





**TEACHING SYLLABUS** [Please refer to GRADING SYLLABUS for MINIMUM requirements]

6th KYU	5th KYU	4th KYU	3rd KYU	2nd KYU	1st KYU	ALL DAN GRADES
<p><b>Basic exercises:</b> Basic junbi-taiso (warming up exercises) Torifune, Furitama, Kamae Ukemi (mai, ushiro, yoko) Shikko Shutouchi shomen and yokomen Taisabaki – irimi ashi (ayumi ashi), tsugi ashi, tenkan (tenkai ashi), irimi tenkan (tenkan ashi)</p> <p><b>Katatedori</b> Ai-hanmi ikkyo T Shihonage T</p> <p><b>Rvotedori</b> Kokyu-ho S Haishin undo T</p> <p><b>Shomenuchi</b> Iriminage T Ikkyo T &amp; S</p>	<p><b>As before plus:</b> <b>Basics:</b> Gyaku hanmi katatedori (irimi, tenkan, sokomen) Morotedori kokyu rokyuYosei-ho (omote and ura) Suwariwaza tekubi tanren-ho</p> <p><b>Katatedori</b> Shihonage T &amp; H Ikkyo T &amp; S Nikyo T &amp; S</p> <p><b>Rvotedori</b> Iriminage T Kaitenage T</p> <p><b>Katadori</b> Ikkyo T &amp; S Nikyo T &amp; S</p> <p><b>Rvotedori</b> Shihonage T &amp; H Ikkyo T Nikyo T</p> <p><b>Shomenuchi</b> Iriminage T &amp; S Nikyo T &amp; S</p> <p><b>Yokomenuchi</b> Shihonage T Iriminage T Ikkyo T Nikyo T</p>	<p><b>As before plus:</b> <b>Basics:</b> Rvotedori tenkan-ho Ushiro dori tenkan-ho Choku tsuki (jodan &amp; chudan)</p> <p><b>Katatedori</b> Ikkyo T &amp; H Nikyo T &amp; H Shihonage T &amp; H Tenchinage T Sumiotoshi T</p> <p><b>Katadori</b> Ikkyo T &amp; H Nikyo T &amp; H</p> <p><b>Rvotedori</b> Iriminage T &amp; H Shihonage T &amp; H Kokyunage T &amp; H Ikkyo &amp; Nikyo S &amp; H Tenchinage T</p> <p><b>Morotedori</b> Ikkyo T Iriminage T Kotegaeshi T</p> <p><b>Shomenuchi</b> Shihonage T Kaitenage T Kotegaeshi T Sankyo &amp; Yonkyo T &amp; S</p> <p><b>Yokomenuchi</b> Kotegaeshi T Sankyo &amp; Yonkyo T</p> <p><b>Tsuki (chudan)</b> Kotegaeshi T Iriminage T</p>	<p><b>As before plus:</b> <b>Basics:</b> Shomenuchi &amp; Yokomenuchi with bokken.</p> <p><b>Katatedori</b> Sankyo T &amp; H Yonkyo T &amp; H Kaitenage T Udekimenage T &amp; H Kotegaeshi T &amp; H (jodan, chudan, gedan) Kokyunage T, S &amp; H Jiyu waza</p> <p><b>Katadori</b> Sankyo T, S &amp; H Yonkyo T, S &amp; H Shihonage T, S &amp; H Kokyunage T, S &amp; H</p> <p><b>Rvotedori</b> Sankyo T, S &amp; H Yonkyo T, S &amp; H Uchi-kaiten Kokyunage T</p> <p><b>Morotedori</b> Nikyo T Shihonage T Udekimenage T</p> <p><b>Shomenuchi</b> Gokyo T Sumiotoshi T Uchi-kaiten Sankyo T Kokyunage T Udekimenage T</p> <p><b>Yokomenuchi</b> Ikkyo H Shihonage H Kotegaeshi H Udekimenage T Kaitenage T Kokyunage T</p> <p><b>Tsuki (chudan &amp; jodan)</b> Chudan Ikkyo &amp; Nikyo T Jodan Ikkyo &amp; Iriminage T</p> <p><b>Ushiro rvotedori</b> Shihonage T Kokyunage T</p> <p><b>Ushiro katatedori kubishime</b> Ikkyo &amp; Nikyo T Kokyunage T</p>	<p><b>As before plus:</b> <b>Basics:</b> Happogiri with bokken. Basic tsuki with jo. Taisabaki against shomenuchi, yokomenuchi, tsuki, bokken, jo &amp; tanto.</p> <p><b>Katatedori</b> Uchi-kaiten Sankyo T Udegaraminage &amp; Udehishigi T Soto-kaiten Katagatame T Uchi-kaitenage H</p> <p><b>Katadori</b> Kotegaeshi &amp; Udekimenage T Katagatame &amp; Advanced Kokyunage T</p> <p><b>Rvotedori</b> Kotegaeshi (Jodan, chudan, gedan) T Soto-kaiten Kokyunage T Advanced Kokyunage T Sumiotoshi T &amp; H Jiyu waza</p> <p><b>Morotedori</b> Sankyo, Yonkyo &amp; Udegarami jujinage T Advanced Kokyunage T Jiyu waza</p> <p><b>Shomenuchi uchi irimi tenkan</b> Shihonage, Kotegaeshi, &amp; Kokyunage T Advanced Kokyunage H</p> <p><b>Yokomenuchi</b> Ikkyo &amp; Nikyo T &amp; S Sankyo, Yonkyo &amp; Gokyo T &amp; S Uchi-kaiten Kokyunage &amp; Katagatame T Advanced Kokyunage T &amp; H</p> <p><b>Tsuki (chudan)</b> Sankyo, Yonkyo &amp; Gokyo T Kaitenage &amp; Shihonage T Tenchinage &amp; Udehishigi T</p> <p><b>Tsuki (jodan)</b> Shihonage, &amp; Kokyunage T &amp; H Kotegaeshi T &amp; H</p> <p><b>Ushiro rvotedori</b> Ikkyo T &amp; H Nikyo, Sankyo, Yonkyo T Kotegaeshi T</p> <p><b>Ushiro ryo katadori</b> Ikkyo, Nikyo, Sankyo, &amp; Yonkyo T &amp; H Kokyunage T &amp; H Shihonage &amp; Iriminage T Kotegaeshi &amp; Udekimenage T</p> <p><b>Ushiro katatedori kubishime</b> Sankyo &amp; Yonkyo T</p> <p><b>Ushiro munedakishime</b> Ikkyo, Shihonage &amp; Kotegaeshi T</p>	<p><b>As before plus:</b></p> <p><b>Katatedori</b> Koshinage T Advanced Kokyunage T &amp; H Uchi-kaiten Katagatame T &amp; H</p> <p><b>Rvotedori</b> Koshinage T Tenchinage S &amp; H</p> <p><b>Aihanmi katatedori uchi irimi tenkan</b> Shihonage T &amp; H Iriminage &amp; Kotegaeshi T &amp; H Kokyunage T &amp; H Udekimenage T &amp; H</p> <p><b>Gyakuhanmi katatedori uchi irimi tenkan</b> Iriminage T Kotegaeshi T</p> <p><b>Shomenuchi</b> Koshinage T Gokyo T &amp; S</p> <p><b>Yokomenuchi</b> Koshinage T</p> <p><b>Tsuki (jodan)</b> Ikkyo, Nikyo, Sankyo T</p> <p><b>Katadori shomenuchi</b> Ikkyo, Nikyo, Sankyo, Yonkyo T Shihonage &amp; Iriminage T Kotegaeshi &amp; Udekimenage T</p> <p><b>Katadori yokomenuchi</b> Ikkyo T &amp; H Shihonage &amp; Udekimenage T &amp; H</p> <p><b>Katadori tsuki (jodan)</b> Ikkyo T Iriminage T</p> <p><b>Ushiro rvotedori</b> Koshinage &amp; Iriminage T Kaitenage T</p> <p><b>Ushiro katatedori kubishime</b> Shihonage T Kotegaeshi T</p> <p><b>Ushiro munedakishime</b> Kokyunage T Sankyo T</p> <p><b>Ushiro eri dori</b> Iriminage T Kokyunage T</p>	<p><b>All preceding techniques</b></p> <p>Tanto Jo Bokken</p> <p><b>An Essay on Aikido</b> [Title assigned by Instructor]</p> <p>and the following:</p> <p><b>Shodan</b></p> <ul style="list-style-type: none"> <li>• Maegiri kokyunage</li> <li>• Yokogeri kokyunage</li> </ul> <p><b>Nidan</b></p> <ul style="list-style-type: none"> <li>• Ninindori</li> <li>• Jiyuwaza</li> </ul> <p><b>Sandan</b></p> <ul style="list-style-type: none"> <li>• Henka oyowaza</li> <li>• Futarigake</li> </ul> <p><b>Yondan</b></p> <ul style="list-style-type: none"> <li>• Kaishiwaza</li> </ul>
<p>Students must also demonstrate an optional technique of <b>their choice</b> (not to be chosen from the grade being taken) for each grading.</p> <p><b>Abbreviations</b> T= tachiwaza S= suwariwaza H= hanmi handachiwaza</p>						 <p>“There are times when you may be overwhelmed by the teachings of the Way. At such moments, it is important to continue with the original spirit of a beginner.”</p> <p><b>Ueshiba Morihei</b> FOUNDER OF AIKIDO</p>
<p><b>PLEASE REMEMBER</b></p> <p>Study and prepare <b>carefully</b> for each grading.</p> <p><b>Learn</b> from the experience whether you pass or fail.</p> <p>It is always good manners to <b>thank</b> your instructors and partners.</p>						 <p>Ueshiba Moriteru <b>DOSHU</b></p>