KAI SHIN KAI GRADING SYLLABUS

合氣道

KAI SHIN KAI TRADITIONAL AIKIDO

MEMBER OF THE BRITISH AIKIDO BOARD

OPEN HEART - OPEN MIND

		5th Kyu						4th Kyu			3rd Kyu			2nd Kyu			1st Kyu			Shodan		
		IKKYO	NIKKYO	KOTE GAESHI	IRIMI NAGE	SHIHO NAGE	SOKUMEN	KOKYU NAGE	SUMI OTOSHI	TENCHI NAGE	SANKYO	YONKYO	MAI OTOSHI	HIJI SHIME	GOKYU	KAITEN NAGE	KOSHI NAGE	AIKI OTOSHI	AIKI NAGE	JUJI GARAME	KATA GATAME	UDE GARAMI
5th Kyu	AI KATATE DORI	S	S	S	S																	
4th Kyu	GYAKU KATATE DORI	S	S	H	SH	H	SH	H								H						
	SHOMENUCHI	S	S	SH	SH		H				S	S	S									
	YOKOMENUCHI	S	S		S										S							
	CHUDAN TSUKI																					
3rd Kyu	RYOTE DORI	S	S		S							S										
	USHIRO RYOTE DORI																					
	KATA DORI	SH	SH									H		SH								
	USHIRO RYO KATA DORI																					
	KATA DORI SHOMENUCHI																					
2nd Kyu	MOROTE DORI				S																	
	JODAN TSUKI	S		H	SH									SH								
	HIJI DORI	S	S				S														S	
	USHIRO RYO HIJI DORI																					
1st Kyu	MUNE DORI																					
	RYO KATA / RYO MUNE DORI																					
	MUNE DORI SHOMENUCHI																					
	USHIRO ERI DORI																					
Shodan	USHIRO KATATE KUBISHIME																					
	MUNE DORI JODAN TSUKI																					
	USHIRO MUNE DAKE SHIME																					
	CHUDAN GERI / GEDAN GERI	FREE CHOICE OF DEFENCE (also from Hanmi - Handachi)																				
5th Kyu	SOLO & PARTNER EXERCISES	Ukemi			Tori-Fune			Shikko			Tai-Sabaki			Tai-no-Henko			Suwari-waza Kokyu-ho					

KEY : = ALL TECHNIQUES S = @ 3rd Kyu also SUWARI-WAZA SH = @ 2nd Kyu also HANMI-HANDACHI = NOT TESTED in gradings