



Aikido Kenkyukai International  
Australia

Grading Syllabus and Requirements

**Edition**  
University of Tasmania Aikido Club



# Aikido Kenkyukai International University of Tasmania

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## Aikido Kenkyukai International University of Tasmania

### General Prerequisites for Gradings

1. Annual membership fees and *keiko* fees must be up to date.
2. Prospective students must know the *dōjō* and grading etiquette (correct bowing sequence, tidy *keikogi*, respectful behaviour, willingness to clean the *dōjō* 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. For each particular grade, emphasis will be placed on the techniques listed, plus a selection from previous grades.
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 satisfied. Grading fees (Appendix 2) should also be paid in advance of the test and these are non-refundable 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.

Tests for *gokyū* to *sankyū* are taken by the *dojo-cho* of the *dojo* and at least one senior *ydancha* graded *nidan* and above. Grading tests for *nikyū* may, test for *ikkyū* and above must be taken according to the rules set by the AKA. Latter means generally but not exclusively at a national *gashuku* and presented in front of a AKA grading panel.

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 Dōjō* in Yokohama, Japan.



## Aikido Kenkyukai International University of Tasmania

### Grading Protocol

1. Make sure you are well presented and that your *dōgi* is clean.
2. Sit quietly and attentively in *seiza* while watching others test.
3. When your name is called, move forward swiftly and line up in *seiza*, facing the *shōmen*.
4. At the panel's instruction, bow to the *shōmen* (the front of the *dōjō*). 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*.



## Aikido Kenkyukai International University of Tasmania

**Gokiyū minimum requirements:** 6 months training  
50 *keiko*

### ***taijutsu:***

#### ***suwari waza:***

*shōmen uchi ikkyō*

*omote to ura*

#### ***osae***

*suwari*

*shōmen uchi nikyō*

*omote to ura*

*suwari*

#### ***tachi waza:***

*shōmen uchi ikkyō*

*omote to ura*

*suwari*

*shōmen uchi nikyō*

*omote to ura*

*suwari*

*katate dori shihō nage*

*omote to ura*

*tachi*

*shōmen uchi irimi nage*

*katate dori kote gaeshi*

*tachi*

*katate dori kokyū nage (ge)*

*omote to ura*

### ***buki waza:***

*ken suburi:*

*shōmen giri*

*kesa giri*

*jō dōsa:*

*shōmen*

*yokemen*

### ***jiyū waza:***

*hitori gake:*

*shōmen uchi, katate dori*

### ***other:***

*suwari waza ryōte dori kokyū hō*

*suwari osae*



## Aikido Kenkyukai International University of Tasmania

**Yonkyū minimum requirements:** 6 months after *gokyū* test  
60 *keiko* since *gokyū* test  
1 *gasshuku*

### **taijutsu:**

#### **suwari waza:**

*shōmen uchi sankyō*

*omote to ura*

#### **osae**

*suwari*

#### **tachi waza:**

*shōmen uchi sankyō*

*omote to ura*

*suwari*

*mune dori ikkyō*

*omote to ura*

*suwari*

*mune dori nikyō*

*omote to ura*

*suwari*

*ryōte dori shihō nage*

*omote to ura*

*tachi*

*yokomen uchi shihō nage*

*omote to ura*

*tachi*

*katate dori irimi nage*

*ryōte dori tenchi nage*

*omote to ura*

### **buki waza:**

*ken suburi:*

*tsuki*

*zengo giri*

*jō dōsa:*

*tsuki*

### **jiyū waza:**

*futari gake:*

*shōmen uchi, katate dori*

\* Plus a selection of techniques from previous grades



## Aikido Kenkyukai International University of Tasmania

**Sankyū minimum requirements:** 6 months after *yonkyū* test  
70 *keiko* since *yonkyū* test  
2 *gasshuku*

### **taijutsu:**

#### **suwari waza:**

*shōmen uchi yonkyō*

*omote to ura*

#### **osae**

*suwari*

#### **tachi waza:**

*shōmen uchi yonkyō*

*omote to ura*

*suwari*

*mune dori sankyō and yonkyō*

*omote to ura*

*suwari*

*yokomen uchi ikkyō*

*yokomen uchi nikyō*

*yokomen uchi sankyō*

*yokomen uchi yonkyō*

*omote to ura*

*suwari*

*tsuki irimi nage*

*yokomen uchi irimi nage*

*shōmen uchi kote gaeshi*

*tsuki kote gaeshi*

*tachi*

*tachi*

*katate dori kaiten nage*

*omote to ura*

*shōmen uchi kaiten nage*

*omote to ura*

*tsuki kaiten nage*

*omote to ura*

*katate dori kokyū nage (jō)*

### **buki waza:**

*ken suburi:*

*shiho giri*

*tachi dori*

*shōmen giri kokyū nage*

*shōmen giri kote gaeshi*

*jo kata*

*ju san no jo*

### **jiyū waza:**

*futari gake:*

*yokomen uchi, tsuki*

*\* Plus a selection of techniques from previous grades*



## Aikido Kenkyukai International University of Tasmania

**Nikyū minimum requirements:** 6 months after *sankyū* test  
80 *keiko* since *sankyū* test  
3 *gasshuku*

### **taijutsu:**

#### **tachi waza:**

<i>yokomen uchi kote gaeshi</i>		<i>tachi</i>
<i>yokomen uchi kaiten nage</i>	<i>omote to ura</i>	
<i>ushiro ryōte dori ikkyō</i>		<i>suwari</i>
<i>ushiro ryōte dori nikyō</i>		<i>suwari</i>
<i>ushiro ryōte dori kote gaeshi</i>		<i>tachi</i>
<i>ushiro ryōte dori kokyū nage</i>		
<i>shōmen uchi kokyū nage</i>		
<i>yokomen uchi kokyū nage</i>		
<i>tsuki kokyū nage (jō)</i>		
<i>hanmi handachi:</i>		
<i>katate dori shihō nage</i>	<i>omote to ura</i>	<i>tachi</i>

#### **buki waza:** (plus a selection from previous levels)

<i>ken suburi:</i>	<i>happo giri</i>
<i>jō dori</i>	<i>tsuki kokyū nage</i>

#### **jiyū waza:** (plus a selection from previous levels)

<i>hitorii gake:</i>	<i>men tsuki</i> (both <i>tori</i> and <i>uke</i> with <i>shōtō</i> ; <i>tachi waza</i> )
<i>futari gake:</i>	<i>ushiro ryōte dori</i>

\* Plus a selection of techniques from previous grades



## Aikido Kenkyukai International University of Tasmania

**Ikkyū minimum requirements:**

6 months after *nikyū* test

60 *keiko* since *nikyū* test, 4 *gasshuku*

**taijutsu:**

**tachi waza:**

<i>yokomen uchi gokyō</i>	<i>omote to ura</i>	<i>suwari</i>
<i>ushiro ryōte dori sankyō</i>	<i>omote to ura</i>	<i>suwari</i>
<i>ushiro ryōte dori yonkyō</i>	<i>omote to ura</i>	<i>suwari</i>
<i>ushiro ryōte dori shihō nage</i>	<i>omote to ura</i>	<i>tachi</i>
<i>ushiro ryōte uchi irimi nage</i>		
<i>shōmen uchi koshi nage</i>		
<i>ryōte dori koshi nage</i>		
<i>morote dori koshi nage</i>		
<i>ushiro ryōte dori koshi nage</i>		

**hanmi handachi:**

<i>ryōte dori shihō nage</i>	<i>omote to ura</i>	<i>tachi</i>
<i>katate dori kaiten nage</i>	<i>omote to ura</i>	
<i>katate dori kokyū nage</i>	<i>omote to ura</i>	
<i>yokomen uchi kokyū nage</i>	<i>omote to ura</i>	

**buki waza: (plus a selection from previous levels)**

*tachi dori:* *shōmen giri irimi nage*

**jiyū waza: (plus a selection from previous levels)**

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

\* *Plus a selection of techniques from previous grades*



## Aikido Kenkyukai International University of Tasmania

**Shodan minimum requirements:** 12 months after *ikkyū* test  
100 *keiko* since *ikkyū* test  
5 *gasshuku*

### **taijutsu:**

#### **suwari waza:**

*mune dori ikkyō*

*mune dori nikyō*

*yokomen uchi gokyō*

*omote to ura*

*omote to ura*

*omote to ura*

#### **osae**

*suwari*

*suwari*

*suwari*

#### **tachi waza:**

*tsuki irimi nage*

*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*

*ushiro ryōte dori kubi nage*

*shōmen uchi kubi nage*

*katate dori sutemi nage*

*ushiro ryōkata dori sutemi*

*nage*

*ryōmune dori kokyū nage*

*hagai jime kokyū nage*

*omote to ura*

*suwari*

#### **hanmi handachi:**

*shōmen uchi ikkyō*

*shōmen uchi irimi nage*

*ushiro ryōkata dori sutemi*

*nage*

*omote to ura*

*suwari*

#### **buki waza:**

*tachi dori:*

*yokomen giri shihō nage*

*yokomen giri kokyū nage*

*tsuki kokyū nage*

*jō dori:*

*yokomen shihō nage*

*tsuki kokyū nage (3 versions; disarm uke & throw continuously w/ jō)*

*tantō dori:*

*tsuki kote gaeshi*

*tsuki nikyō (applied to a straight elbow)*

*yokomen giri gokyō*

#### **jiyū waza:**

*futari gake:*

*beginning from a static morote dori 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*

*\* Plus a selection of techniques from previous grades*



## Aikido Kenkyukai International University of Tasmania

**Nidan minimum requirements:** 2 years after *shodan* test  
200 *keiko* since *shodan* test  
8 *gasshuku*

### ***taijutsu:***

#### ***tachi waza:***

morote dori shihō nage	omote to ura	tachi
morote dori jūji garami		
mune dori kote gaeshi		tachi
mune dori shōmen uchi ikkyō	omote to ura	suwari
mune dori shōmen uchi nikyō	omote to ura	suwari
mune dori shōmen uchi irimi nage		
mune dori shōmen uchi shihō nage	omote to ura	tachi
mune dori shōmen uchi koshi nage		
ryōmune dori aiki otoshi	omote to ura	

#### ***hanmi handachi:***

ushiro ryōkata dori ikkyō	omote to ura	suwari
ushiro ryōkata dori nikyō	omote to ura	suwari
ushiro ryōkata dori sankyō	omote to ura	suwari
ushiro ryōkata dori yonkyō	omote to ura	suwari

#### ***buki waza:***

*tachi dori:* *futari gake jiyū waza*  
*jō dori:* *futari gake jiyū waza*

#### ***jiyū waza:***

*hitori gake:* *men tsuki* (both *tori* and *uke* with *shōtō*; *hanmi handachi*)  
*futari gake:* longer than for *shodan*; beginning from a static *morote dori* attack on each wrist (two times or more)  
*sannin gake:* beginning from a static *morote dori* attack on each wrist with one attacker holding with *ushiro kubi jime* (two times or more)

*An MAIA/NCAS Coaching Accreditation is also recommended  
Plus a selection of techniques from previous grades*



## Aikido Kenkyukai International University of Tasmania

### Glossary of Terms Used

<i>aiki otoshi</i>	<i>Aiki</i> drop
<i>buki waza</i>	weapons techniques
<i>futari gake</i>	two-person attack
<i>gasshuku</i>	intensive training camp
<i>gokyō</i>	fifth wrist pin
<i>gokyū</i>	first white-belt grade (5th <i>kyū</i> )
<i>hagai jime</i>	bear hug from behind
<i>hanmi handachi waza</i>	seated techniques against a standing attacker
<i>happō giri</i>	sword cut in eight directions
<i>hitori gake</i>	one-person attack
<i>ikkyō</i>	first wrist pin
<i>ikkyū</i>	fifth white-belt grade (1st <i>kyū</i> )
<i>irimi nage</i>	entering throw
<i>jiyū waza</i>	free-style (continuous) techniques
<i>jō dōsa</i>	basic staff exercises
<i>jūji garami</i>	figure ten (cross-arm) throw
<i>kaiten nage</i>	rotary throw
<i>katate dori</i>	single wrist grab
<i>ken suburi</i>	basic sword exercises
<i>kesa giri</i>	diagonal sword cut
<i>kokyū hō</i>	breathing technique
<i>kokyū nage</i>	breath throw
<i>kokyū nage (ge)</i>	lower version of <i>kokyū nage</i>
<i>kokyū nage (jō)</i>	upper version of <i>kokyū nage</i>
<i>koshi nage</i>	hip throw
<i>kote gaeshi</i>	wrist-turning throw
<i>kubi nage</i>	neck throw
<i>men tsuki</i>	direct forward strike to the face
<i>morote dori</i>	grabbing a single wrist with both hands
<i>mune dori</i>	taking the chest or lapel with one hand
<i>nidan</i>	second-degree black belt
<i>nikyō</i>	second wrist pin
<i>nikyū</i>	fourth white-belt grade (2nd <i>kyū</i> )
<i>omote</i>	front (-version of a technique)
<i>ryōmune dori</i>	taking both the chest (lapels) with both hands
<i>ryōte dori</i>	taking both hands
<i>sankyō</i>	third wrist pin
<i>sankyū</i>	third white-belt grade (3rd <i>kyū</i> )
<i>sannin gake</i>	three-person attack
<i>shihō giri</i>	sword cut in four directions
<i>shihō nage</i>	four direction throw
<i>shodan</i>	first-degree black belt
<i>shōmen giri</i>	a forward and downward sword cut
<i>shōmen uchi</i>	a forward (and downward) empty-handed strike
<i>shōtō</i>	wooden short sword
<i>sumi otoshi</i>	corner drop
<i>sutemi nage</i>	sacrifice throw

<i>suwari osae</i>	kneeling pin
<i>suwari waza</i>	seated techniques
<i>tachi dori</i>	unarmed defense against a sword
<i>tachi osae</i>	standing pin
<i>tachi waza</i>	standing techniques
<i>taijutsu</i>	empty-handed techniques
<i>tantō dori</i>	unarmed defense against a knife
<i>tenchi nage</i>	heaven and earth throw
<i>tori</i>	defender; person executing a technique
<i>tsuki</i>	a direct forward strike, often to the stomach
<i>uke</i>	attacker; person receiving a technique
<i>ura</i>	rear (-version of a technique)
<i>ushiro kubi jime</i>	single wrist grip with choke applied from behind
<i>ushiro ryōkata dori</i>	taking both shoulders from behind
<i>ushiro ryōte dori</i>	taking both wrists from behind
<i>yokomen uchi</i>	a diagonal, empty-handed strike to the side of the head
<i>yonkyō</i>	fourth wrist pin
<i>yonkyū</i>	second white-belt grade (4th <i>kyū</i> )
<i>zengo giri</i>	sword cut to the front and rear

For further details, consult the *Aikidō Kenkyūkai International Japanese Aikidō Glossary* or email [info@aikidoutas.org.au](mailto:info@aikidoutas.org.au)



## Aikido Kenkyukai International University of Tasmania

### Appendix 1 - A.K.I. Australia Schedule of Grading Fees

The following grading fees are current as of April 2005:

<i>gokyū</i>	AU\$30
<i>yonkyū</i>	AU\$35
<i>sankyū</i>	AU\$40
<i>nikyū</i>	AU\$45
<i>ikkyū</i>	AU\$50
<i>shodan</i>	JP¥31,000
<i>nidan</i>	market price : )