

Aiki-Kai (Australia)

KYU GRADING SYLLABUS

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