

## **Gradings to 6<sup>th</sup> Kyu White Belt**

Candidates to have completed a minimum of 24 hours training and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Forward rolling breakfalls
  - ii. Backward rolling breakfalls
  - iii. Backward breakfalls

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	2
<b>Front grasps</b>	
Single wrist grasp	2
Double wrist grasp	1
Belt grasp	1
Hair grasp	1
Lapel grasp	1
Sleeve grasp	1
Strangulation	1

### **3. Kakari-geiko**

Demonstrate the ability to use techniques in a free style 1-on-1 kakari-geiko

## **6<sup>th</sup> Kyu to 5<sup>th</sup> Kyu Yellow Belt**

Candidates to have completed an additional 24 hours minimum training at 6<sup>th</sup> Kyu (48 total hours) and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Forward rolling breakfalls
  - ii. Backward rolling breakfalls
  - iii. Backward breakfalls
  - iv. Forward breakfalls
  - v. Side breakfalls

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	4
Strikes to the temple	2
<b>Front grasps</b>	
Single wrist grasp	4
Double wrist grasp	2
Belt grasp	2
Hair grasp	2
Lapel grasp	4
Sleeve grasp	2
Strangulation	3
<b>Rear grasps</b>	
Belt grasp	1
Hair grasp	1
Shoulder grasp	1
Strangulation	1
<b>Misc.</b>	
Bear hugs (front)	1
Strangulation on the ground	1
<b>Weapons</b>	
Knife	1

### **3. Kakari-geiko**

Demonstrate the ability to use techniques in a free style 1-on-1 kakari-geiko for one minute

## **5<sup>th</sup> Kyu to 4<sup>th</sup> Kyu Orange Belt**

Candidates to have completed an additional 24 hours minimum training at 5<sup>th</sup> Kyu (72 total hours) and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Rolling breakfalls (forwards and backwards)
  - ii. Backward, forward and side breakfalls
  - iii. Kote-gaeshi breakfalls
- d) Know the difference between a strangulation and a choke
- e) Show effective use of atemi

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	6
Strikes to the head	3 x 2
<b>Front grasps</b>	
Single wrist grasp	6
Double wrist grasp	4
Belt/Hair/Lapel/Sleeve	4
Strangulation	4
Single opposite wrist grasp	4
<b>Rear grasps</b>	
Belt/Hair/Shoulder grasp	2
Strangulation	2
Single wrist grasp	2
Double wrist grasp	2
<b>Misc.</b>	
Bear hugs (front and rear)	2
Headbutt	2
Kicks to the stomach	2
Mugging	2
Strangulation on the ground	1
<b>Weapons</b>	
Bokken	2
Club	2
Jo	2
Knife (tanto)	2

### **3. Kakari-geiko**

- a) 1 on 1 (1 min) and 2 on 1 (45 secs) with candidate required to demonstrate good movement and posture
- b) 1 on 1 Tanto kakari-geiko (1 min)

## **4<sup>th</sup> Kyu to 3<sup>rd</sup> Kyu Green Belt**

Candidates to have completed an additional 36 hours minimum training at 4<sup>th</sup> Kyu (108 total hours) and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Rolling breakfalls (forwards and backwards)
  - ii. Backward, forward and side breakfalls
  - iii. Kote-gaeshi breakfalls
- d) Know the difference between a strangulation and a choke
- e) Show an effective punch, kick and elbow strike

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	8
Strikes to the head	3 x 3
<b>Front grasps</b>	
Single wrist grasp	8
Double wrist grasp	6
Belt/Hair/Lapel/Sleeve	6
Strangulation	6
Single opposite wrist grasp	6
<b>Rear grasps</b>	
Belt/Hair/Shoulder grasp	4
Strangulation	4
Single wrist grasp including opposite	4
Double wrist grasp	4
<b>Misc.</b>	
Bear hugs (front and rear)	4
Headbutt	4
Kicks to the stomach	4
Mugging	4
Strangulation on the ground	2
<b>Weapons</b>	
Bokken	3
Club	3
Jo	3
Knife (tanto)	3

### **3. Kakari-geiko**

- c) 1 on 1 (1 min) and 2 on 1 (45 secs) with candidate required to demonstrate good movement and posture
- d) 1 on 1 Tanto kakari-geiko (1 min)

### **3<sup>rd</sup> Kyu to 2<sup>nd</sup> Kyu Blue Belt**

Candidates to have completed an additional 36 hours minimum training at 3<sup>rd</sup> Kyu (144 total hours) and to demonstrate satisfactorily the following:

#### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Rolling breakfalls (forwards and backwards)
  - ii. Backward, forward and side breakfalls
  - iii. Kote-gaeshi breakfalls
- d) Know the difference between a strangulation and a choke
- e) Show an effective punch (jab and hook), kick (front and back) and elbow strike

#### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	10
Strikes to the head	3 x 4
<b>Front grasps</b>	
Single wrist grasp	10
Double wrist grasp	8
Belt/Hair/Lapel/Sleeve	8
Strangulation	8
Single opposite wrist grasp	8
<b>Rear grasps</b>	
Belt/Hair/Shoulder grasp	6
Strangulation	6
Single wrist grasp including opposite	6
Double wrist grasp	6
<b>Misc.</b>	
Bear hugs (front and rear)	6
Headbutt	6
Kicks to the stomach	6
Mugging	6
Strangulation on the ground	3
Counters	4
<b>Weapons</b>	
Bokken	4
Club	4
Jo	4
Knife (tanto)	4

#### **3. Kakari-geiko**

- a) 1 on 1 (2 min); 2 on 1 (1.5 min) and 3 on 1 (1 min) with candidate required to demonstrate good movement, awareness and posture.
- b) 2 on 1 Weapons kakari-geiko (1.5 min) and Tanto Randori (1 min)

## **2<sup>nd</sup> Kyu to 1<sup>st</sup> Kyu Brown Belt**

Candidates to have completed an additional 50 hours minimum training at 2<sup>nd</sup> Kyu (194 total hours) and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Rolling breakfalls (forwards and backwards)
  - ii. Backward, forward and side breakfalls
  - iii. Kote-gaeshi breakfalls
- d) Know the difference between a strangulation and a choke
- e) Show an effective punch (jab, hook and uppercut), kick (front and back) and elbow strike

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	12
Strikes to the head	3 x 5
<b>Front grasps</b>	
Single wrist grasp	12
Double wrist grasp	10
Belt/Hair/Lapel/Sleeve	10
Strangulation	10
Single opposite wrist grasp	10
<b>Rear grasps</b>	
Belt/Hair/Shoulder grasp	8
Strangulation	8
Single wrist grasp including opposite	8
Double wrist grasp	8
<b>Misc.</b>	
Bear hugs (front and rear)	8
Headbutt	8
Kicks to the stomach	8
Mugging	8
Strangulation on the ground	4
Counters	6
<b>Weapons</b>	
Bokken	5
Club	5
Jo	5
Knife (tanto)	5

Candidate is also required to demonstrate 3 techniques from 3 different attacks

### **3. Kakari-geiko**

- a) 1 on 1 (2 min); 2 on 1 (2 min); 3 on 1 (1.5 min) and 4 on 1 (1 min) with candidate required to demonstrate good movement, awareness and posture.
- b) 3 on 1 Weapons kakari-geiko (1 min) and Tanto Randori (2 min)

## **1<sup>st</sup> Kyu to 1<sup>st</sup> Dan Black Belt**

Candidates to have completed an additional 100 hours minimum training at 1<sup>st</sup> Kyu including at least one weekend course/masterclass, and to demonstrate satisfactorily the following:

### **1. Basics**

- a) Posture and basic foot movement
- b) 5 Basic exercises
- c) Breakfalls
  - i. Rolling breakfalls (forwards and backwards)
  - ii. Backward, forward and side breakfalls
  - iii. Kote-gaeshi breakfalls
- d) Know the difference between a strangulation and a choke
- e) Show an effective punch (jab, hook and uppercut), kick (front, back, and side) and elbow strike
- f) Show knowledge of other styles of Aikido and a fair knowledge of its history.

### **2. Techniques**

Demonstrate from any of the following attacks:

<b>Strikes</b>	
Punch to the face	14
Strikes to the head	3 x 6
<b>Front grasps</b>	
Single wrist grasp	14
Double wrist grasp	12
Belt/Hair/Lapel/Sleeve	12
Strangulation	12
Single opposite wrist grasp	12
<b>Rear grasps</b>	
Belt/Hair/Shoulder grasp	10
Strangulation	10
Single wrist grasp including opposite	10
Double wrist grasp	10
<b>Misc.</b>	
Bear hugs (front and rear)	10
Headbutt	10
Kicks to the stomach	10
Mugging	10
Strangulation on the ground	5
Counters	8
Handgun held 4" from chest and back	4
<b>Weapons</b>	
Bokken	8
Club	8
Jo	8
Knife (tanto)	8

Candidate is also required to demonstrate 6 techniques from 3 different attacks

### **3. Kakari-geiko**

- c) 3 on 1 (1.5 min), 4 on 1 (1 min) and 5 on 1 (30 secs) with candidate required to demonstrate good movement, awareness and posture.
- d) 3 on 1 Weapons kakari-geiko (1 min) and 2 on 1 Tanto Randori (2 min)