

合氣道

# Aiki Kai (Australia)

## Junior Grading Syllabus

January 2010



11th Kyu		10th Kyu		9th Kyu		8th Kyu	
<i>Time requirement / Belt colour</i>	10 days / Red (stripe for Minor level)	16 days / Yellow (stripe for Minor level)	24 days / Orange (stripe for Minor level)	36 days / Green (stripe for Minor level)			
<b>Minors</b> Age: 5 - 9 years	<p><b>Questions (group):</b> What is dojo etiquette/What is a gi and why should it be clean/What is Nage/What is Uke/What is ukemi/hanmi</p> <p><b>Individual demonstration:</b> Formal bow Left/right hanmi Tenkan Irimi-tenkan ho Ukemi mae &amp; ushiro (front &amp; to rear) Shikko</p> <p><b>With partner:</b> Kata tori ikkyo O/U Suwari waza kokyu ho</p>	<p><b>Group:</b> Ukemi / Shikko / Irimi-tenkan ho</p> <p><b>Plus individual demonstration:</b> Kokyu ryoku ho Funekogi</p> <p><b>With partner:</b> Katate tori tenkan ho - gyaku Morote tori tenkan ho Katate tori ikkyo ai hanmi O/U Katate tori irimi nage ai hanmi Suwari waza kokyu ho</p>	<p><b>Group:</b> Ukemi - striking the mat - front &amp; back / Shikko / Irimi-tenkan ho</p> <p><b>Plus with partner:</b> Katate tori kokyu ho gyaku hanmi Katate tori kotegaeshi ai hanmi Ryote tori tenchi nage O/U</p>	<p><b>Group:</b> Ukemi (all) / Shikko / Irimi-tenkan ho</p> <p><b>Plus with partner:</b> Shomen uchi irimi nage ai hanmi Shomen uchi ikkyo ai hanmi O/U Katate tori kokyu nage gyaku hanmi Tsuki kote gaeshi Morote tori kokyu ho (2 ways)</p>			
<b>Plus for Adolescents:</b> 10 - 15 years	Katate tori irimi nage ai hanmi Katate tori ikkyo ai hanmi O/U	<b>Plus:</b> Katate tori kotegaeshi ai hanmi Ryote tori tenchi nage O/U	<b>Plus:</b> Shomen uchi irimi nage ai hanmi Shomen uchi ikkyo ai hanmi O/U	<b>Plus:</b> Katate tori shiho nage ai hanmi O/U Katate tori kaiten nage uchi & soto Suwari waza shomen uchi ikkyo O/U Suwari waza shomen uchi irimi nage Ni nin gake - shomen uchi irimi nage			
7th Kyu		6th Kyu					
<i>Time requirement / Belt colour</i>	38 days / Blue (stripe for Minor level)	40 days / Brown (stripe for Minor level)					
<b>Minors</b> Age: 5 - 9 years	<p><b>Group:</b> Ukemi (all) / Shikko / Irimi-tenkan ho</p> <p><b>Plus with partner:</b> Katate tori shiho nage ai hanmi O/U Katate tori kaiten nage uchi &amp; soto Suwari waza shomen uchi ikkyo O/U Suwari waza shomen uchi irimi nage Ni nin gake - shomen uchi irimi nage</p>	<p><b>Group:</b> Ukemi (all) / Shikko / Irimi-tenkan ho 7 movement jo kata</p> <p><b>Plus with partner:</b> Yokomen uchi shiho nage O/U Shomen uchi nikkyo O/U Tachi &amp; Suwari waza Shomen uchi sankyo O/U Tachi &amp; Suwari waza Ni nin gake - shomen uchi irimi nage &amp; tsuki kotegaeshi</p>					
<b>Plus for Adolescents:</b> 10 - 15 years	<b>Plus:</b> Yokomen uchi shiho nage O/U Shomen uchi nikkyo O/U Tachi & Suwari waza Shomen uchi sankyo O/U Tachi & Suwari waza Ni nin gake - shomen uchi irimi nage & tsuki kotegaeshi	<b>Plus:</b> Ushiro riyote tori kotegaeshi Hanmi handachi katate tori kaiten nage uchi & soto Riyo kata tori kokyu nage - 2 ways San nin gake - Shomen/Yokomen/Tsuki					O/U = omote & ura