

Grading Syllabus

NZ Aikikai Federation – Grading Syllabus – 1 January 2006.

Grade	Pre-requisite for Exam	Ikkyo	Nikkyo	Sankyo	Yonkyo	Gokyo	Shiho Nage	Irimi Nage	Kote-gaeshi	Kaiten Nage	Tenchi Nage	Jiyu Nage	Kokyu-ho
6th Kyu	20 days of practice.	Shomen-uchi	-	-	-	-	Katate-dori	Shomen-uchi	-	-	-	-	Suwari Waza
5th Kyu	45 days of practice after obtaining 6th Kyu.	Shomen-uchi	-	-	-	-	Katate-dori	Shomen-uchi	-	-	-	-	Suwari Waza
4th Kyu	60 days of practice after obtaining 5th Kyu.	Shomen-uchi	Kata-dori	-	-	-	Yokomen-uchi	Shomen-uchi	-	-	-	-	Suwari Waza
3rd Kyu	75 days of practice after obtaining 4th Kyu.	Shomen-uchi (Suwari Waza & Tachi Waza)				-	Ryote-dori Yokomen-uchi	Shomen-uchi Tsuki		Katate-dori	Ryote-dori	Katate-dori	Suwari Waza
2nd Kyu	75 days of practice after obtaining 3rd Kyu.	Shomen-uchi Kata-dori (Suwari Waza & Tachi Waza)				-	Katate-dori (Hanmi-hadachi & Tachi Waza)	Shomen-uchi Tsuki Katate-dori (Tachi Waza)		Katate-dori	Ryote-dori	Katate-dori Ryote-dori	Suwari Waza
1st Kyu	90 days of practice after obtaining 2nd Kyu.	Shomen-uchi Yokomen-uchi Kata-dori Ushiro Ryote-dori (Suwari Waza & Tachi Waza)				Yokomen-uchi	Katate-dori Ryote-dori (Hanmi-hadachi & Tachi Waza)	Shomen-uchi Tsuki Katate-dori			Ryote-dori	Katate-dori Ryote-dori Morote-dori	Suwari Waza & Tachi Waza
Sho Dan	105 days of practice after obtaining 1st Kyu.	Combinations of Toshu Waza, Uchi Waza & Ushiro Waza from Suwari Waza, Hanmi-hadachi and Tachi Waza.											
Ni Dan	Minimum 2 years since Shodan with 300 days of practice.	Same as above plus Tanto Dori and Futari-gake.						Submit an essay on some Aikido-related subject.					
San Dan	Minimum 3 years since Nidan with 450 days of practice.	Same as above plus Tanto Dori, Jo Dori and Taninzu-gake.						Same as above (Topics will be assigned).					
Yo Dan	Minimum 4 years since Sandan with 450 days of practice.	Jiyu Waza for all of the above plus a short essay.											