

# Yellow Belt

## **Aikido**

Katate-tori	Irimi 1	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Mune-tsuki	Irimi 2	Kokyu-nage
Yokomen-uchi	Tenkan 2	Tenchi-nage

## **Knife techniques**

Shomen-uchi	Irimi 1	Kote-gaeshi
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## **Randori**

Two classical attacks	Any escape	Kokyu-nage
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## **Notes:**

Large, slow movement with Anchors and Alignment

## **Requirements for all gradings:**

Minimum six months of regular practice since last grading, good time-keeping and discipline.

Your regular instructor's permission to grade

Ki grading must be passed before the aikido tests can be taken

## **Attacks:**

Katate-tori... same side grab to defender's wrist

Shomen-uchi... straight downward blow to the head

Mune-tsuki... straight punch

Yokomen-uchi... roundhouse strike to the side of the neck

## Orange Belt

### Attack

Katate-tori  
Mune-tsuki  
Straight kick  
Kata-tori  
Katate-kosadori  
Ryote-tori

### Escape

Irimi 1  
Tenkan 1  
Irimi 2  
Corner Step  
Step back  
Tenkan 2

### Throw

Shiho-nage  
Kote-gaeshi  
Kokyu-nage  
Kaiten-nage  
Ikkyo  
Nikyo (finish to knee)

### Knife

Yokomen-uchi

Tenkan 2

Tenchi-nage

### Kata

Jo vs bokken

No. 1

### Randori

Two classical attacks

Any escapee

Kokyu-nage

Two classical attacks

Any escape

Tenchi-nage

### Compulsory demonstration with Bokken – two 2<sup>nd</sup> tests at any point

Shomen-uchi 1, 2 and 3

Yokomen-uchi 1,2, 3 and 4

Mune-tsuki 1 and 2

**All attacks on the move.**

**Shape: Intermediate with Anchors and Alignment.**

### Requirements for all gradings:

Minimum six months of regular practice since last grading, good time-keeping and discipline.

Your regular instructor's permission to grade

Ki grading must be passed before the aikido tests can be taken

### Attacks

Katate-kosadori... cross-hand grab to defender's wrist

Ryote-tori... one hand to each wrist

## Green Belt

<b>Attack</b>	<b>Escape</b>	<b>Throw</b>
Katate-tori	Irimi 1	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Yokomen-uchi 3	Corner step	Toyoda Kokyu-nage
Back-kick	Tenkan 2	Kokyu-nage
Katate-kosadori	Step back	Ikkyo
Ryote-tori	Tenkan 2	Nikyo
Mune-tori	Irimi 2	Sankyo

### **Attacks from behind**

Ushiro-katate-kubishime (holding)	Tenkan 1	Zempo-undo
Ushiro-tekubi-tori	Tenkan 2	Sayu-undo

### **Kata**

Bokken kata No. 1 (twice in 30 seconds)  
Jo vs bokken (to be set by examiners in advance)

### **Teaching**

Two techniques to be demonstrated slowly in detail, broken down into steps, using precision and alignment

### **Randori**

One attacker, 3 attacks:  
Attacker interrupts Kokyu-nage or Tenchi-nage throw - change throw as appropriate..

### **Grading should demonstrate good quality:**

**Intermediate shape, anchors, alignment**  
**Feel, flow and speed**  
**Composure under pressure**  
**Complete nikyo and sankyo finishes**

## Blue Belt

<b>Attack(s)</b>	<b>Escape(s)</b>	<b>Throw</b>
Mune-tsuki (to face)	Corner step	Shiho-nage
Round house punch	Irimi 1	Kote-gaeshi
Kata-tori	Tenkan 1	Tenchi-nage
Round house kick/Front hand slash	Step back/Tenkan 2	Kokyu-nage
Katate-kosadori	Tenkan 2	Nikyo
<b>Knife</b>		
Katate-kosadori/Mune-tsuki	Tenkan 1	Kaiten-nage
Yokomen-uchi	Tenkan 2	Yonkyo
<b>Bokken</b>		
Yokomen-uchi	Tenkan 2	Shiho-nage
Shomen-uchi	Irimi 1	Kokyu-nage

### **Katas**

Jo kata No. 1 (twice in 42 seconds)

### **Randori**

One attack, one technique, specified by examiners, all six escapes in quick succession  
Three attackers, medium paced, for 20 seconds - nage counts the seconds out loud.

**Grading should demonstrate very good quality:**

**Intermediate shape, anchors, alignment**

**Feel, flow and speed**

**Composure under pressure**

**Positive focus**

## Brown Belt

### Attack

#### Classical

Shomen-uchi  
Katate-tori  
Windmill  
Pull head down/Punch (face)

### Escape

Tenkan 1  
Irimi 1  
Irimi 2  
Irimi 2/Tenkan 2

### Throw

Shiho-nage  
Kote-gaeshi  
Toyoda kokyu-nage  
Ikkyo

#### Knife

Mune-tori/knife point held at throat  
Shomen-uchi 3  
Yokomen-uchi

Irimi 1  
Step back  
Tenkan 2

Nikyo  
Sankyo  
Yonkyo

#### Hanmi Handachi

Mune-tsuki

Irimi 1

Kaiten-nage

#### Surawi Waza

Shomen-uchi

Tenkan 1

Tenchi-nage

### Teaching

Demonstrate one technique in detail, breaking down into steps, slow and fast with precision

### Katas

Jo Kata No 2 (twice in 38 seconds)  
Bokken Tai Gei, to be set by examiners in advance.

### Randori

3 attackers, full speed, 15 seconds

### Note:

Student must know and be able to lead the warm-up (*ki development*) and warm-down (*ki for health*) exercises before being eligible to grade.

**Grading should demonstrate very high quality:**  
**Intermediate shape, anchors, alignment**  
**Feel, flow and speed**  
**Compression, timing and power**