

SHODOKAN AIKIDO UK

Grading Booklet



昭道館
合気道

Name: _____

Start date: _____

| Grade | Date | Examiner's Signature |
|---------|------|----------------------|
| 5th Kyu | | |
| 4th Kyu | | |
| 3rd Kyu | | |
| 2nd Kyu | | |
| 1st Kyu | | |
| 1st Dan | | |

Hours

| Hours | Technical | | | | | | | Randori | | |
|-------|-----------|--|--|--|--|--|--|---------|--|--|
| 10 | | | | | | | | | | |
| 20 | | | | | | | | | | |
| | | | | | | | | | | |
| 30 | | | | | | | | | | |
| 40 | | | | | | | | | | |
| 50 | | | | | | | | | | |
| 60 | | | | | | | | | | |
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| 70 | | | | | | | | | | |
| 80 | | | | | | | | | | |
| 90 | | | | | | | | | | |
| 100 | | | | | | | | | | |
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| 110 | | | | | | | | | | |
| 120 | | | | | | | | | | |
| 130 | | | | | | | | | | |
| 140 | | | | | | | | | | |
| 150 | | | | | | | | | | |
| 160 | | | | | | | | | | |
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| 170 | | | | | | | | | | |
| 180 | | | | | | | | | | |
| 190 | | | | | | | | | | |
| 200 | | | | | | | | | | |
| 210 | | | | | | | | | | |
| 220 | | | | | | | | | | |
| | | | | | | | | | | |
| 230 | | | | | | | | | | |
| 240 | | | | | | | | | | |
| 250 | | | | | | | | | | |
| 260 | | | | | | | | | | |
| 270 | | | | | | | | | | |
| 280 | | | | | | | | | | |
| 290 | | | | | | | | | | |
| 300 | | | | | | | | | | |
| 310 | | | | | | | | | | |
| 320 | | | | | | | | | | |
| | | | | | | | | | | |

Gokyu

| Gokyu (5th kyu) | | Level 1 Awareness | Level 2 Knowledge | Level 3 Skill |
|-----------------------|---|----------------------|----------------------|------------------|
| ukemi | koho (backwards) | | | |
| | yoko (sideways) | | | |
| | zenpo kaiten (rolling) | | | |
| unsoku | body movement | | | |
| teगतana dosa | 5 hand-blade movements | | | |
| shikko | knee walking | | | |
| hiji mochi no kuzushi | balance breaks only toshu (no strikes) | | | |
| roku ho tai sabaki | 6-directional avoidance - avoidance only | | | |

Yonkyu

| Yonkyu (4th kyu) | | Level 1 Awareness | Level 2 Knowledge | Level 3 Skill |
|--|---|----------------------|----------------------|------------------|
| kihon no kata | 5 atemi waza - striking techniques | | | |
| kihon no tsukuri atemi waza | hontai no tsukuri uchi komi: 5 atemi waza | | | |
| roku hon no kuzushi | 6 balance breaks - cross grip right hand - straight grip left hand | | | |
| | tegatana across the mat (movement only) - jodan tegatana kuzushi - chudan tegatana kuzushi - gedan tegatana kuzushi | | | |
| roku ho tai sabaki | 6-directional avoidance - enter (to close distance) | | | |
| toshu randori ho | kakarigeiko | | | |

Sankyu

| Sankyu (3rd kyu) | | Level 1 Awareness | Level 2 Knowledge | Level 3 Skill |
|---|--|----------------------|----------------------|------------------|
| kihon no kata | 5 hiji waza - elbow techniques (inc. both waki gatame) | | | |
| kihon no tsukuri atemi waza | tsuki taru o utsu uchikomi (on the strike) | | | |
| hiji mochi no kuzushi (with technique, also from strike) | outside + junte + jodan Inside + gyakute + jodan inside + junte + gedan outside + gyakute + gedan | | | |
| roku ho tai sabaki | 6-directional avoidance - tsukuri (setup atemi) - kake (atemi throw) | | | |
| tanto randori ho | tai sabaki (avoidance) | | | |
| toshu randori ho | kakarigeiko | | | |

Nikyu

| Nikyu (2nd kyu) | | Level 1 Awareness | Level 2 Knowledge | Level 3 Skill |
|--|---|----------------------|----------------------|------------------|
| kihon no kata | 4 tekubi waza - wrist techniques | | | |
| | 3 uki waza - 'floating' techniques | | | |
| kihon no tsukuri atemi waza | hiki okori o utsu uchikomi (pull back of strike) | | | |
| | okori o utsu uchikomi (preparation for strike) | | | |
| tanto randori ho | tai sabaki (avoidance) | | | |
| | kakarigeiko | | | |
| toshu randori ho | kakarigeiko | | | |
| | hikitategeiko | | | |

Ikkyu

| Ikkyu (1st kyu) | | Level 1 Awareness | Level 2 Knowledge | Level 3 Skill |
|---------------------------------------|---|----------------------|----------------------|------------------|
| suwari waza | 1-8 | | | |
| nage no kata | 1-14 | | | |
| kihon no tsukuri kansetsu waza | jodan nigiri kaeshi gyakute dori (high, take reverse grip) - oshi taoshi (cross) - waki gatame (straight) | | | |
| | gedan nigiri kaeshi gyakute dori (low, take reverse grip) - kote gaeshi (both) | | | |
| | jodan nigiri kaeshi junte dori (high, take normal grip) - oshi taoshi (cross) - hiki taoshi (straight) | | | |
| | gedan nigiri kaeshi junte dori (low, take normal grip) - tenkai kote gaeshi (both) | | | |
| tanto randori ho | tai sabaki (avoidance) | | | |
| | kakarigeiko | | | |
| | hikitategeiko | | | |
| toshu randori ho | kakarigeiko | | | |
| | hikitategeiko | | | |
| | Soft Randori | | | |

Shodan

| Shodan (black belt) | Technical 10% | Speed & Timing 5% | Control & Safety 5% |
|-----------------------|------------------|----------------------|------------------------|
| tanto randori no kata | | | |
| kaeshi waza | | | |
| goshin no kata | | | |
| | | | |
| tanto hikitategeiko | | | |
| tanto Soft Randori | | | |