

Minimum Grading Content for 7th Kyu (white belt)

Requirement = 36 hours

Tai Sabaki

Full routine

Tai No Henko

Basic

Ukemi

Full routine

Kokyu Ho

2nd and 10th forms

Kokyu Nage

One technique, ryote dori (11th form)

Ai Hanmi Katatedori (1st form)

All techniques from omote (+) & ura (-)

Suburi

Bokken 1-3



Minimum Grading Content for 6th Kyu (Yellow belt)

Requirement = 70 hours

Tai Sabaki	Full routine
Tai No Henko	Basic
Ukemi	Full routine
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Two techniques, ryote dori (11th form)
Suburi	Bokken 1 - 7 Jo 1 - 10
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)



Minimum Grading Content for 5th Kyu (Orange belt)

Requirement = 130 hours

Tai Sabaki	Full routine
Tai No Henko	Basic
Ukemi	Full routine
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Three techniques
Suburi	Bokken (1 - 7)
Suburi	Jo (1 - 10)
Kata	31 Jo
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katatedori (3rd form)	All techniques from omote (+) & ura (-)



Minimum Grading Content for 4th Kyu (Green belt)

Requirement = 202 hours

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd and 10th forms
Kokyu Nage	Four techniques
Kokyu Dosa	Basic (held from side)
Suburi	Bokken (1 - 7) Jo (1 - 21)
Kata	31 Jo
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katadori (3rd form)	All techniques from omote (+) & ura (-)
Munedori (4th form)	All techniques from omote (+) & ura (-)



Minimum Grading Content for 3rd Kyu (Blue belt)

Requirement = 315 hours

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	Multiple attackers + Hanmi Handachi
Kokyu Dosa	As specified by the examiner
Koshi Nage	hips under, head under & direct entrance
Tachi Dori	1 technique
Tanto dori	1 technique - Gokkyu
Jo Dori	1 technique
Suburi	Bokken (1 - 7) Jo (1-21)
Awase	1-7 Bokken
Kata	31 Jo 13 Jo
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katadori (3rd form)	All techniques from omote (+) & ura (-)
Munedori (4th form)	All techniques from omote (+) & ura (-)
Shomen Uchi (5th form)	All techniques from omote (+) & ura (-)

Techniques to be performed mainly basic, but some with movement as specified by the examiner



Minimum Grading Content for 2nd Kyu (Purple belt)

Requirement = 398 hours

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	Multiple attackers + Hanmi Handachi
Kokyu Dosa	As specified by the examiner
Koshi Nage	hip under, head under and direct entrance
Suburi	Bokken (1 - 7) Jo (1-21)
Kata	31 Jo 13 Jo
Awase	1-7 Bokken
Tachi Dori	3 technique
Tanto dori	3 techniques including Gokkyu
Jo Dori	3 technique
Randoori	Multiple attackers from shomen uchi
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katadori (3rd form)	All techniques from omote (+) & ura (-)
Munedori (4th form)	All techniques from omote (+) & ura (-)
Shomen Uchi (5th form)	All techniques from omote (+) & ura (-)
Yokomen Uchi (6th form)	All techniques from omote (+) & ura (-)

Techniques to be performed mainly basic, but some with movement as specified by the examiner



Minimum Grading Content for 1st Kyu (Brown belt)

Requirement = 490 hours

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	Multiple attackers + Hanmi Handachi
Kokyu Dosa	As specified by the examiner
Koshi Nage	hip under, head under and direct entrance
Suburi	Bokken (1 - 7)
	Jo (1-21)
Kata	31 Jo
	13 Jo
Kumi Jo	1
Awase	1-7 Bokken
Tachi Dori	5 techniques
Tanto dori	5 techniques including Gokkyu
Jo Dori	5 techniques
Randoori	Multiple attackers from shomen uchi & yokomen uchi
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katadori (3rd form)	All techniques from omote (+) & ura (-) (including basic and Katadori Menuchi)
Munedori (4th form)	All techniques from omote (+) & ura (-)
Shomen Uchi (5th form)	All techniques from omote (+) & ura (-)
Yokomen Uchi (6th form)	All techniques from omote (+) & ura (-)
Tsuki (7th form)	All techniques from omote (+) & ura (-)

Techniques to be performed mainly basic, but some with movement as specified by the examiner



Minimum Grading Content for 1st dan (Shodan)

Requirement = 600 hours

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Ho	2nd & 10th forms
Kokyu Nage	Multiple attackers + Hanmi Handachi
Kokyu Dosa	As specified by the examiner
Koshi Nage	As specified by the examiner
Suburi	Bokken (1 - 7) Jo (1-21)
Kata	31 Jo 13 Jo
Kata partner practice:	31 Jo in blocks & 1 - 31 continuous
Awase	Bokken 1-7
Tachi Dori	5 techniques
Jo Dori	5 techniques
Ki Musubi No Tachi	
Tanto dori	5 techniques
Kumi Tachi	1-5
Kumi Jo	1-5
Randoori	Multiple attackers, from shomen uchi, yokomen uchi and mune tsuki
Hanmi handachi	5 techniques
Ai Hanmi Katatedori (1st form)	All techniques from omote (+) & ura (-)
Gyaku Hanmi Katatedori (2nd form)	All techniques from omote (+) & ura (-)
Katadori (3rd form)	All techniques from omote (+) & ura (-) (including basic and Katadori Menuchi)
Munedori (4th form)	All techniques from omote (+) & ura (-)
Shomen Uchi (5th form)	All techniques from omote (+) & ura (-)
Yokomen Uchi (6th form)	All techniques from omote (+) & ura (-)
Tsuki (7th form)	All techniques from omote (+) & ura (-)
Ushiro Eridori (8th form)	All techniques from omote (+) & ura (-)

Techniques to be performed mainly basic, but some with movement as specified by the examiner



Minimum Grading Content for 2nd dan (Nidan)

Requirement = + 3 years regular training from shodan

Tai Sabaki	Full routine
Tai No Henko	Basic and with movement
Kokyu Nage	Multiple attackers + with Jo + Hanmi Handachi
Randori	Multiple attackers + Hanmi Handachi
Kaeshi Waza	Candidate's choice of techniques
Henka Waza	Candidate's choice of techniques
Kata	31 Jo
	13 Jo
Kata partner practice:	31 Jo in blocks & 1 - 31 continuous
Tachi Dori	5 techniques
Jo Dori	5 techniques
Tanto dori	Candidate's choice of techniques
Ki Musubi No Tachi	
Kumi Tachi	1-5
Kumi Jo	1-10
Randoori	Multiple attackers, freestyle attacks.
Hanmi handachi	5 techniques

5 techniques of the candidate's choice from each of the following forms to be performed Ki no nagare (flowing)

Ai Hanmi Katatedori (1st form)	Gyaku Hanmi Hijidori (9th form)
Gyaku Hanmi Katatedori (2nd form)	Morotedori (10th form)
Katadori (3rd form)	Ryotedori (11th form)
Munedori (4th form)	Ryokatadori (12th form)
Shomen Uchi (5th form)	Ushiro Tekubidori (13th form)
Yokomen Uchi (6th form)	Ushiro Hijidori (14th form)
Tsuki (7th form)	Ushiro Ryokatadori (15th form)
	Ushiro Kubishime (16th form)



Minimum Grading Content for 3rd dan (Sandan)

Requirement = + 4 years regular training from Nidan

The candidate will be expected to have regularly taught classes within the organisation, and also have some experience of teaching individual sessions at seminars.

The 3rd dan grading will consist of the candidate being asked to teach a minimum of 60 minute session. The subject will usually be the Riiai System.

An alternative subject may be required by the Grading Panel, in which case the candidate will be notified at least 4 weeks in advance of the grading.

At least 20 minutes of the session should involve the candidate teaching their understanding of the designated topic, rather than in the students practising.



Minimum Grading Content for 4th dan (Yondan)

Requirement = + 5 years regular training from Sandan

The candidate will be expected to have regularly taught classes within the organisation, and also have some experience of teaching individual sessions at seminars.

The 4th dan grading will comprise a demonstration by the candidate which should show their full understanding of Aikido, including body technique and weapons, from basic up to the highest level of which they are capable.

Any verbal content should be kept to the absolute minimum; the candidate should concentrate on demonstrating techniques and principles.

The demonstration should last between 20 and 30 minutes.

