



# SHODOKAN AIKIDO

Grading Book

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## **The Budō Charter (budō kenshō)**

Budō, the Japanese martial ways, have their origins in the age-old martial spirit of Japan. Through centuries of historical and social change, these forms of traditional culture evolved from combat techniques (jutsu) into ways of self-development (dō).

Article 1: Objective of budō – Through physical and mental training in the Japanese martial ways, budō exponents seek to build their character, enhance their sense of judgement, and become disciplined individuals capable of making contributions to society at large.

Article 2: Keiko (Training) – When training in budō, practitioners must always act with respect and courtesy, adhere to the prescribed fundamentals of the art, and resist the temptation to pursue mere technical skill rather than strive towards the perfect unity of mind, body and technique.

Article 3: Shiai (Competition) – Whether competing in a match or doing set forms (kata), exponents must externalize the spirit underlying budō. They must do their best at all times, winning with modesty, accepting defeat gracefully, and constantly exhibiting self-control.

Article 4: Dōjō (Training Hall) – The dōjō is a special place for training the mind and body. In the dōjō, budō practitioners must maintain discipline, and show proper courtesies and respect. The dōjō should be a quiet, clean, safe, and solemn environment.

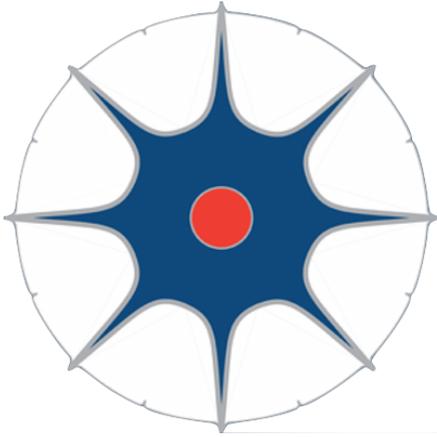
Article 5: Teaching – Teachers of budō should always encourage others to also strive to better themselves and diligently train their minds and bodies, while continuing to further their understanding of the technical principles of budō. Teachers should not allow focus to be put on winning or losing in competition, or on technical ability alone. Above all, teachers have a responsibility to set an example as role models.

Article 6: Promoting Budō – Persons promoting budō must maintain an open-minded and international perspective as they uphold traditional values. They should make efforts to contribute to research and teaching, and do their utmost to advance budō in every way.

Established 23 April, 1987 by the Japanese Budō Association (Nippon Budō Kyōgikai)

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## Grading Book

**Name:** \_\_\_\_\_

**Date of birth:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Start date:** \_\_\_\_\_

Grade	Date	Examiner's Signature
5th kyu		
4th kyu		
3rd kyu		
2nd kyu		
1st kyu		
1st dan		

## gokyu

gokyu (5th kyu)		Level 1 Awareness	Level 2 Knowledge	Level 3 Skill
ukemi (breakfalls)	koho (backwards)			
	yoko (sideways)			
	zenpo kaiten (forward rolling)			
unsoku	footwork			
tegatana 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 - 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 - irimi (entry)			
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) + inside waki gatame			
kihon no tsukuri atemi waza	tsuki taru o utsu uchikomi (timing 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 (set up) - kake (strike and throw)			
tanto randori ho	avoidance (on the move)			
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 (timing on pull back)			
	okori o utsu uchikomi (timing on intention to strike)			
tanto randori ho	avoidance (on the move)			
	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 break + take w/ reverse grip) - oshi taoshi (cross-grip) - waki gatame (straight)			
	gedan nigiri kaeshi - gyakute dori (low break + take w/ reverse grip) - kote gaeshi (both sides)			
	jodan nigiri kaeshi - junte dori (high break + take w/ standard grip) - oshi taoshi (cross-grip) - hiki taoshi (straight)			
	gedan nigiri kaeshi - junte dori (low break + take w/ standard grip) - tenkai kote gaeshi (both sides)			
tanto randori ho	avoidance			
	kakarigeiko			
	hikitategeiko			
toshu randori ho	kakarigeiko			
	hikitategeiko			
	soft randori			

## shodan

shodan (1st black belt)	Technical 10%	Speed & Timing 5%	Control & Safety 5%
tanto randori no kata			
kaeshi waza			
goshin no kata			
tanto hikitategeiko			
tanto soft randori			

Examiner's notes:

### Training hours (recommended)

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

## Japanese words and phrases

<b>ichi</b>	one	<b>hiku/hiki</b>	pull/pulling
<b>ni</b>	two	<b>ude</b>	arm
<b>san</b>	three	<b>waki</b>	axilla
<b>shi</b>	four	<b>kote</b>	wrist
<b>go</b>	five	<b>tenkai</b>	about-turn
<b>roku</b>	six	<b>taisabaki</b>	'body handling'
<b>shichi</b>	seven	<b>tegatana</b>	'hand blade'
<b>hachi</b>	eight	<b>sho-te</b>	the heel of the palm
<b>ku</b>	nine	<b>seichusen</b>	centre line
<b>ju</b>	ten	<b>ma-ai</b>	distance
<b>dojo</b>	training hall	<b>metsuke</b>	eye contact
<b>dogi/gi</b>	training suit	<b>ju</b>	to yield
<b>obi</b>	belt	<b>kuzushi</b>	to break balance
<b>rei</b>	to bow	<b>shizentai</b>	natural posture
<b>hajime!</b>	start!	<b>seiza</b>	kneeling posture
<b>matte!</b>	break!	<b>suwari waza</b>	kneeling techniques
<b>yame!</b>	stop!	<b>tachi waza</b>	standing techniques
<b>tori</b>	protagonist	<b>atemi waza</b>	striking techniques
<b>uke</b>	antagonist	<b>kansetsu waza</b>	joint techniques
<b>ukemi</b>	breakfalls	<b>hiji waza</b>	elbow techniques
<b>unsoku</b>	footwork	<b>tekubi waza</b>	wrist techniques
<b>jodan</b>	high level	<b>uki waza</b>	'floating' techniques
<b>chudan</b>	middle level	<b>kaeshi waza</b>	counter techniques
<b>gedan</b>	low level	<b>renzoku waza</b>	combinations
<b>migi</b>	right	<b>uchikomi</b>	drills
<b>hidari</b>	left	<b>toshu</b>	empty-handed
<b>mae</b>	forward	<b>tanto</b>	a knife
<b>ushiro</b>	rearward	<b>kata</b>	technical form
<b>aigamae</b>	same posture	<b>randori</b>	free sparring
<b>gyakugamae</b>	opposite posture	<b>shiai</b>	competition
<b>junte</b>	standard grip	<b>ippon</b>	full-point score
<b>gyakute</b>	opposite grip	<b>waza-ari</b>	half-point score
<b>osu/oshi</b>	push/pushing	<b>yuko</b>	quarter-point score

