

## AIKIKAI FOUNDATION Aikido World Headquarters

### AIKIKAI GRADING SYSTEM \*

Exam. for grade of:	CONTENTS											
	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyuwaza	Kokyu-ho
5th Kyu	Shomen-uchi					Katatedorii	Shomen-uchi					Sitting
4th Kyu	Shomen-uchi	Katadori				Yokomen-uchi	Shomen-uchi					Sitting
3rd Kyu	Shomen-uchi (Sitting and Standing)					Ryotedori Yokomen-uchi	Shomen-uchi Tsuki			Ryotedori		Sitting
2nd Kyu	Shomen-uchi (Sitting and Standing) Katadori (Sitting and Standing)					Katatedorii (Hanmi-handachi)	Shomen-uchi Tsuki (Standing) Katatedori		Katatedorii	Ryotedori	Katatedori	Sitting
1st Kyu	Shomen-uchi (Sitting and Standing) Yokomen-uchi (Sitting and Standing) Katadori (Sitting and Standing) Ushiro Ryotedori				Yokomen-uchi	Katatedorii Ryotedori (Hanmi-handachi & Standing)	Shomen-uchi Tsuki Katatedori			Ryotedori	Katatedorii Ryotedori Morotedori	Sitting Standing
1st Dan	Unarmed techniques (sitting, sitting vs. standing, standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)											
2nd Dan	Same as above plus Tantodori and Futarigake											
3rd Dan	Same as above plus Tachidori, Jodori and Taninzugake											
4th Dan	Jiyuwaza for all of the above											

\*modified ShoShin Dojo version, without textwork for Dan grades