

Yellow Belt

Attack	Escape	Throw
Katate-tori	Irimi 1	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Mune-tsuki	Irimi 1	Kokyu-nage
Yokomen-uchi	Tenkan 1	Tenchi-nage
Kata-tori	Irimi 1	Kaiten-nage
Katate-kosatori	Tenkan 1	Ikkyo

Applied (self defence)

Straight kick	Irimi 1	Kokyu-nage
Two-hand strangle	Step back	<i>Any defence</i>
Pull hair	Step back	Kote-gaeshi

Knife techniques

Shomen-uchi	Irimi 1	Kote-gaeshi
Mune-tsuki	Tenkan 1	Kokyu-nage

Randori

Two classical attacks	Any escape	Kokyu-nage
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Demonstrate good Shape One with Anchors and Alignment

Requirements:

Minimum six months of regular practice, good time-keeping and discipline.
Your regular instructor's permission to grade
Your membership/grading card must be handed to the examiner before the grading
Ki grading must be passed before the aikido tests can be taken

Attacks

Katate-kosatori... attacker's left hand to grab defenders left wrist
Mune-tsuki... straight punch (narrow field attack)
Kata-tori... attacker's right hand to grab top of defender's sleeve
Katate-tori... attacker's right hand to grab defender's left wrist
Yokomen-uchi... roundhouse open/clenched hand strike to the side of the head (wide field attack)
Shomen-uchi... straight downward blow to the head (narrow field attack)

Orange Belt

Attack	Escape	Throw
Classical Aikido		
Katate-tori	Irimi 2	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Mune-tsuki	Tenkan 2	Kokyu-nage
Yokomen-uchi	Irimi 1	Tenchi-nage
Kata-tori	Irimi 2	Kaiten-nage
Katate-kosatori	Tenkan 1	Ikkyo
Ryote-tori	Tenkan 2	Nikyo
Mune-tori	Irimi 1	Sankyo
Katate ryote-mochi	Irimi 2	Yonkyo

Applied (self defence)

Double punch	Irimi 1	Kote-gaeshi
Snap kick	Irimi 2	Sayu-undo
Back-kick	Tenkan 2	Tenchi-nage

Knife techniques

Mune-tsuki	Irimi 1	Kote-gaeshi
Yokomen-uchi	Irimi 2	Tenchi-nage
Shomen-uchi	Tenkan 1	Ikkyo

Ki tests

Any two techniques from the Yellow Belt syllabus with two first tests each at the end

Randori

Two classical attacks	Any escape	Kokyu-nage
Two classical attacks	Any escape	Tenchi-nage

Demonstrate good Shape Three with Anchors and Alignment

Attacks should be on the move.

Attacks

Katate-kosatori... attacker's left hand to grab defenders left wrist (cross-hands attack)

Mune-tsuki... straight punch (narrow field attack)

Kata-tori... attacker's right hand to grab top of defender's sleeve (same side attack)

Katate-tori... attacker's right hand to grab defender's left wrist (same side attack)

Yokomen-uchi... roundhouse open/clenched hand strike to the side of the head (wide field attack)

Shomen-uchi... straight downward blow to the head (narrow field attack)

Katate ryote-mochi... two hands to attack one wrist

Ryote-tori... one hand to each wrist

Mune-tori... one hand grabbing the lapels at the centre of the chest.

Green Belt

Attack	Escape	Throw
Classical		
Mune-tsuki	Irimi 1	Kaiten-nage
Yokamen-uchi 3	Corner step	Toyoda Kokyu-nage
Yokomen-uchi	Tenkan 1	Yonkyo
Ushiro-tekubi-tori	Tenkan 2	Sayu-undo
Katate-kosatori	Irimi 1	Nikyo

Applied (close attacks)

Shomen-uchi 3	Irimi 2	Kote-gaeshi
Front kick	Irimi 1	Tenchi-nage
Ushiro-katate-kubishime (holding)	Tenkan 1	Shiho-nage

Knife

Shomen-uchi	Corner step	Sayu-undo
Mune-tsuki	Tenkan 1	Sankyo
Mune-tsuki to throat	Corner step	Nikyo

Kata

Bokken kata 1 (twice in 30 seconds)

Jo kata 1 (twice in 42 seconds)

Previous syllabus

Four techniques to be selected at random by the examiners from the orange and yellow belt syllabus - two with Ki tests at any point

Tai Gei

Two against one Tai Gei 2 (both sides)

Randori

One attacker, 3 attacks:

Attacker interrupts Kokyu-nage or Tenchi-nage throw - change throw as appropriate.

Two attackers, 3 attacks each:

Throw either Kokyu-nage or Tenchi-nage or change if necessary.

Grading should demonstrate good quality:

Shape 3, anchors, alignment

Feel, flow and speed

Composure under pressure

Complete nikyo and sankyo finishes

Blue Belt

Attack(s)	Escape(s)	Throw
Shape 4 Yokomen-uchi 3 Shomen-uchi 3 Kata-tori Mune-tsuki	Corner step Irimi 1 Tenkan 1 Irimi 2	Shiho-nage Kote-gaeshi Tenchi-nage Kokyu-nage
Double-attack - shape 3 Round house kick/Front hand slash Pull head down (chancery)/Punch (face)	Step back/Tenkan 2 Irimi 2/Tenkan 2	Kokyu-nage Sayu-undo
Close attacks Round house punch Rear choke	Irimi 1 Corner step	Ikkyo Kokyu-nage
Knife Katate-kosatori/Mune-tsuki Shomen-uchi 3 Yokomen-uchi	Tenkan 1 Step back Tenkan 2	Zempo-undo Sankyo Yonkyo
Bokken Yokomen-uchi Shomen-uchi Katate-kosatori (nage holds bokken)	Tenkan 2 Irimi 1 Corner step	Shiho-nage Kokyu-nage Nikyo

Weapons

Bokken kata 1 (twice in 15 seconds)
Jo kata 2 (twice in 42 seconds)
Jo vs bokken (Nos 1-3)

Tai Gei

Two against one Tai Geis 2 or 4 (both sides)

Previous syllabus

Four techniques to be selected at random by the examiners from the orange, yellow and green belt syllabus - two with Ki tests at any point

Randori

Three attackers, medium paced, for 20 seconds - nage counts the seconds out loud.

Note: all except the first section are to be performed shape 3

Grading should demonstrate very good quality:

Shapes 3 and 4, anchors, alignment
Feel, flow and speed
Composure under pressure
Positive focus

Brown Belt

Attack	Escape	Throw
Classical (close attacks)		
Mune-tsuki (to face)	Corner step	Shiho-nage
Mune-tori	180/Tenkan 1	Kokyu-nage
Ushiro-tekubi-tori	Irimi 2	Tenchi-nage
Applied		
Ryo-katatori/multiple knee	Irimi 1	Tenchi-nage
Ryo-katatori/knee	Corner step	Kote-gaeshi
Multiple hammer blows	Irimi 2	Sayu-undo
From rear		
Right hand to pin both elbows + left arm strangle	90/Step back	Shiho-nage
Run and drag down to chancery	Tenkan 1	No.4 projection
Knife		
Ushiro-katate-tori/knife edge to throat	Corner Step	Ikkyo
Mune-tori/knife point held at throat	Irimi 1	Nikyo
Ushiro-eri-tori/mune-tsuki to back	Tenkan 1	Sankyo
Katate-tori/backhand yokomen-uchi	Irimi 2	Yonkyo

Bokken

3 Bokken-taking techniques to be developed by the candidate - any attacks.

Hanmi Handachi

6 techniques to be developed by the candidate - any attacks.

Katas & Tai Geis

Bokken kata 2 (twice in 30 seconds)

Jo kata 3 (twice in 42 seconds)

Jo vs Bokken (1-6)

Knife tai gei 1

Previous syllabus

Six techniques to be selected at random by the examiners from the orange, yellow, green and blue belt syllabus - two with Ki tests at any point

Randori

3 attackers, full speed, 15 seconds

Note: Student must have led *ki development* exercises satisfactorily at least once before grading.

Grading should demonstrate very high quality:

Shape 3, anchors, alignment

Feel, flow and speed

Compression, timing and power