

Grading guidelines

(Introduction of key techniques and attacks)

Rokkyu

Suwariwaza (S)

Shomenuchi ikkyo

Ryotedori Kokyuhō

Tachiwaza (T)

Shomenuchi ikkyo

Shomenuchi iriminage

Katatedori shihonage

Katatedori kokyuhō

Katatedori kokyunage

Gokyu (min. 30 days from Rokkyu)

Katadori/shomenuchi nikkyo

Shomenuchi kotegaeshi

Katatedori iriminage

Ryotedori tenchinage

Yokomenuchi shihonage

Yonkyu (min. 40 days from Gokyu)

Sankyo

Ryotedori

Shomenuchi iriminage (S)

Katatedori shihonage (Hanmihandachi—H)

Katatedori uchikaitennage

Sankyu (min. 50 days from Yonkyu)

Yonkyo

Ushiro ryotedori

Morotedori

Tsuki

Ryotedori shihonage (H)

Katatedori sotokaitennage

Nikyu (min. 80 days from Sankyu)

Gokyo

Other ushiro attacks

Katadori shomenuchi

Ikkyu (min. 100 days from Nikyu)

Rokkyo

Jiyuwaza

Shodan (min. 100 days from Ikkyu)

Nidan (min. 200 days/1 year from shodan)

Ninningake

Tantotori

Sandan (min. 300 days/2 years from nidan)

Sanningake

Kendori/jotori

あざみ会 Gradings

Gradings in aikido are tests to punctuate your progress, to review and clarify what you have learned and to encourage you to work harder in your practice.

Aikido grades start at rokkyu (sixth kyu) and advance through gokyu (fifth kyu), yonkyu (fourth kyu), sankyu (third kyu), nikyu (second kyu), ikkyu (first kyu) to shodan (first dan) and beyond.

To take a grading, you must be a regular subscribing member of the dojo at which you wish to test and have a membership book, which you receive when taking insurance.

If you have questions regarding gradings, in terms of content or eligibility, ask your seniors. Having established that you plan to grade, fill out a Grading Application form and submit it in advance with your membership book and the required fee (calculated at £10 – kyu). Note that you need to keep a record of your monthly attendance to ensure that you meet minimum training requirements.

The attached basic requirements are given as guidelines only and do not guarantee the techniques you will be asked to demonstrate. During the test, be sure to sit correctly in seiza and to bow politely to the front, to the examiners and to your partner. Prepare thoroughly and be confident.

Azami-kai

Attacks



Aihanmi katatedori



Gyakuhanmi katatedori



Ryotedori



Morotedori



Katadori



Ushiro ryotedori



Yokomenuchi



Katamenuchi



Ushiro ryokatadori



Tsuki

Nagewaza (throwing techniques)



Kokyuhō



Shihonage



Kotegaeshi



Iriminage



Kokyunage



Tenchinage



Kaitennage



Koshinage

Katamewaza (pinning techniques)



Ikkyō



Nikyō



Sankyō



Yonkyō



Gokyō



Suwariwaza kokyuhō