uchi gokyō		"
katate dori sumi otoshi		
tsuki sumi otoshi	"	
ushiro ryōte dori aiki otoshi		
ushiro kubi jime sankyō		"
ushiro kubi jime irimi nage		
ushiro kubi jime kokyū nage	"	
ushiro kubi jime jūji garami		
ushiro ryōte dori jūji garami	"	
shōmen uchi kubi nage		
ushiro ryōte dori kubi nage		
katate dori sutemi nage		
ushiro ryōkata dori sutemi nage	(tachi waza, hanmi ha	ndachi)
ryōmune dori kokyū nage		,
hagai jime kokyū nage		

hanmi handachi waza:

shōmen uchi ikkyō shōmen uchi irimi nage

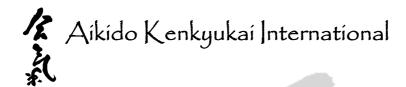
buki waza:

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

"

jiyū waza:

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



Nidan minimum requirements:

2 years after *shodan* test 200 *keiko* since *shodan* test 8 *gasshuku* NCAS Coaching Accreditation (Australia)

taijutsu:

tachi waza:		
morote dori shihō nage	omote to ura	tachi osae
morote dori jūji garami		
mune dori kote gaeshi		suwari osae
mune dori shōmen uchi ikkyō	"	"
mune dori shōmen uchi nikyō		"
mune dori shōmen uchi irimi nago	2	
mune dori shōmen uchi shihō nag	e "	tachi osae
mune dori shōmen uchi koshi nag	е	
ryōmune dori aiki otoshi	"	
hanmi handachi waza:		
ushiro ryōkata dori ikkyō	"	suwari osae
ushiro ryōkata dori nikyō	"	"
ushiro ryōkata dori sankyō	"	"
ushiro ryōkata dori yonkyō	."	"

jiyū waza:

men tsuki (both tori and uke with shōtō; hanmi handachi)
longer than for <i>shodan</i> ; beginning from a static <i>morote dori</i>
attack on each wrist (two times or more)
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 futari gake jō dori



Glossary of terms used

aiki otoshi buki waza futari gake gasshuku gokvō gokyū hagai jime hanmi handachi waza happō giri hitori gake ikkvō ikkyū irimi nage jivū waza jō dōsa jūji garami kaiten nage *katate dori ken suburi* kesa giri kokyū hō kokyū nage kokyū nage (ge) kokyū nage (jō) koshi nage *kote gaeshi* kubi nage men tsuki *morote dori mune dori* nidan nikvō nikvū omote ryōmune dori *ryōte dori* sankyō sankyū sannin gake shihō giri shihō nage shodan shōmen giri shōmen uchi shōtō

Aiki drop weapons techniques two-person attack intensive training camp fifth wrist pin first white-belt grade (5th $ky\bar{u}$) bear hug from behind seated techniques against a standing attacker sword cut in eight directions one-person attack first wrist pin fifth white-belt grade (1st $ky\bar{u}$) entering throw free-style (continuous) techniques basic staff exercises figure ten (cross-arm) throw rotary throw single wrist grab basic sword exercises diagonal sword cut breathing technique breath throw lower version of kokyū nage upper version of kokyū nage hip throw wrist-turning throw neck throw direct forward strike to the face grabbing a single wrist with both hands taking the chest or lapel with one hand second-degree black belt second wrist pin fourth white-belt grade (2nd $ky\bar{u}$) front (-version of a technique) taking both the chest (lapels) with both hands taking both hands third wrist pin third white-belt grade (3rd $ky\bar{u}$) three-person attack sword cut in four directions four direction throw first-degree black belt a forward and downward sword cut a forward (and downward) empty-handed strike wooden short sword

+ =

sumi otoshi sutemi nage suwari osae suwari waza tachi dori tachi osae tachi waza taijutsu tantō dori tenchi nage tori tsuki uke ura ushiro kubi jime ushiro ryōkata dori ushiro ryōte dori yokomen uchi yonkyō yonkyū zengo giri

corner drop sacrifice throw kneeling pin seated techniques unarmed defense against a sword standing pin standing techniques empty-handed techniques unarmed defense against a knife heaven and earth throw defender; person executing a technique a direct forward strike, often to the stomach attacker; person receiving a technique rear (-version of a technique) single wrist grip with choke applied from behind taking both shoulders from behind taking both wrists from behind a diagonal, empty-handed strike to the side of the head fouth wrist pin second white-belt grade (4th $ky\bar{u}$) sword cut to the front and rear

For more details, see the *Aikidō Kenkyūkai International Japanese Aikidō Glossary* or email <u>akisydney@hotmail.com</u>

Aikido Kenkyukai Australia - Grading Application					
NAME:		HOME DOJO:			
PRESENT GRADE:	TIME SINCE LAST GRADE:	NUMBER OF KEIKO SINCE LAST GRADE:	GRADE NOMINATED FOR:		
SPECIAL TRAINING SESSION	IS e.g. gasshuku, worksho	ps etc.			
NOTES RELEVANT TO DEVE	LOPMENT SINCE LAST GRA	DING (including special consid	lerations)		
COMMENTS ON PERFORMA	NCE DURING GRADING				
(to be completed by the Grad	ing Panel and returned to the	student following the test)			

Aikido Kenkyukai Australia - Grading Application

SPECIAL TRAINING SESSIONS e.g. gasshuku, workshops etc. NOTES RELEVANT TO DEVELOPMENT SINCE LAST GRADING (including special considerations) COMMENTS ON PERFORMANCE DURING GRADING	PRESENT GRADE: TIME SINCE LAST GRADE: GRADE NOMINATED FOR: SPECIAL TRAINING SESSIONS e.g. gasshuku, workshops etc. NOTES RELEVANT TO DEVELOPMENT SINCE LAST GRADING (including special considerations) COMMENTS ON PERFORMANCE DURING GRADING	NAME:		HOME DOJO:	
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(to be completed by the Grading Panel and returned to the student following the test)		COMMENTS ON PERFOR	RMANCE DURING GRADING		lerations)
		COMMENTS ON PERFOR	RMANCE DURING GRADING		lerations)

Appendix 2 - A.K.I. Australia Schedule of Grading Fees

gokyūAU\$30yonkyūAU\$35sankyūAU\$40nikyvAU\$45ikkyūAU\$50shodanJP¥42,000nidanmarket price :)