

Aiki-Kai (Australia)

KYU GRADING SYLLABUS

<p>5th Kyu 50 days training</p> <p>Shomen uchi IRIMI NAGE Shomen uchi IKKYO (OMOTE, URA) Katate tori (Giyaku hanmi) SHIHO NAGE (OMOTE, URA) Suwari waza KOKYU HO San nin gake JIYU WAZA</p> <p><i>Katate tori (Ai hanmi)</i> <i>IRIMI NAGE</i> <i>Katate tori (Giyaku hanmi)</i> <i>IKKYO (OMOTE, URA)</i> <i>Tsuki</i> <i>KOTE GAESHI</i></p>	<p>2ndkyu 80 days training after 3rd Kyu</p> <p>Shomen uchi IRIMI NAGE Shomen uchi IKKYO TO YONKYO (OMOTE, URA) Shomen uchi KOTE GAESHI Suwari waza Shomen uchi IKKYO TO YONKYO (OMOTE, URA) Katate tori (Giyaku hanmi) SHIHO NAGE (OMOTE, URA) Katate tori (Giyaku hanmi) IRIMI NAGE Katate tori (Giyaku hanmi) KOTE GAESHI Katate tori (Giyaku hanmi) KAITEN NAGE (2 WAYS) Hanmi hantachi Katate tori SHIHO NAGE Kata tori IKKYO TO YONKYO (OMOTE, URA) Suwari waza Kata tori IKKYO TO YONKYO (OMOTE, URA) Tsuki IRIMI NAGE Tsuki KOTE GAESHI Yokomen uchi SHIHO NAGE Riyote tori SHIHO NAGE Riyote tori TENCHI NAGE (2 WAYS) Suwari waza KOKYU HO San nin gake JIYU WAZA</p> <p><i>Shomen uchi</i> <i>KOSHI NAGE</i> <i>Shomen uchi</i> <i>KOKYU NAGE (3 WAYS)</i> <i>Yokomen uchi</i> <i>GOKYO</i> <i>Yokomen uchi</i> <i>KOKYU NAGE (3 WAYS)</i> <i>Giyaku Yokomen uchi</i> <i>GOKYO</i> <i>Ushiro Riyote tori</i> <i>IKKYO</i></p>
<p>4th Kyu 60 days training after 5th Kyu</p> <p>Shomen uchi IRIMI NAGE Shomen uchi IKKYO (OMOTE, URA) Katate tori (Giyaku hanmi) SHIHO NAGE (OMOTE, URA) Kata tori IKKYO TO NIKYO (OMOTE, URA) Yokomen uchi SHIHO NAGE Suwari waza KOKYU HO San nin gake JIYU WAZA</p> <p><i>Shomen uchi</i> <i>NIKYO (OMOTE, URA)</i> <i>Tsuki</i> <i>KOTE GAESHI</i> <i>Riyote tori</i> <i>TENCHI NAGE (2 WAYS)</i> <i>Ushiro Kubi shime</i> <i>SANKYO</i></p>	<p>1st Kyu 90 days training after 2nd Kyu</p> <p>Shomen uchi IRIMI NAGE Shomen uchi IKKYO TO YONKYO (OMOTE, URA) Shomen uchi KOTE GAESHI Shomen uchi KAITEN NAGE Suwari waza IKKYO TO YONKYO (OMOTE, URA) Shomen uchi SHIHO NAGE (OMOTE, URA) Katate tori (Giyaku hanmi) SHIHO NAGE (OMOTE, URA) Katate tori (Giyaku hanmi) IRIMI NAGE Katate tori (Giyaku hanmi) KOTE GAESHI Katate tori (Giyaku hanmi) KAITEN NAGE (2 WAYS) Hanmi hantachi Katate tori SHIHO NAGE Kata tori IKKYO TO YONKYO (OMOTE, URA) Suwari waza Kata tori IKKYO TO YONKYO (OMOTE, URA) Tsuki IRIMI NAGE Tsuki KOTE GAESHI Tsuki KAITEN NAGE Yokomen uchi SHIHO NAGE Yokomen uchi IKKYO TO YONKYO (OMOTE, URA) Yokomen uehi GOKYO Giyaku Yokomen uchi GOKYO Suwari waza Yokomen uchi IKKYO TO YONKYO (OMOTE, URA) Riyote tori SHIHO NAGE Riyote tori TENCHI NAGE (2 WAYS) Ushiro Riyote tori IKKYO TO YONKYO (OMOTE. URA) Hanmi hantachi Riyote tori SHIHO NAGE Tachi waza Morote tori KOKYU HO (IRIMI, TENKAN) Suwari waza KOKYU HO San nin gake JIYU WAZA</p> <p><i>Ushiro Riyote tori</i> <i>SHIHO NAGE</i> <i>Ushiro Riyote tori</i> <i>KOTE GAESHI</i> <i>Ushiro Riyote tori</i> <i>JIYU JI GARAMI</i></p>
<p>3rd Kyu 70 days training after 4th Kyu</p> <p>Shomen uchi IRIMI NAGE Shomen uchi IKKYO TO YONKYO (OMOTE, URA) Shomen uchi KOTE GAESHI Suwari waza Shomen uchi IKKYO TO YONKYO (OMOTE, URA) Katate tori (Giyaku hanmi) SHIHO NAGE (OMOTE, URA) Kata tori IKKYO TO NIKYO (OMOTE, URA) Tsuki IRIMI NAGE Tsuki KOTE GAESHI Yokomen uchi SHIHO NAGE Riyote tori SHIHO NAGE Riyote tori TENCHI NAGE (2 WAYS) Suwari waza KOKYU HO San nin gake JIYU WAZA</p> <p><i>Katate tori (Giyaku hanmi)</i> <i>KAITEN NAGE (2 WAYS)</i> <i>Katate tori (Giyaku hanmi)</i> <i>KOSHI NAGE</i> <i>Yokomen uchi</i> <i>IRIMI NAGE (2 WAYS)</i> <i>Yokomen uchi</i> <i>KOTE GAESHI</i></p> <p>Notes</p> <p>Tenchi nage (2 ways) Irimi, tenkan waza Kaiten nage (2 ways) Uchi tenkan, soto tenkan waza</p>	

GLOSSARY

Terminology

Ai hanmi	Standing in same stance (eg. both have left foot forward). Ai =same	Seiza	Kneeling with legs under the body
Dojo	Training hall	Sensei	Teacher/master of Aikido
Doshu	"Leader of the way", World Aikido leader	Shikko	Knee walking
Eri tori	Hold collar (from behind)	Shomen uchi	Striking forehead (vertically down)
Fune kogi	"Rowing boat" exercise, standing up	Soto	Outer
Giyaku hanmi	Standing in opposite stance. Giyaku = opposite	Suwari waza	Technique in kneeling position (attacker & defender)
Giyaku Yokomen	Striking opposite side of head	Tachi waza	Technique in standing position
Ho	To train, way, method	Tenkan	Pivoting turn; _ uniting with ki
Hanmi	Basic posture: front foot advanced one step, back foot at right angle	Tsuki	Thrust attack, straight punch
Hanmi hantachi	Kneeling position to standing attack	Uke	Attacker, also "receiver" of technique
Hiji tori	Hold elbow	Ukemi	Rolls (backward, forward) Lit. "to receive"
Irimi	To enter forward	Ura	Rear, behind
Jiyu waza	Free technique from any attack	Ushiro	Behind
Katate tori	Hold one wrist	Waza	Technique
Kata tori	Hold the shoulder	Yokomen uchi	Striking side of head (downward angle)
Ki	Internal energy, spirit		
Kokyu ho	"Breath power" training Kokyu = (using) breath	Major	Aikido techniques
Kubi shime	Strangulation	Irimi nage	Entering throw
Ma ai	Correct distance for harmony	Kaiten nage	Rotary throw
Morote tori	Hold one wrist with both hands	Kokyu nage	Breath throw, using ki
Nage	Throw or thrower	Koshi nage	Hip throw
Omote	In front	Kote gaeshi	Wrist twisting throw
O'Sensei	Ueshiba Morihei, the great teacher and founder of Aikido	Shiho nage	Four directions throw
Riyote tori	Hold both wrists	Tenchi nage	Heaven & earth throw
San nin gake	Three person attack	Ikkyo	First hold, wrist & elbow control
		Nikyo	Second hold, bend wrist
		Sankyo	Third hold, twist wrist
		Yonkyo	Fourth hold, sword grip on wrist
		Gokyo	Fifth hold, opposite grip on wrist

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