

# Minimum Grading Content for 7th Kyu (white belt)

Requirement = 36 hours

|                                |   |
|--------------------------------|---|
| Tai Sabaki                     | Full routine                            |
| Ukemi                          | Full routine                            |
| Tai No Henko                   | Basic                                   |
| Kokyu Ho                       | Gyakyu hanmi & Morotedori               |
| Ai Hanmi Katatedori (1st form) | Ikkyo omote (+) & ura (-) kneeling pin  |
|                                | Nikyo omote (+) standing pin            |
|                                | Sankyo omote (+) & ura (-) standing pin |
|                                | Yonkyo omote (+)                        |
|                                | Shiho nage omote (+) & ura (-)          |
|                                | Irimi nage omote (+) & ura (-)          |
|                                | Kote gaeshi omote (+) & ura (-)         |
|                                | Kaiten nage omote (+) & ura (-)         |
|                                | Tenchi nage omote (+)                   |



# Minimum Grading Content for 6th Kyu (Yellow belt)

Requirement = 70 hours

|                                   |  |
|-----------------------------------|--|
| Tai Sabaki                        | Full routine                                 |
| Ukemi                             | Full routine                                 |
| Tai No Henko                      | Basic  |
| Kokyu Ho                          | 2nd and 10th forms                           |
| Kokyu Nage                        | Two techniques, ryote dori (11th form)       |
| Suburi                            | Bokken 1 - 7                                 |
| Ai Hanmi Katatedori (1st form)    | All techniques as per 7th kyu exam           |
| Gyaku Hanmi Katatedori (2nd form) | Ikkyo omote (+) & ura (-) standing control   |
|                                   | Nikyo omote (+) standing pin                 |
|                                   | Sankyo omote (+) & ura (-) standing pin      |
|                                   | Shiho nage omote (+) & ura (-)               |
|                                   | Irimi nage omote (+) & ura (-)               |
|                                   | Kote gaeshi omote (+) & ura (-)              |
|                                   | Kaiten nage (3 variants) omote (+) & ura (-) |
|                                   | Tenchi nage omote (+) & ura (-)              |
|                                   | Sumi Otoshi omote (+)                        |
| Basic jab and cross               |  |



# Minimum Grading Content for 5th Kyu (Orange belt)

Requirement = 130 hours

|                                   |  |
|-----------------------------------|--|
| Tai Sabaki                        | Full routine                               |
| Ukemi                             | Full routine                               |
| Tai No Henko                      | Basic                                      |
| Kokyu Ho                          | 2nd and 10th forms                         |
| Kokyu Nage                        | Three techniques                           |
| Suburi                            | Bokken (1 – 7)                             |
| Suburi                            | Jo (1 – 10)                                |
| Ai Hanmi Katatedori (1st form)    | All techniques as per 7th kyu exam         |
| Gyaku Hanmi Katatedori (2nd form) | All techniques as per 6th kyu exam         |
| Katadori (3rd form)               | Ikkyo omote (+) & ura (-) standing control |
|                                   | Nikyo omote (+) standing pin               |
|                                   | Sankyo omote (+) & ura (-) standing pin    |
|                                   | (lifting application of sankyo)            |
|                                   | Shiho nage omote (+) & ura (-)             |
|                                   | Irimi nage omote (+) & ura (-)             |
|                                   | Kote gaeshi ura (-)                        |
|                                   | Kaiten nage omote (+) & ura (-)            |
|                                   | Tenchi nage omote (+)& ura (-)             |
| Basic jab, cross and combinations |  |



# 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 – 10)                                |
| Kata                              | 31 Jo                                      |
| Ai Hanmi Katatedori (1st form)    | All techniques as per 7th kyu exam         |
| Gyaku Hanmi Katatedori (2nd form) | All techniques as per 6th kyu exam         |
| Katadori (3rd form)               | All techniques as per 5th kyu exam         |
| Munedori (4th form)               | Ikkyo omote (+) & ura (-) standing control |
|                                   | Nikyo omote (+) standing pin               |
|                                   | Sankyo omote (+) & ura (-) standing pin    |
|                                   | Irimi nage omote (+) & ura (-)             |
|                                   | Kote gaeshi omote (flowing+) & ura (-)     |
|                                   | Kaiten nage omote (+) & ura (-)            |
|                                   | Tenchi nage ura (-)                        |
| Basic jab and cross combinations  |  |
| Low kick                          |  |



# 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                                 | 3 attackers                              |
| Kokyu Dosa                                 | As specified by the examiner             |
| Koshi Nage                                 | hips under, head under & direct entrance |
| Suburi                                     | Bokken (1 - 7)                           |
|  | Jo (1-21)                                |
| Kata                                       | 31 Jo                                    |
|  | 13 Jo                                    |
| Ai Hanmi Katatedori (1st form)             | All techniques as per 7th kyu exam       |
| Gyaku Hanmi Katatedori (2nd form)          | All techniques as per 6th kyu exam       |
| Katadori (3rd form)                        | All techniques as per 5th kyu exam       |
| Munedori (4th form)                        | All techniques as per 4th kyu exam       |
| Jodan tsuki (5th form)                     | Ikkyo omote & ura standing control       |
| NB: TORI initiates the attack for the pins | Nikyo omote (+) standing pin             |
|  | Sankyo omote (+) & ura (-) standing pin  |
|  | Shiho nage omote (+) & ura (-)           |
|  | "seatbelt" Irimi nage                    |
|  | Kote gaeshi omote via ikkyo shape        |
|  | Kaiten nage omote (+) & ura (-)          |
|  | Tenchinage ura                           |
|  | Shomenate direct                         |
|  | Hiji nage shoulder application           |
|  | Jiyuwaza freestyle versus jodan tsuki    |

Jab, cross, combinations, low kick, front push kick



# 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   | 3 attackers  |
| Kokyu Dosa   | As specified by the examiner   |
| Koshi Nage   | hip under, head under and direct entrance  |
| Suburi   | Bokken (1 – 7)<br>Jo (1-21)  |
| Kata   | 31 Jo<br>13 Jo   |
| Awase  | 1-7 Bokken   |
| Tachi Dori   | 3 technique  |
| Tanto dori   | 3 techniques including Gokkyu  |
| Jo Dori  | 3 technique  |
| Randoori   | 3 attackers from jodan tsuki & roundhouse  |
| Ai Hanmi Katatedori (1st form)   | All techniques as per 7th kyu exam   |
| Gyaku Hanmi Katatedori (2nd form)  | All techniques as per 6th kyu exam   |
| Katadori (3rd form)  | All techniques as per 5th kyu exam   |
| Munedori (4th form)  | All techniques as per 4th kyu exam   |
| Jodan tsuki(5th form)  | All techniques as per 3rd kyu exam   |
| Roundhouse/haymaker punch  | Ikkyo omote (+) & ura (-) Standing control<br>Nikyo omote (+) standing pin<br>Sankyo omote (+) & ura (-) standing pin<br>Shiho nage omote (+) & ura (-)<br>Irimi nage omote (+) & ura (-)<br>Kote gaeshi omote forearm control<br>Kaiten nage omote (+) & ura (-)<br>Osoto gari<br>Shomenate |
| Roundhouse/Haymaker punch  |  |
| Jab, cross, combinations, low kick, front push kick  | Jiyuwaza freestyle versus roundhouse/haymaker  |
| 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   | 3 attackers  |
| 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   | 5 techniques   |
| Tanto dori   | 5 techniques including Gokkyu  |
| Jo Dori  | 5 techniques   |
| Randoori   | 3 attackers from jodan tsuki & roundhouse                                    |
| Ai Hanmi Katatedori (1st form)                     | All techniques as per 7th kyu exam   |
| Gyaku Hanmi Katatedori (2nd form)                  | All techniques as per 6th kyu exam   |
| Katadori (3rd form)                                | All techniques as per 5th kyu exam<br>(including basic and katadori menuchi) |
| Munedori (4th form)                                | All techniques as per 4th kyu exam   |
| Jodan tsuki (5th form)                             | All techniques as per 3rd kyu exam   |
| Roundhouse/Haymaker(6th form)                      | All techniques as per 2nd kyu exam   |
| Front linear shove (7th form)                      | 6 techniques   |
| Defend against front kick                          |  |
| Defend against double handed front choke           |  |
| Defend once on the floor against standing opponent |  |
| De-escalation body language and dialogue           |  |
|  | 3 attackers randoori   |



# 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   | hip under, head under and direct entrance |
| Suburi   | Bokken (1 – 7)                            |
|  | Jo (1-21)                                 |
| Kata   | 31 Jo                                     |
|  | 13 Jo                                     |
| Kumi Jo  | 1-5                                       |
| Awase  | 1-7 Bokken                                |
| Tachi Dori   | 5 techniques                              |
| Tanto dori   | 5 techniques including Gokkyu             |
| Jo Dori  | 5 techniques                              |
| Randoori   | 3 attackers from jodan tsuki & roundhouse |
| Ai Hanmi Katatedori (1st form)                     | 6 techniques                              |
| Gyaku Hanmi Katatedori (2nd form)                  | 6 techniques                              |
| Katadori (3rd form)                                | 6 techniques                              |
|  | 6 techniques                              |
| Munedori (4th form)                                | 6 techniques                              |
| Jodan tsuki (5th form)                             | 6 techniques                              |
| Roundhouse/Haymaker(6th form)                      | 6 techniques                              |
| Front linear shove (7th form)                      | 6 techniques                              |
| Collar grab from behind (8th form)                 | 6 techniques                              |
| Defend against front kick                          |   |
| Defend against double handed front choke           |   |
| Defend once on the floor against standing opponent |   |
| De-escalation body language and dialogue           |   |
|  | 3 attackers randoori                      |





# 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)                                | Ryokatedori (12th form)         |
| jodan tsuki (5th form)                             | Ushiro Tekubidori (13th form)   |
| Roundhouse punch (6th form)                        | Ushiro Hijidori (14th form)     |
| Tsuki (7th form)                                   | Ushiro Ryokatedori (15th form)  |
| Ushiro Eridori (8th form)                          | Ushiro Kubishime (16th form)    |
| Defend against front kick                          |                                 |
| Defend against double handed front choke           |                                 |
| Defend once on the floor against standing opponent |                                 |
| De-escalation body language and dialogue           |                                 |

3 attackers randoori

NB: Senior instructors discretion applies.  
All or part of the above may be required along with anything else the examination board may ask to see.



# 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.

