



British Aikido Federation

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Senior Grading Syllabus Part 1 (6th kyu to 2nd kyu)

Grade:	Rokkyu 6 th kyu	Gokyu 5 th kyu	Yonkyu 4 th kyu	Sankyu 3 rd kyu	Nikyu 2 nd kyu
Prerequisite: [Times given are <i>minimum</i> based on regular training]	40 practices post joining	40 practices post 6 th kyu	50 practices post 5 th kyu	60 practices post 4 th kyu	60 practices post 3 rd kyu
Attack					
Shomen-uchi	Ikkyo [T/S] Irimi-nage [T]	Ikkyo [T/S] Irimi-nage [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T]
Yokomen-uchi		Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T] Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S] Gokyo [T/S]
Tsuki			Irimi-nage [T] Kote-gaeshi [T]	Irimi-nage [T] Kote-gaeshi [T]	Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T]
Katate-dori (Taking wrist) (Aihanmi & Gyakuhanmi)	Shiho-nage [T]	Shiho-nage [T]	Shiho-nage [T/H]	Shiho-nage [T/H] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T] plus Jiyu-waza	Shiho-nage [T/H] Irimi-nage [T] Kote-gaeshi [T] Kaiten-nage [T] plus Jiyu-waza
Ryote-mochi-ryote-dori (Two hands to two wrists)	Kokyu-ho [S]	Kokyu-ho [S]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T]	Kokyu-ho [T/S] Shiho-nage [T/H] Tenchi-nage [T] plus Jiyu-waza
Morote-dori (Two hands to one wrist)					Jiyu-waza
Kata-dori (Taking sleeve at shoulder)		Ikkyo [T] Nikyo [T]	Ikkyo [T] Nikyo [T]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S]	Ikkyo [T/S] Nikyo [T/S] Sankyo [T/S] Yonkyo [T/S]
Ushiro-ryote-mochi-ryote-dori (Two hands from rear)					Ikkyo [T] Nikyo [T] Sankyo [T] Yonkyo [T]
Notes:	All techniques to be shown Irimi & Tenkan T = Tachi-waza [both standing] S = Suwari-waza [both sitting] H = Hanmi-handachi [one standing one sitting]				