

Yellow Belt

Attack	Escape	Throw
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
Randori		
Two classical attacks	Any escape	Kokyu-nage

Shape One 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	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-kosatori	Step back	Ikkyo
Ryote-tori	Tenkan 2	Nikyo (finish to knee)

Knife

Yokomen-uchi	Tenkan 2	Tenchi-nage
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Kata

Jo vs bokken No. 1

Randori

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

All attacks on the move.

Shape Three 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-kosatori... 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-kosatori
Ryote-tori
Mune-tori

Escape

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

Throw

Shiho-nage
Kote-gaeshi
Toyoda Kokyu-nage
Tenchi-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)

Ki Tests

Two techniques to be selected by the examiners with Ki tests at any point

Randori

One attacker, 3 attacks:

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

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		
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-kosatori	Tenkan 2	Nikyo
Knife		
Katate-kosatori/Mune-tsuki	Tenkan 1	Kaiten-nage
Yokomen-uchi	Tenkan 2	Yonkyo
Bokken		
Yokomen-uchi	Tenkan 2	Shiho-nage
Shomen-uchi	Irimi 1	Kokyu-nage

Katas

Jo kata No. 1 (twice in 42 seconds)

Two against one Tai Gei, to be set by examiners in advance (both sides)

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		
Right hand to pin both elbows + left arm strangle	90° turn/Step back	Shiho-nage
Shomen-uchi	Tenkan 1	Kote-gaeshi
Katate-tori	Irimi 1	Toyoda Kokyu-nage
Multiple hammer blows	Irimi 2	Sayu-undo
Pull head down/Punch (face)	Irimi 2/Tenkan 2	Ikkyo
Knife		
Mune-tori/knife point held at throat	Irimi 1	Nikyo
Shomen-uchi 3	Step back	Sankyo
Yokomen-uchi	Tenkan 2	Yonkyo
Hanmi Handachi		
Mune-tsuki	Irimi 1	Kaiten-nage
Surawi Waza		
Shomen-uchi	Tenkan 1	Tenchi-nage

Two techniques to be selected by the examiners with Ki tests at any point

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 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