

Seattle School of Aikido

Aikido Grading Technique Syllabus

updated 3/31/18

(all students should also be prepared to demonstrate any techniques from all previous grades)

(all time intervals below are guidelines, actual times will vary based on the student)

5th Kyu -- 3 months after joining

Suwari Waza

| | |
|-----------|------------|
| Ryotedori | Kokyu Dosa |
|-----------|------------|

Tachi Waza

| | |
|-------------------------|-------------|
| Ai hanmi katate-dori | Ikkyo |
| | Irimi-nage |
| | Shiho-nage |
| Gyaku hanmi katate-dori | Tenchi-nage |
| Shomen-uchi | Ikkyo |
| | Irimi-nage |

3rd Kyu -- 1 year after 4th Kyu

Suwari Waza

| | |
|--------------|-------------|
| Shomen-uchi | Ikkyo |
| Kata-dori | Nikyo |
| Yokomen-uchi | Sankyō |
| Shomen-uchi | Kote-gaeshi |

Hanmi Handachi

| | |
|-------------------------|------------------|
| Gyaku hanmi katate-dori | Shiho-nage |
| | Irimi-nage |
| | Uchi kaiten-nage |

4th Kyu -- 6 months after 5th Kyu

Suwari Waza

| | |
|-------------|------------|
| Shomen-uchi | Ikkyo |
| | Irimi-nage |

Tachi Waza

| | |
|-------------------------|--------------------|
| Ai hanmi katate-dori | Nikyo |
| | Sankyō |
| | Kote-gaeshi |
| | Ude kime-nage |
| Gyaku hanmi katate-dori | Ikkyo |
| | Nikyo |
| | Kote-gaeshi |
| | Irimi-nage |
| | Uchi kaiten-nage |
| | Shiho-nage |
| | Ude kime-nage |
| | Sokumen irimi-nage |
| Kata-dori | Ikkyo |
| | Nikyo |
| Ryote-dori | Tenchi-nage |
| Ushiro ryote-dori | Sankyō |
| Shomen-uchi | Kote-gaeshi |
| Yokomen-uchi | Shiho-nage |
| | Ude kime-nage |

Tachi Waza

| | |
|-------------------------|--------------------|
| Gyaku hanmi katate-dori | Soto kaiten-nage |
| Ryote-dori | Ikkyo |
| | Shiho-nage |
| Katate-ryote-dori | Ikkyo |
| | Nikyo |
| | Kote-gaeshi |
| | Sokumen irimi-nage |
| Ushiro ryote-dori | Ikkyo |
| | Nikyo |
| | Kote-gaeshi |
| | Shiho-nage |
| | Ude kime-nage |
| | Irimi-nage |
| Kata-dori men-uchi | Ikkyo |
| Shomen-uchi | Nikyo |
| | Sankyō |
| | Yonkyō |
| Yokomen-uchi | Ikkyo |
| | Nikyo |
| | Sankyō |
| | Yonkyō |
| | Kote-gaeshi |
| | Irimi-nage |

2nd Kyu -- 1 year after 3rd Kyu

Suwari Waza

| | |
|-------------------------|--------|
| Gyaku hanmi katate-dori | Yonkyo |
| Yokomen-uchi | Gokyo |

Hanmi Handachi

| | |
|-------------------------|------------------|
| Gyaku hanmi katate-dori | Soto kaiten-nage |
| Ryote-dori | Shiho-nage |
| Shomen-uchi | Ikkyo |
| | Kote-gaeshi |

Tachi Waza

| | |
|-------------------------|--------------------|
| Ai hanmi katate-dori | Koshi nage |
| Gyaku hanmi katate-dori | Sumi otoshi |
| Kata-dori | Sankyo |
| Katate-ryote-dori | Irimi-nage |
| Ushiro ryote-dori | Sankyo |
| | Juji garami |
| Ushiro ryo-kata-dori | Ikkyo |
| | Nikyo |
| | Sankyo |
| | Sokumen irimi-nage |
| Kata-dori men-uchi | Aiki Otoshi |
| | Ikkyo |
| | Nikyo |
| | Sankyo |
| | Kote-gaeshi |
| | Shiho-nage |
| | Irimi-nage |
| Shomen-uchi | Shiho-nage |
| | Ude kime-nage |
| | Uchi kaiten-nage |
| | Soto kaiten-nage |
| | Irimi-nage |
| Chudan tsuki | Ikkyo |
| Jodan tsuki | Hiji-kime osae |

1st Kyu -- 1 year after 2nd Kyu

Suwari Waza

| | |
|-------------------------|-------------|
| Shomen-uchi | Ikkyo |
| Kata-dori | Nikyo |
| Yokomen-uchi | Sankyo |
| Gyaku-hanmi katate-dori | Yonkyo |
| Shomen-uchi | Irimi-nage |
| | Kote-gaeshi |

Hanmi Handachi

| | |
|-------------------------|------------------|
| Gyaku-hanmi katate-dori | Shiho-nage |
| | Uchi kaiten-nage |
| | Soto kaiten-nage |
| | Shiho-nage |
| Ryote-dori | Shiho-nage |
| Ushiro ryo-kata-dori | Kokyu-nage |
| Shomen-uchi | Ikkyo |
| | Kote-gaeshi |
| | Irimi-nage |

Tachi Waza

| | |
|-------------------------|-------------|
| Gyaku-hanmi katate-dori | Koshi nage |
| Katate-ryote-dori | Juji Garami |
| Mune-dori | Shiho-nage |
| Ushiro eri-dori | Ikkyo |
| | Kote-gaeshi |
| | Shiho-nage |
| Ushiro kubishime | Ikkyo |
| Chudan tsuki | Nikyo |
| | Sankyo |
| | Kote-gaeshi |
| | Irimi-nage |
| Jodan tsuki | Ikkyo |
| | Nikyo |
| | Sankyo |
| | Shiho-nage |
| | Irimi-nage |

1st Dan -- 1 year after 1st Kyu

| | |
|--------------------|-----------------------|
| Suwari Waza | Hanmi Handachi |
| 1st Kyu list | 1st Kyu list |

Tachi Waza

| | |
|----------------|-------------------|
| Tori-waza Jiyu | Freestyle grabs |
| Uchi-waza Jiyu | Freestyle strikes |

2nd Dan -- 2 years after 1st Dan

| | |
|--------------------|-----------------------|
| Suwari Waza | Hanmi Handachi |
| 1st Kyu list | 1st Kyu list |

Tachi Waza

| | |
|-----------------------------|--|
| Tanto-dori | 3 shomen, 3 yokemen, 3 tsuki, 1 ushiro |
| Futari-dori (2 person grab) | 3 throws |
| Randori | 2 attackers after Futari-dori |

3rd Dan -- 3 years after 2nd Dan

| | |
|--------------------|-----------------------|
| Suwari Waza | Hanmi Handachi |
| 1st Kyu list | 1st Kyu list |

Tachi Waza

| | |
|-----------------------------|-------------------------------|
| Tachi-dori | 5 shomen |
| San-in-dori (3 person grab) | 1 throw |
| Randori | 3 attackers after San-in-dori |

4th Dan -- 4 years after 3rd Dan

| | |
|--------------------|-----------------------|
| Suwari Waza | Hanmi Handachi |
| 1st Kyu list | 1st Kyu list |

Tachi Waza

| | |
|------------------------------|--------------------------------|
| Jo-dori | chudan tsuki |
| Shi-nin-dori (4 person grab) | 1 throw |
| Randori | 4 attackers after Shi-nin-dori |

5th Dan and higher -- Shihan recommendation only

No further grading exams