

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 6<sup>th</sup> KYU

- 50 forward ukemi before each class
- able to demonstrate Mae/ Ushiro (forward/ backward) ukemi and shikko (knee walking)

### Tachi Waza – Standing Techniques

Ai Hanmi Katate Dori – Same side wrist grasp

Ikkyo (omote /ura)

Irimi Nage

Kote Gaeshi

Ude Kime Nage

Shiho-nage (omote/ura)

Uchi Kaiten Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 5<sup>th</sup> KYU

- 100 forward ukemi before each class

#### Suvari Waza

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

#### Tachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Ude Kime Nage, Shiho-nage (omote/ura), Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu-nage (3 forms)

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

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# Edinburgh & Newcastle Aikido

## Grading Requirements

### 4<sup>th</sup> KYU

- 200 forward ukemi before each class

#### Suvari Waza

Shomen Uchi

Ikkyo - Nikyo(omote/ura), Irimi Nage, Kote Gaeshi

Kata Dori

Ikkyo (omote/ura), Nikyo ura, Irimi Nage

#### Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Uchi Kaiten Nage, Soto Kaiten Nage

#### Tachi Waza

Morote Dori

Ikkyo (omote/ura), Nikyo (omote/ ura), Irimi Nage, Ude Kime Nage, Shiho Nage, Koshi Nage, Juji Garame Nage

Yokomen Uchi

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 4<sup>th</sup> KYU (continued)

#### Buki Waza

Tanto-dori, chudan tsuki

Kote Gaeshi, Uchi Kaiten Sankyo

Jo-dori, chudan tsuki

Shiho Nage, Kokyu Nage, Kote Gaeshi, Ude Kime Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 3<sup>rd</sup> Kyu

- 300 ukemi before each class

#### Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage

#### Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

#### Tachi Waza

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage

Ryote Dori

Tenchi Nage, Kokyu Nage, Shiho Nage, Ikkyo (omote/ura), Koshi Nage, Kote Gaeshi

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 3rd KYU (continued)

#### Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage

#### Buki Waza

Tanto dori, chudan tsuki

Gokyo, Kote Gaeshi, Hiji Kime Osae, Uchi Kaiten Sankyo

Jo Nage

Jyu Waza (at least 5 techniques)

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# Edinburgh & Newcastle Aikido

## Grading Requirements

### 2<sup>rd</sup> Kyu

- 400 ukemi before each class

#### Suwari Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage, Kokyu Nage

#### Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

#### Tachi Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage omote, Uchi Kaiten Nage, Soto Kaiten Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 2<sup>rd</sup> Kyu (continued)

#### Tachi Waza (continued)

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage, Kokyu Nage

#### Ushiro Waza

Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Kokyu Nage, Juji Garamé Nage, Koshi Nage

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# Edinburgh & Newcastle Aikido

## Grading Requirements

### 2nd KYU (continued)

#### Buki Waza

Tanto-dori, chudan tsuki  
yokomen uchi  
shomen uchi

Jyu Waza  
Gokyo  
Gokyo

Jo-dori, chudan tsuki

Kote Gaeshi, Irimi Nage, Shiho Nage, Ude Kime Nage,  
Hiji Kime Osae, Kokyu Nage

Jo Nage

Jyu Waza

Tachi Dori

Ikkyo, Shiho Nage, Kote Gaeshi, Ude Kime Nage,  
Kokyu Nage, Koshi Nage

Itte Kumi Tachi

Jyu Waza

#### Taninzugake

Ryo Kata Dori

2 uke

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 1<sup>st</sup> Kyu

- 500 ukemi before each class

#### Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage, Kokyu Nage

Kata Dori

Ikkyo (omote/ura), Nikyo ura, Irimi Nage

#### Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

Ushiro Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Juji Garame Nage, Kokyu Nage

Shomen Uchi

Jyu Waza

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 1<sup>st</sup> Kyu (continued)

#### Tachi Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Muna Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage, Kokyu Nage

Chudan Tsuki

Jyu Waza

#### Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage, Ude Kime Nage, Koshi Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### 1<sup>st</sup> Kyu (continued)

#### Ushiro Waza (continued)

Katate Dori Kubi-shime

Ikkyo omote, Sankyo (omote/ura), Irimi Nage, Koshi Nage, Juji Garame Nage, Kokyu Nage, Shiho Nage, Kote Gaeshi

Eri Dori

Ikkyo omote, Nikyo ura, Irimi Nage, Kote Gaeshi, Shiho Nage

#### Buki Waza

Tanto-dori, chudan tsuki  
yokomen uchi  
shomen uchi

Jyu Waza  
Gokyo, Shiho Nage  
Jyu Waza

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# Edinburgh & Newcastle Aikido

## Grading Requirements

### 1<sup>st</sup> Kyu (continued)

#### Buki Waza (continued)

Jo-dori, chudan tsuki

Jyu Waza

Jo Nage

Jyu Waza

Tachi Dori

Ikkyo, Shiho Nage, Kote Gaeshi, Ude Kime Nage,  
Kokyu Nage, Koshi Nage

Itte Kumi Tachi

Jyu Waza

#### Taninzugake

Ryo Kata Dori

3 uke

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# Edinburgh & Newcastle Aikido

## Grading Requirements

### Shodan / Nidan AIKIKAI

- 500 ukemi before each class
- Note: this list is for guidance only. The visiting instructor may ask for other techniques

### Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage, Kokyu Nage

### Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

Ushiro Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Juji Garamé Nage, Kokyu Nage

Shomen Uchi

Jyu Waza

# Edinburgh & Newcastle Aikido

## Grading Requirements

### Shodan / Nidan AIKIKAI (continued)

#### Tachi Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage, Kokyu Nage

Chudan Tsuki

Jyu Waza

#### Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage, Koshi Nage

# Edinburgh & Newcastle Aikido

## Grading Requirements

### Shodan / Nidan AIKIKAI (continued)

#### Buki Waza

Tanto dori, chudan tsuki

Jyu Waza

Jo dori, chudan tsuki

Jyu Waza

Jo Nage

Jyu Waza

#### Taninzugake

Ryo Kata Dori

3 uke

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