



SHŌDŌKAN AIKIDŌ GRADING SYLLABUS

GRADE minimum hours	SUWARI WAZA (kneeling techniques)	KIHON WAZA (basic techniques)	KIHON NO TSUKURI (structuring techniques)	
8TH KYŪ Blue >20 hrsø practice		AIGAMAE KATATE DORI 1. Sh men ate 2. Oshi taoshi 3. Kote gaeshi	UNSOKU (foot movements) KŌHŌ UKEMI YOKO UKEMI (back & side break-falls)	
7TH KYŪ Blue >20 hrsø practice after 8th ky		GYAKU GAMAE KATATE DORI 1. Aigamae ate 2. Hiki taoshi 3. Tenkai kote hineri	TEGATANA DŌSA (hand blades) ZENPŌ KAITEN UKEMI (forward rolls kneeling)	
6TH KYŪ Blue >20 hrsø practice after 7th ky		1. <i>Kōhō ryōte dori - gyaku gamae ate</i> 2. <i>Aigamae katate dori - waki gatame</i> 3. <i>Hanza handachi gyaku gamae katate dori - tenkai kote gaeshi</i>	ZENPŌ KAITEN UKEMI (forward rolls standing) SHIKKŌ (knee walking)	

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5TH KYŪ Green >40 hrsøpractice after 5th ky	<i>Shōmen uchi</i> - Oshi taoshi osae, omote and ura	ATEMI WAZA 1. Sh men ate 2. Aigamae ate 3. Gyaku gamae ate 4. Gedan ate 5. Ushiro ate	ATEMI WAZA TSUKURI Atemi waza hontai no tsukuri 1. Sh men ate 2. Aigamae ate	KANSETSU WAZA TSUKURI Kansetsu waza tegatana jōdan no tsukuri 1. Junte dori - oshi taoshi 2. Gyakute dori - hiki taoshi	
4TH KYŪ Green >40 hrsøpractice after 5th ky	<i>Shōmen uchi</i> - Oshi taoshi gyakute dori kote hineri osae, omote and ura	HIJI WAZA 6. Oshi taoshi 7. Ude gaeshi 10. Waki gatame - omote 8. Hiki taoshi 9. Ude hineri 10. Waki gatame - ura	Atemi waza hontai no tsukuri 3. Gyakugamae ate 4. Gedan ate 5. Ushiro ate	Kansetsu waza tegatana gedan no tsukuri 3. Junte dori ó tenkai kote gaeshi 4. Gyakute dori - kote gaeshi	
3RD KYŪ Green >40 hrsøpractice after 4th ky	<i>Shōmen uchi</i> - oshi taoshi junte dori kote hineri osase, omote and ura	TEKUBI WAZA 11. Kote hineri 12. Kote gaeshi 13. Tenkai kote hineri 14. Tenkai kote gaeshi	Atemi waza hontai no tsukuri 1. Sh men ate 2. Aigamae ate 3. Gyakugamae ate 4. Gedan ate 5. Ushiro ate	Nigiri kaeshi jōdan no tsukuri 1. Aigamae junte - oshi taoshi 2. Aigamae gyakute - oshi taoshi 3. Gyakugamae junte - hiki taoshi 4. Gyakugmae gyakute - hiki taoshi	NAGE NO KATA OMOTE 1. J dan (aigamae, gyakugamae) 2. Chudan (aigamae, gyakugamae) 3. Gedan (aigamae, gyakugamae) 4. Ushiro ry te dori (1)

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GRADE minimum hours	SUWARI WAZA (kneeling techniques)	KIHON WAZA (basic techniques) UKI WAZA	KIHON NO TSUKURI (structuring techniques)		KORYŪ NO KATA (Traditional kata)
2ND KYŪ Brown >60 hrsø practice after 3rd ky	<i>Shōmen uchi -</i> Oshi taoshi tekubi osae, omote and ura	15. Mae otoshi 16. Sumi otoshi 17. Hiki otoshi	Atemi waza shōki no tsukuri (Stride jumping) 1. Sh men ate 2. Aigamae ate	Nigiri kaeshi gedan no tsukuri 1. Aigamae junte ó tenkai kote gaeshi 2. Aigamae gyakute - kote gaeshi 3. Gyakuhamae junte ó tenkai kote gaeshi 4. Gyakugamae gyakute - kote gaeshi	NAGE NO KATA URA Aigamae and Gyakugamae 1. J dan 2. Chudan 3. Gedan 4. Ushiro ry te dori (1)

GRADE minimum hours	URA WAZA KIHON URA WAZA		KIHON WAZA (basic techniques)	KIHON NO TSUKURI (structuring techniques)	
	1ST KYŪ Brown >60 hrsø practice after 2nd ky	Atemi waza no ura 1. Shomen ate to Waki gatame 2. Aigamae ate to Oshi taoshi 3. Gyaku gamae ate to Gedan ate 4. Gedan ate to Aigamae ate 5. Ushiro ate to Tenkai kote hineri Kansetsu waza no ura 6. Oshi taoshi to Oshi taoshi 8. Hiki taoshi to Tenkai kote hineri 12. Kote gaeshi to Kote gaeshi 13. Tenkai kote hineri to Waki gatame 14. Tenkai kote gaeshi to Tenkai kote gaeshi.	RANDORI KIHON WAZA All 17 techniques executed from walking in, performed snappily and with full awareness. Uke without tantō.	Atemi waza shōki no tsukuri Structuring, timing and taking the chance to win. (Stride jumping) 3. Gyakugamae ate 4. Gedan ate 5. Ushiro ate Randori hō tai sabaki (against tanto) 1. Without using hands 2. Using tegatana	Kansetsu waza Hiji mochi no tsukuri (Elbow-taking technique- structuring) 1. Jōdan junte dori - oshi taoshi gyakute dori - waki gatame 2. Gedan Junte dori ó tenkaikote gaeshi Gyakute dori - kote gaeshi

Shodokan Aikido Sydney, Shodokan Aikido International Network, Japan, Kyū and Dan grade syllabus.
(revised 10th April 1995, by Nariyama Tetsuro Shihan, 8th Dan).

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SHŌDAN Black belt >100 hrsø practice after 1st ky	10 KAESHI WAZA 1 Oshi taoshi to Ushiro ate (tant) 2 Hiki taoshi to Shomen ate (tant) 3 Waki gatame to Gyakugamae ate (toshu) 4 Kote gaeshi to Ushiro ate (tant) 5 Kote gaeshi to Gedan ate (toshu)	RANDORI KIHON WAZA (against tantō) All 17 techniques executed from walking in, performed snappily and with full awareness.	Tantō kakari geiko and hiki tate geiko 2 min., changing tant after 1 min. Correct timing is essential for effective atemi waza. Good preparation is essential for effective kansetsu waza.	KORYŪ GOSHIN NO KATA (Traditional self-defence kata) Suwari waza (4) Hanza handachi waza (4) Tachi waza (8)
NI DAN >200 daysø practice after shodan	6 Tenkai kote hineri to Ushiro ate (tant) 7 Tenkai kote gaeshi to Gyakugamae ate (tant) 8 Tenkai kote gaeshi to Gyakugamae ate (toshu) 9 Mae otoshi to Gedan ate (tant) 10 Sumi otoshi to Shomen ate (toshu) (Kaeshi waza added by Shodokan Hombu 2007)	RANDORI KIHON WAZA (against tantō) All 17 techniques executed from walking in, performed snappily and with full awareness.	Tantō randori 3x2 min., changing tant after 1 min. each time For older people, Koryu nage-no-kata omote and ura (14) .	Suwari waza (4) Hanza handachi waza (4) Tachi waza (8) Tant dori (8)
SAN DAN >250 daysø practice after nidan		RANDORI KIHON WAZA (against tantō) All 17 techniques executed from walking in, performed snappily and with full awareness.	Tantō randori 4x2 min., changing tant after 1 min. each time. For older people, Koryu nage-no-kata as for Nidan plus 11 y waza.	As for Nidan plus Tachi dori against ken (5) Yari dori against yari (5) Yari, using yari (8) Kumi tachi, ken against ken (8)

Summary of Koryū Goshin no Kata

Suwari waza 1. Oshi taoshi - <i>back fist to face</i> 2. Gyaku gamae ate - <i>yokomen uchi</i> 3. Kote gaeshi - <i>punch to belly</i> 4. Ryōte mochi tsukui nage <i>Ryōte dori, grasp both hands</i> Hanza handachi 5. Tenkai kote hineri <i>Rear strangle with RH</i> 6. Tenkai kote gaeshi <i>Wrist grasp R to L</i> 7. Gedan ate <i>Sleeve grasp L to R</i> 8. Hiji kime mae otoshi - <i>lapel grasp RH</i>	Tachi waza 1. Kote mawashi - <i>lapel grasp RH</i> 2. Uchi tenkai nage - <i>R-L wrist grasp</i> 3. Gyaku gamae ate - <i>L-R sleeve grasp</i> 4. Hiji kime ude gaeshi - <i>R-L wrist grasp</i> 5. Mae otoshi - <i>front juu-ji choke</i> 6. Ushiro waza mae otoshi - <i>R-R rear strangle</i> 7. Ushiro waza tenkai kote hineri - <i>rear hug</i> 8. Mune tori kata gatame - <i>lapel grasp with pull using right hand</i>	Tantō dori 1. Ushiro ate - <i>shomen kiri</i> 2. Gyaku gamae ate - <i>yokomen kiri to left temple</i> 3. Tentai oshi taoshi - <i>yokomen kiri to right temple</i> 4. Ushiro ate - <i>L kamae tsuki</i> 5. Ude gatame - <i>L side tsuki</i> 6. Kote gaeshi - <i>R side tsuki</i> 7. Tenkai kote hineri - <i>L hand extended forward</i> 8. Shōmen giri gedan ate - <i>yokomen kiri to left temple</i>	Tachi dori Defence against sword. 1. Mae otoshi - <i>men cut</i> 2. Shiho nage - <i>men cut</i> 3. Aigamae ate - <i>jodan tsuki</i> 4. Oshi taoshi - <i>R dō cut</i> 5. Hiji kujiki - <i>men cut</i>	Yari dori Defence against a spear 1. Gyaku gamae ate - <i>tsuki</i> 2. Shōmen ate - <i>tsuki</i> 3. Hishigi - <i>tsuki</i> 4. Renraku waza hiji hishigi - <i>tsuki</i> 5. Irimi mae otoshi - <i>tsuki to right collar bone</i>	Yari Tori attacks with a spear 1. Migi sumi otoshi ó <i>tsuki(In)</i> 2. Migi sumi gori hidari sumi otoshi ó <i>tsuki(In)</i> 3. Tekubi kime gori shomen tsuki ó <i>tsuki(In)</i> 4. Mae otoshi ó <i>tsuki(Out)</i> 5. Shiho nage ó <i>tsuki(In)</i> 6. Shiho nage gyaku kaiten nage ó <i>tsuki(Out)</i> 7. Ude kujiki ó <i>tsuki(Out)</i> 8. Kokyu nage ó <i>tsuki(Out)</i>	Kumi tachi Sword against sword 1. Ai uchi men - <i>men cut</i> 2. Migi men - <i>men cut</i> 3. Hidari men - <i>men cut</i> 4. Tsuki to throat - <i>men cut</i> 5. Dō kesa giri - <i>men cut</i> 6. Kote nuki kote - <i>wrist cut</i> 7. Hidari kaeshi men - <i>men cut</i> 8. Renzoku waza - <i>continuous attack & defence Yokomen cut to L calf - L jodan tsuki - R jodan tsuki - L yokomen uchi - R ykomen uchi.</i>
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YON DAN			GO DAN		
>4 Years' continuous practice after Sandan			>5 Years' continuous practice after Yondan		
Tegatan no kuzushi			Goshin hō (tekubi dori)		
<i>Jōdan aigamae</i>	1	Ushiro ate	<i>Ai gamae katate dori</i>	1	Oshi taoshi
<i>Jodan gyaku gamae</i>	2	Ushiro ate		2	Hiki taoshi
<i>Chudan aigamae</i>	3	Oshi taoshi		3	Kote hineri
<i>Chudan gyaku gamae</i>	4	Hiki taoshi		4	Kote gaeshi
<i>Gedan aigamae</i>	5	Kote gaeshi		5	Tenkai kote hineri
<i>Gedan gyaku gamae</i>	6	Kote gaeshi	<i>Gyaku gamae katate dori</i>	6	Hiki taoshi
<i>Ushiro ryōte dori</i>	7	Oshi taoshi		7	Gyakute dori kote hineri
<i>Ushiro ryōte dori</i>	8	Ushiro ate		8	Waki gatame
Goshin hō (tekubi dori)				9	Tenkai kote gaeshi ura
<i>Ai gamae katate dori</i>	9	Shōmen ate		10	Sumi otoshi
	10	Gedan ate	<i>Katate ryōte dori</i>	11	Tentai oshi taoshi
<i>Gyaku gamae katate dori</i>	11	Shōmen ate		12	Kote gaeshi
	12	Aigamae ate	<i>Zenpō ryōte dori</i>	13	Aigamae ate Tenchi nage
	13	Gyakugamae ate		14	Aigamae ate Tenchi nage ura
Goshin hō (datotsushū)			<i>Kōhō ryōte dori</i>	15	Tenkai ude hineri nage
<i>Shōmen uchi</i>	14	Aigamae ate		16	Kote gaeshi
	15	Oshi taoshi		17	Tenkai kote gaeshi
<i>Yokomen uchi</i>	16	Aigamae ate		18	Tenkai yakute dori kote hineri
	17	Tenkai kote gaeshi			
<i>Shōmen tsuki</i>	18	Kote gaeshi			
<i>Mae geri</i>	19	Shōmen ate			
Additionally, part of the Goshin no kata, usually the first eight (suwari waza plus hanza handachi waza).			Additionally, part of the Goshin no kata, usually the first eight (suwari waza plus hanza handachi waza).		