



# CITY OF LONDON SHODOKAN AIKIDO



## SHODOKAN AIKIDO GRADING SYLLABUS

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## 8TH / HACHI KYU – RED BELT

- Unsoku
- Oshiro ukemi (from standing position)
- Yoko ukemi
- Aigamae katate dori
  - Shomen ate
  - Oshi taoshi
  - Kote gaeshi

## 7TH / NANA KYU – RED BELT

- Togatana dosa
- Zenpo kaiten ukemi (from kneeling position)
- Gyakugamae katate dori
  - Aigamae ate
  - Hiki taoshi
  - Tenkai kote hineri

## 6TH / ROKKU KYU – RED BELT

- Zenpo kaiten ukemi (from standing position)
- Oshiro ryote dori
  - Gyakugamae ate
- Aigamae katate dori
  - Waki gatame
- Hanza handachi gyakugamae katate dori
  - Tenkai kote gaeshi

## 5TH / GO KYU – YELLOW BELT

- Kihon Suwari Waza
  - Oshi taoshi omote
  - Tentai oshi taoshi ura
- Kihon Waza Ju Nana hon no Kata: Atemi Waza
  - Shomen ate
  - Aigamae ate
  - Gyakugamae ate
  - Gedan ate
  - Oshiro ate
- Hontai no Tsukuri
  - Shomen ate
  - Aigamae ate
- Tegatana jodan no Tsukuri: Aigamae katate dori
  - Tsukuri
  - Tsukuri and Oshi taoshi
- Tegatana jodan no Tsukuri: Gyakugamae katate dori
  - Tsukuri
  - Tsukuri and Hiki taoshi

## 4TH / YON KYU – ORANGE BELT

- Kihon Suwari Waza
  - Oshi taoshi gyakute dori kote hineri osae
  - Tentai oshi taoshi gyakute dori kote hineri ude hineri osae
- Kihon Waza Ju Nana hon no Kata: Hiji Waza
  - Oshi taoshi
  - Ude Gaeshi
  - Waki gatame (normal)
  - Hiki taoshi
  - Ude hineri
  - Waki gatame (front, additional technique)
- Hontai no Tsukuri
  - Gyakugamae ate
  - Gedan ate
  - Oshiro ate
- Tegatana gedan no Tsukuri: Aigamae katate dori
  - Tsukuri
  - Tsukuri and Tenkai kote gaeshi
- Tegatana gedan no Tsukuri: Gyakugamae katate dori
  - Tsukuri
  - Tsukuri and Kote gaeshi

- Kihon Suwari Waza
  - Oshi taoshi junte dori kote hineri osae
  - Tentai oshi taoshi junte dori kote hineri ude hineri osae
- Kihon Waza Ju Nana hon no Kata: Tekubi Waza
  - Kote hineri
  - Kote gaeshi
  - Tenkai kote hineri
  - Tenkai kote gaeshi
- Nage no Kata: Omote
  - Jodan (2) (aigamae, gyakugamae)
  - Chudan (2) (aigamae, gyakugamae)
  - Gedan (2) (aigamae, gyakugamae)
  - Oshiro ryote (1)
- Hontai no Tsukuri
  - Shomen ate
  - Aigamae ate
  - Gyakugamae ate
  - Gedan ate
  - Oshiro ate
- Nigiri Gaeshi Jodan no Tsukuri: Aigamae katate dori
  - Junte dori
  - Junte dori and Oshi taoshi
  - Gyakute dori
  - Gyakute dori and Oshi taoshi
- Nigiri Gaeshi Jodan no Tsukuri: Gyakugamae katate dori
  - Junte dori

- Junte dori and Hiki taoshi
- Gyakute dori
- Gyakute dori and Hiki taoshi

## 2ND / NI KYU – BLUE BELT

- Kihon Suwari Waza
  - Oshi taoshi tekubi osae
  - Tentai oshi taoshi tekubi osae
- Kihon Waza Ju Nana hon no Kata: Uki Waza
  - Mae otoshi
  - Sumi otoshi
  - Hiki otoshi
- Nage no Kata: Ura
  - Jodan (2) (aigamae, gyakugamae)
  - Chudan (2) (aigamae, gyakugamae)
  - Gedan (2) (aigamae, gyakugamae)
  - Oshiro ryote (1)
- Shoki no Tsukuri
  - Shomen ate
  - Aigamae ate
- Nigiri Gaeshi Gedan no Tsukuri: Aigamae katate dori
  - Junte dori
  - Junte dori and Shi ho nage
  - Gyakute dori
  - Gyakute dori and Kote gaeshi
- Nigiri Gaeshi Gedan no Tsukuri: Gyakugamae katate dori
  - Junte dori
  - Junte dori and Shi ho nage
  - Gyakute dori
  - Gyakute dori and Kote gaeshi

## 1ST / I KYU – BROWN BELT

- Kihon Waza Ju Nana hon no Kata
  - Atemi Waza (5)
  - Hiji Waza (5)
  - Tekubi Waza (4)
  - Uki Waza (3)
  
- Ju Nana hon no Kata Ura Waza: Atemi Waza
  - Shomen ate – Waki gatame
  - Aigamae ate – Oshi taoshi
  - Gyakugamae ate – Gedan ate
  - Gedan ate – Shomen ate
  - Oshiro ate – Tenkai kote hineri
  
- Ju Nana hon no Kata Ura Waza: Kansetsu Waza
  - Oshi taoshi – Oshi taoshi
  - Hiki taoshi – Tenkai kote hineri
  - Kote gaeshi – Kote gaeshi
  - Tenkai kote hineri – Waki gatame
  - Tenkai kote gaeshi – Tenkai kote gaeshi
  
- Shoki no Tsukuri
  - Gyakugamae ate
  - Gedan ate
  - Oshiro ate
  
- Hiji Mochi no Tsukuri
  - Jodan junte dori
  - Jodan gyakute dori
  - Gedan junte dori
  - Gedan gyakute dori

- Tanto Taisabaki
- Tanto Taisabaki with Tegatana

## 1ST / SHO DAN

- Koryū goshin no kata  
(suwari waza (4), hanza handachi waza (4), tachi waza (8) )
- Randori kihon waza (against a tantō)
- Tantō kaeshi waza
- Tantō kakari geiko and tantō hiki tate geiko  
(2 minutes each, changing the tantō after 1 minute)

A minimum of 100 hours practice after 1st kyū is required.

Examinees must:

- verbally answer a question set by the examiner
- submit a written report within one week of the examination on a subject chosen by the examiner.

## 2ND / NI DAN

- Koryū goshin no kata  
(as for 1st dan plus tantō dori (8) )
- Randori kihon waza (against a tantō)
- Tantō kaeshi waza
- Tantō randori  
(3 x 2 minutes each, changing the tantō after 1 minute)

A minimum of 200 days practice after 1st dan is required.

Examinees must:

- verbally answer a question set by the examiner
- submit a written report within one week of the examination on a subject chosen by the examiner.

### 3RD / SAN DAN

- Koryū goshin no kata  
(as for 2nd dan plus tachi dori (5), yari dori (5), yari (8), kumi tachi (8) )
- Randori kihon waza (against a tantō)
- Tantō randori  
(4 x 2 minutes each, changing the tantō after 1 minute)

A minimum of 250 days practice after 2nd is required.

Examinees must:

- verbally answer a question set by the examiner
- submit a written report within one week of the examination on a subject chosen by the examiner.

## 4TH / YON DAN

- 8 techniques from tegatana no kuzushi
  - jō dan no kuzushi
    - aigamae – ushiro ate
    - gyakugamae – ushiro ate
  - chū dan no kuzushi
    - aigamae – oshi taoshi
    - gyakugamae – hiki taoshi
  - gedan no kuzushi
    - aigamae – kote gaeshi
    - gyakugamae – kote gaeshi
  - kō hō no kuzushi
    - ryote – oshi taoshi
    - ryote – ushiro ate
- Goshin hō, tekubi dori
  - aigamae katate dori
    - shomen ate
    - gedan ate
  - gyakugamae katate dori
    - shomen ate
    - aigamae ate
    - gyakugamae ate
- Goshin hō, datotsushū no waza (against strikes, punches and kicks)
  - shomen uchi – aigamae ate, oshi taoshi
  - yokomen uchi – aigamae ate, tenkai kote gaeshi
  - shomen tsuki – kote gaeshi

- mae geri – shomen ate

A minimum of 4 years continuous practice after 3rd dan is required.

Examinees must:

- demonstrate techniques from the koryū goshin no kata as requested by the examiner
- verbally answer a question set by the examiner
- submit a written report within one week of the examination on a subject chosen by the examiner.

## 5TH / GO DAN

- Goshin hō, tekubi dori
  - aigamae katate dori
    - oshi taoshi,
    - hiki taoshi,
    - kote hineri,
    - kote gaeshi,
    - tenkai kote hineri
  - gyakugamae katate dori
    - hiki taoshi,
    - yakute dori kote hineri osae,
    - waki gatame,
    - tenkai kote gaeshi,
    - sumi otoshi)
- katate ryō dori
  - tentai oshi taoshi,
  - kote gaeshi
- zenpō ryō te dori
  - aigamae ate (omote),
  - aigamae ate (ura)
- kō hō ryō te dori
  - tenkai ude hineri nage,
  - kote gaeshi,
  - tenkai kote gaeshi,
  - tenkai yakute dori kote hineri

A minimum of 5 years continuous practice after 4th dan is required.

Examinees must:

- demonstrate techniques from the koryū goshin no kata as requested by the examiner

- verbally answer a question set by the examiner

## 6TH / ROKKU DAN

- Goshin hō, dō gi dori
  - mae eri dori
    - gyakute dori kote hineri osae
  - aigamae naka sode dori
    - kote gaeshi
  - gyakugamae naka sode dori
    - waki gatame,
    - gyakute dori kote hineri osae
  - ryō sode dori
    - gedan ate
  - jūji jime
    - tenkai kote hineri
  - oku eri dori
    - gyakute dori kote hineri osae,
    - kote gaeshi
  - kakae dori
    - tenkai kote hineri,
    - gyakute dori kote hineri osae
- Goshin hō, three methods of breaking balance
  - (using datsuryoku)
    - aigamae katate dori – aigamae ate
    - katate ryō te dori – tenkai kote gaeshi
  - (using tegatana)
    - gyakugamae katate dori
      - ushiro ate,
      - kote gaeshi,
      - tenkai kote gaeshi
    - zenpō ryō te dori
      - hiji kime taoshi,
      - gyakute dori kote hineri osae,

- tenkai kote gaeshi
- (using kaiten)
  - aigamae katate dori
    - aigamae ate (using jō dan no kuzushi)
  - ryō sode dori
    - ude hineri ude gaeshi (using chudan and gedan no kuzushi)

A minimum of 7 years continuous practice after 5th dan is required. Examinees must: demonstrate techniques from the koryū goshin no kata as requested by the examiner; verbally answer a question set by the examiner.

## **7TH / SHICHI DAN**

Randori kihon waza (uke without tantō)

Kihon ura waza

Koryū goshin no kata

A minimum of 8 years continuous practice after 6th dan is required.

Examinees must verbally answer a question set by the examiner.

## KIHON WAZA JU NANA HON NO KATA

### (RANDORI NO KATA)

(Seventeen Basic Techniques Kata)

- Atemi Waza (Striking Techniques)
  1. Shomen ate
  2. Aigamae ate
  3. Gyakugamae ate
  4. Gedan ate
  5. Oshiro ate
  
- Hiji Waza (Elbow Techniques)
  6. Oshi taoshi
  7. Ude Gaeshi
  8. Waki gatame (normal)
  9. Hiki taoshi
  10. Ude hineri
    - [Waki gatame (front, additional technique)]
  
- Tekubi Waza (Wrist Techniques)
  11. Kote hineri
  12. Kote gaeshi
  13. Tenkai kote hineri
  14. Tenkai kote gaeshi
  
- Uki Waza ('Raising'/'Floating' Techniques)
  15. Mae otoshi
  16. Sumi otoshi
  17. Hiki otoshi

## GOSHIN NO KATA

### Suwari-waza (Section A - Kneeling Techniques)

1. Oshi-taoshi
2. Gyaku-gamae-ate
3. Kote-gaeshi
4. Ryote-mochi-sukui-nage

*Hanza handachi (tori kneeling, uke standing):*

5. Tentai-kote-hineri
6. Tenkai kote gaeshi
7. Gedan-ate
8. Hiji-kime

### Tachi-waza (Section B - Standing Techniques)

1. Kote-mawashi
2. Uchi-tenkai-nage
3. Gyaku-gamae-ate
4. Hiji-kime
5. Mae-otoshi
6. Ushiro-waza-mae-otoshi
7. Ushiro-waza-tentai-kote-hineri
8. Mune-tori-kata-gatame

### Tanto-dori (Section C - Standing Techniques, hand against Knife)

1. Ushiro-ate
2. Gyaku-gamae-ate
3. Tentai-oshi-taoshi
4. Ushiro-ate
5. Ude-gatame
6. Kote-gaeshi
7. Tentai-kote-hineri
8. Shomen-giri-gendan-ate

Tachi-dori (Section D - Standing Techniques, hand against sword )

1. Mae-otoshi
2. Tenkai kote gaeshi
3. Ai-gamae-ate
4. Oshi-otoshi
5. Hiji-kujiki

Jo-no-bu Jo-dori (Section E - Standing Techniques, hand against Jo)

1. Gyaku-gamae-ate
2. Shomen-ate
3. Hishigi
4. Renraku-waza-hiji-hishigi
5. Irimi-mae-otoshi

Jo-no-bu Jo-no-tsukai-kata (Section F - Standing Techniques, Jo against hand)

1. Migi-sumi-otoshi
2. Migi-sumi-gori-hidari-sumi-otoshi
3. Tekube-kime-(gori)-shomen-tsuki
4. Mae-otoshi
5. Tenkai kote gaeshi
6. Shiho-nage-gyaku-kaiten-nage
7. Ude-kujiki
8. Kokyu-nage

Tachi-tai-tachi (Section G - Standing Techniques, Sword against Sword)

1. Ai-uchi-men
2. Hidari-men
3. Migi-men
4. Tsuki
5. Do
6. Kote-nuki-kote
7. Kaeshi-men
8. Hasso-waki-gamae

## AIKIDO GLOSSARY

*aigamae katate dori* right hand grasp to right wrist, or left hand grasp to left wrist

*aigamae naka sode dori* right hand grasp to right sleeve, or left hand grasp to left sleeve

*atemi waza* "striking" techniques, in practice there are no strikes, only pushes and pulls

*chū dan* middle level

*datotsushū* strikes, punches and kicks

*datsu ryoku* relaxed

*dō gi dori* grasps to the jacket

*gedan* low level

*go no sen* when uke attacks

*goshin hō* self-defence method

*gyakugamae katate dori* right hand grasp to left wrist, or left hand grasp to right wrist

*gyakugamae naka sode dori* right hand grasp to left sleeve, or left hand grasp to right sleeve

*gyakute dori* reverse grip

*hanza handachi* tori kneeling and uke standing

*hiji mochi no tsukuri kansetsu waza* technique structure, grasping uke's arm with both hands

*hiji waza* elbow techniques

*hontai no tsukuri* atemi waza technique structure

*hiki tate geiko* freestyle practice with some resistance to encourage good technique and combinations

*jō dan* high level

*junte dori* normal grip

*jū ji jime* choke with the arms crossed

*kaiten* turning of the body

*kakae dori* grasp around the arms and body from behind

*kakari geiko* basic freestyle practice with no resistance and usually only basic style techniques

*kansetsu waza* joint techniques

*katate ryō te* grasp with both hands to one wrist

*kihon no tsukuri* basic technique structure

*kihon ura waza* basic counter techniques

*kihon waza* basic techniques

*koryū goshin no kata* old way of self-defence

*kō hō no kuzushi* balance breaking from behind

*kō hō ryō te dori* grasp to both wrists from behind

*kō hō ukemi* backward breakfall

*kumi tachi* sword against sword techniques

*kuzushi* breaking balance

*mae eri dori* grasp with one hand to the jacket lapels

*mae geri* front kick

*nage waza* throwing techniques

*nigiri gaeshi* tori returns a grasp to uke's wrist after being grasped

*oku eri dori* grasp with one hand to the collar from behind  
*omote* in front  
*osae* pin down  
*randori kihon waza* basic randori techniques  
*ryō sode dori* grasp with both hands to the sleeves  
*shō ki no tsukuri* atemi waza technique structure, timing practice  
*shō men uchi* straight downward strike with the hand blade  
*shō men tsuki* straight punch  
*suwari waza* kneeling techniques  
*tachi dori* techniques against a sword  
*tachi waza* standing techniques  
*tai sabaki* avoidance  
*tantō dori* techniques against a knife  
*tantō randori* freestyle practice against a knife  
*tegatana* hand blade  
*tegatana dō sa* basic hand blade movements  
*tegatana no tsukuri* kansetsu waza technique structure, using the handblade  
*tekubi dori* grasps to the wrist  
*tekubi waza* wrist techniques  
*uki waza* "raising" techniques  
*unsoku* basic foot movements  
*ura* behind  
*yari* (techniques using a) spear  
*yari dori* attacks with a spear

*yokomen uchi* angled downward strike with the hand blade

*yoko ukemi* side breakfall

*zenpō kaiten ukemi* forward rolling breakfall

*zenpō ryō te dori* grasp to both wrists from the front