

Yellow Belt

Aikido

Katate-tori	Irimi 1	Shiho-nage
Shomen-uchi	Tenkan 1 (parallel)	Kote-gaeshi
Mune-tsuki	Irimi 2 (foot swap)	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

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	Escape	Throw
Katate-tori	Irimi 1	Shiho-nage
Mune-tsuki	Tenkan 1	Kote-gaeshi
Straight kick	Irimi 1	Kokyu-nage
Kata-tori	Corner Step	Kaiten-nage
Katate-kosadori	Step back	Ikkyo
Ryote-tori	Tenkan 2	Nikyo (finish to knee)
Knife		
Yokomen-uchi	Irimi 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 2nd 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

Attack

Katate-tori
Shomen-uchi
Yokomen-uchi 3
Back-kick
Katate-kosadori
Ryote-tori
Mune-tori

Escape

Irimi 1
Tenkan 1 (parallel)
Irimi 1
Tenkan 2
Irimi 2 (90)
Tenkan 2
Irimi 2

Throw

Shiho-nage
Kote-gaeshi
Toyoda kokyu-nage
Kokyu-nage
Ikkyo
Nikyo
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

Attack(s)	Escape(s)	Throw
Mune-tsuki (to face)	Corner step (180)	Sayu-undo
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	Irimi 2 (90)	Ikkyo
Knife		
Katate-kosadori/Mune-tsuki	Side step	Nikyo
Yokomen-uchi	Tenkan 2	Shiho-nage
Bokken		
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	Escape	Throw
Classical		
Shomen-uchi	Step back	Shiho-nage
Katate-tori	Tenkan 1 (90)	Kote-gaeshi
Throat grab	Irimi 2	Toyoda kokyu-nage
Ushiro-katate-kubishime (holding)	Irimi 1	Ikkyo
Knife		
Mune-tori/knife point held at throat	Tenkan 1	Nikyo
Shomen-uchi 3	Glide back	Sankyo
Yokomen-uchi	Tenkan 2	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

Red Belt

Ki tests

1. Standing with mind and body co-ordinated.
2. Unbendable arm.
3. Irimi 1 & 2.
4. Tenkan 1 & 2.
5. Roll back then forwards to standing position.
6. Take ikkyo breakfall using tenkan 1 escape to kneeling, then full prone
7. Demonstrate forward breakfall.

Aikido

1. Mune-tsuki irimi 1 kokyū-nage
2. Yokomen-uchi irimi 1 tenchi-nage

Candidate must be an AKA member
Grading after 6 weeks, or when ready
Shape: large and slow