

## AIKIDO ESSENTIAL ASPECTS

Ma-ai	Harmonious/natural/safe distance
Kamae	Stance/posture, including with a weapon
Tai sabaki	Body movement
Kokyu	Extension of ki energy
Waza	Technique (see syllabus of waza over)

## POSITION, POSTURE & MOVEMENT

Tokodachi	Facing forward, feet shoulder width apart, arms hanging
Hanmi	Basic posture-one foot forward, back foot at approx. a 45° angle
Ai-hanmi	Partners standing with the same foot forward at contact
Gyaku-hanmi	Partners standing with opposite foot forward at contact
Seiza	Formal kneeling position with legs under the body
Tachiwaza	Uke & Nage both standing
Suwari waza	Uke & Nage both kneeling
Hanmi-handachi	Uke standing and Nage kneeling
Shikko	Knee walking
Irimi	Entering step, generally just off the line of attack
Tenkan	Pivoting 180° turn (to turn away)
Tenkai	Face opposite direction by moving the upper body
Omote	In front (of uke)
Ura	Behind (to the rear of uke)
Ushiro	Behind
Gyaku	Reverse
Happo	Eight directions
Soto	Outside
Uchi	Inside

## GENERAL TERMS

Nage	Person applying the technique
Uke	Receiver (attacker who receives the technique)
Sensei	Teacher
Shihan	Master teacher
Ukemi	Rolling, falling from a technique
Ho	Exercise/training method
Ki	Internal energy
Kokyu-ho	Breath (kokyu) power training
Bokken	Wooden sword
Jo	Wooden staff (replicates a spear)
Tachidori	Sword capture techniques
Jodori	Stick capture techniques
Tantodori	Knife capture techniques
Suburi	Continuous bokken/jo practice in striking/thrusting
Funekogi	Standing, rowing action, moving hips
Furatama	Shaking clasped hands below navel area
Haishin undo	Exercise stretching the back
Jiyu waza	Apply any technique (from any attack is often implied)
Kaeshi waza	Counter technique
Tegatana	Hand blade
Sannin gake	Three person attack (gonin gake, 5 people attack)

## AIKIDO ATTACKS

Shomenuchi	Strike down to top of head
Yokomenuchi	Hand blade strike to side of the head, temple area
Gyaku yokomen uchi	Reverse hand blade strike to side of head
Katatedori	Hold the wrist with one hand
Morotodori	Hold one wrist with both hands
Ryokatatedori	Hold both wrists (often just called 'Ryotodori')

Ryokatadori	Hold both shoulders
Hijidori	Hold the elbow
Katadori	Hold the shoulder
Munedori	Hold jacket lapels at centre of chest
Eridori	Hold the collar (Ushiro eridori - back of the collar)
Kubishime	Strangulation
Tsuki	Thrust attack
Men-tsuki	Thrust attack to the head
Mune-tsuki	Thrust attack to the chest
Atemi	A strike to a sensitive point.

## EMPTY HAND TECHNIQUES

Irimi-nage	Entering throw
Kaiten-nage	Rotary throw
Kokyu-nage	Breath throw (using ki)
Koshi-nage	Hip throw
Shiho-nage	Four directions throw
Tenchi-nage	Heaven & Earth throw
Kote-gaeshi	Wrist twisting (turned out) throw
Juji-garame	Cross arm throw
Ikkyo	First hold - wrist & elbow control
Nikyo	Second hold - bend wrist
Sankyo	Third hold - twist wrist
Yonkyo	Fourth hold - same as sword grip on the wrist
Gokyo	Fifth hold - take under the wrist, hand reversed

## WEAPON TERMS

Chudan-no-gamae	Middle posture (point at shoulder height)
Jodan-no-gamae	High position (weapon above the head)
Waki-no-gamae	Weapon against the hip, facing behind you
Hasso-no-gamae	Weapon vertical, at side of the head
Gedan-no-gamae	Low position (weapon points to the ground)
Kissaki	Tip of the sword blade
Nidan-giri	Two level attack with sword (wrist - head)
Shomen-uchi	Strike down to top of the head
Kiri-tsuke	Cut down to the face area
Kiri-sage	Cut downwards
Kiri-age	Cut upwards
Kesa-giri	Cutting along the line of the collar
Zengo-giri	Cut opposite directions in quick succession
Ni ju hachi-giri	28 direction cut exercise (7 cuts per 90°)
Junte	Standard grip, hands on either side of the weapon
Gyakute	Reverse grip, both hands on same side of the weapon
Tandoku dosa	Single person exercise
Sotai dosa	Paired exercise

## AIKIDO MORAL CODE

### Aikido is a 'Way'

There is commitment and there is obligation,  
Do not abuse or misuse the art of Aikido,  
Study carefully, honestly and humbly,  
Respect your seniors,  
Take care of your juniors.

# AIKIDO

The non-aggressive martial art



KYU SYLLABUS & TERMINOLOGY



Aiki Kai Australia  
National Aikido Association



# KYU GRADING SYLLABUS

## 5th Kyu - after 50 days training

Shomen-uchi	IRIMI-NAGE
Shomen-uchi	IKKYO (omote, ura)
Katatedori (gyaku hanmi)	SHIHO-NAGE (omote, ura)
Suwari waza	KOKYU-HO
Sanningake (3 person attack)	JIYU WAZA (free technique)
<i>Katatedori (ai hanmi)</i>	<i>IRIMI-NAGE</i>
<i>Katatedori (gyaku hanmi)</i>	<i>IKKYO (omote, ura)</i>
<i>Tsuki</i>	<i>KOTE-GAESHI</i>

## 4th Kyu - 60 days training after 5th Kyu

Shomen-uchi	IRIMI-NAGE
Shomen-uchi	IKKYO (omote, ura)
Katatedori (gyaku hanmi)	SHIHO-NAGE (omote, ura)
Katadori*	IKKYO – NIKYO (omote, ura)
Yokomen-uchi*	SHIHO-NAGE (omote, ura)
Suwari waza	KOKYU-HO
Sanningake	JIYU WAZA
<i>Tsuki</i>	<i>KOTE-GAESHI</i>
<i>Shomen-uchi*</i>	<i>NIKYO (omote, ura)</i>
<i>Ryotedori*</i>	<i>TENCHI-NAGE (irimi &amp; tenkan)</i>
<i>Ushiro kubishime*</i>	<i>SANKYO</i>

## 3rd Kyu - 70 days training after 4th Kyu

Shomen-uchi	IRIMI-NAGE
Shomen-uchi*	IKKYO – YONKYO (omote, ura)
Shomen-uchi*	KOTE-GAESHI
Suwari waza - Shomen uchi*	IKKYO – YONKYO (omote, ura)
Katatedori (gyaku hanmi)	SHIHO-NAGE (omote, ura)
Katadori	IKKYO – NIKYO (omote, ura)
Tsuki*	IRIMI-NAGE
Tsuki	KOTE-GAESHI
Yokomen-uchi	SHIHO-NAGE (omote, ura)
Ryotedori*	SHIHO-NAGE
Ryotedori	TENCHI-NAGE (irimi & tenkan)
Suwari waza	KOKYU-HO
Sanningake	JIYU WAZA
<i>Katatedori (gyaku hanmi)*</i>	<i>KAITEN-NAGE (uchi &amp; soto tenkan)</i>
<i>Katatedori (gyaku hanmi)*</i>	<i>KOSHI-NAGE</i>
<i>Yokomen-uchi*</i>	<i>IRIMI-NAGE (2 ways)</i>
<i>Yokomen-uchi*</i>	<i>KOTE-GAESHI</i>

## Aikido Grading

Learning to pass gradings is not the purpose of Aikido training. However, preparing for and undertaking gradings, are important in helping students to develop in Aikido. Kyu Gradings are assessed at a State or Territory level by a panel appointed by, and under the authority of the Area

## 2nd Kyu - 80 days training after 3rd kyu

Shomen-uchi	IRIMI-NAGE
Shomen-uchi	IKKYO – YONKYO (omote, ura)
Shomen-uchi	KOTE-GAESHI
Suwari waza - Shomen-uchi	IKKYO – YONKYO (omote, ura)
Katatedori (gyaku hanmi)	SHIHO-NAGE (omote, ura)
Katatedori (gyaku hanmi)*	IRIMI-NAGE (jodan)
Katatedori (gyaku hanmi)*	KOTE-GAESHI (gedan)
Katatedori (gyaku hanmi)	KAITEN-NAGE (uchi & soto tenkan)
Hanmi-handachi Katatedori*	SHIHO-NAGE (omote)
Katadori*	IKKYO – YONKYO (omote, ura)
Suwari waza - Katadori*	IKKYO – YONKYO (omote, ura)
Tsuki	IRIMI-NAGE
Tsuki	KOTE-GAESHI
Yokomen-uchi	SHIHO-NAGE (omote, ura)
Ryotedori	SHIHO-NAGE
Ryotedori	TENCHI-NAGE (irimi & tenkan)
Suwari waza	KOKYU-HO
Sanningake	JIYU WAZA
<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>Gyaku Yokomen-uchi*</i>	<i>GOKYO</i>
<i>Ushiro Ryotedori*</i>	<i>IKKYO (omote)</i>

## Syllabus Notes

- Required training days between grades are a minimum number.
- Non italicised techniques the student should know well. Italicised techniques are considered advanced for that level and the student should have a working knowledge of them, even if they can't perform them well.
- The syllabus lists the techniques which will be examined for promotion to each grade, however the grading committee may ask for other techniques on a given occasion.
- The list is cumulative; for each grade it includes fundamental techniques from all earlier grades.
- In special cases grades 5 & 4 can be taken together.

\* Denotes a new attack/defence combination added for that grading.

Representative and are held at designated State Trainings or similar events. Such occasions give members of Kyu Grading Panels and other instructors, the opportunity to observe a student's progress.

## 1st Kyu - 90 days training after 2nd kyu

Shomen-uchi	IRIMI-NAGE
Shomen-uchi	IKKYO – YONKYO (omote, ura)
Shomen-uchi	KOTE-GAESHI
Shomen-uchi (gyaku hanmi)*	KAITEN-NAGE
Suwari waza - Shomen-uchi	IKKYO – YONKYO (omote, ura)
Katatedori (gyaku hanmi)	SHIHO-NAGE (omote, ura)
Katatedori (gyaku hanmi)	IRIMI-NAGE
Katatedori (gyaku hanmi)	KOTE-GAESHI
Katatedori (gyaku hanmi)	KAITEN-NAGE (uchi & soto tenkan)
Hanmi-handachi Katatedori	SHIHO-NAGE (omote)
Katadori	IKKYO – YONKYO (omote, ura)
Suwari waza - Katadori	IKKYO – YONKYO (omote, ura)
Tsuki	IRIMI-NAGE
Tsuki	KOTE-GAESHI
Tsuki*	KAITEN-NAGE
Yokomen-uchi	SHIHO-NAGE (omote, ura)
Yokomen-uchi*	IKKYO – YONKYO (omote, ura)
Yokomen-uchi	GOKYO
Gyaku Yokomen-uchi	GOKYO
Suwari waza - Yokomen-uchi*	IKKYO – YONKYO (omote, ura)
Ryotedori	SHIHO-NAGE
Ryotedori	TENCHI-NAGE (irimi & tenkan)
Ushiro Ryotedori	IKKYO – YONKYO (omote)
Hanmi-handachi Ryotedori*	SHIHO-NAGE (omote)
Morotodori*	KOKYU-HO (irimi, tenkai & tenkan)
Suwari waza	KOKYU-HO
Sanningake	JIYU WAZA
<i>Ushiro Ryotedori*</i>	<i>SHIHO-NAGE</i>
<i>Ushiro Ryotedori*</i>	<i>KOTE-GAESHI</i>
<i>Ushiro Ryotedori*</i>	<i>JUJI-GARAMI</i>

*This is a national Aiki Kai Australia document and this syllabus may not be altered or changed in any way, nor reproduced outside of this document. Enlargements may be made.*

For more information go to:  
[www.aikido.org.au](http://www.aikido.org.au)

revised 11/2016

