

Brighton Aikikai Kyu and Dan Grading Syllabus

As Fédération Française d'Aïkido Aïkibudo et Affinitaires



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Minimum practice time between grades:

5th kyu	Gokyu	2 months	These periods should be regarded as the absolute minimum time between grades and could only be achieved by a normal student training daily and intensively. For the majority of practitioners, a period of 2-3 times longer should be envisaged.
4th kyu	Yonkyu	3 months	
3rd kyu	Sankyu	6 months	
2nd kyu	Nikyu	7 months	
1st kyu	Ikkyu	8 months	
1st dan	Shodan	1 year	
2nd dan	Nidan	2 years	
3rd dan	Sandan	3 years	
4th dan	Yondan	4 years	

Black belt syllabus:

1st dan	Shodan	as for Ikkyu plus jiyuwaza (one attacker) against all forms of attack
2nd dan	Nidan	Randori with two attackers plus Jo & Tanto dori
3rd dan	Sandan	as for Nidan plus Randori with three attackers
4th dan	Yondan	as for Sandan plus Aikiken & Aikijo

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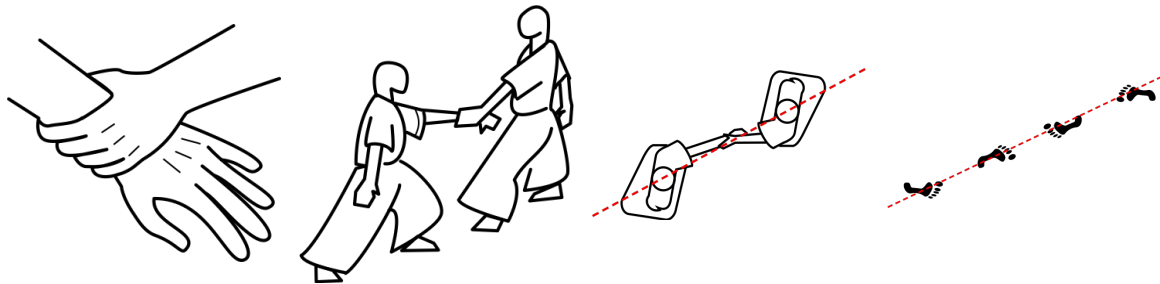
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Here's a visual reminder for those who have been practicing for a few classes. It's the most basic attack we start from; **Katate dori**, a one-handed grab of the defenders wrist:

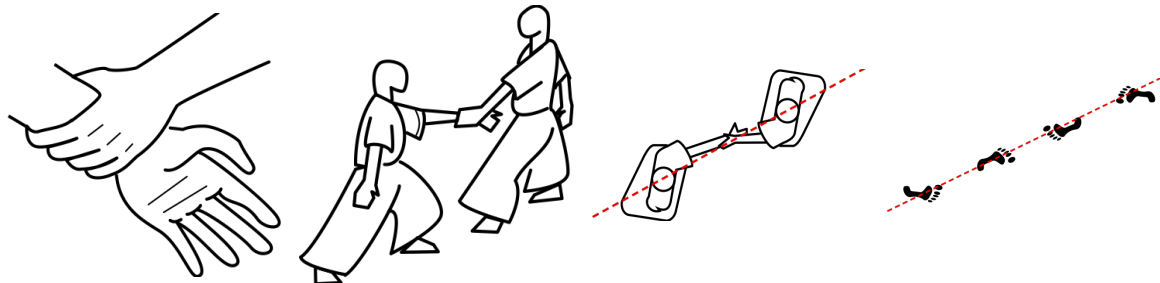
Ai hanmi Katate dori

for Ikkyo, Irimi nage, etc.



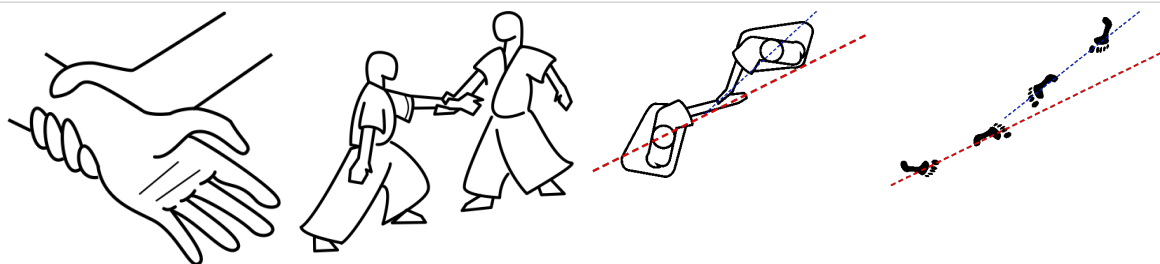
Ai hanmi Katate dori, second form

for Shiho nage, Kote gaeshi, etc.



Gyaku hanmi Katate dori

for Shiho nage, Tenchi nage, etc.



Gokyu (5th kyu)

Tachi Waza			
	Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori		Tenchi Nage Shiho Nage
Ai Hanmi	Shomen Uchi	Ikkyo	Irimi Nage
	Katate Dori	Ikkyo	Irimi Nage Shiho Nage

Suwari Waza			
	Attacks	Pins	Throws
Shikko			
Seiza	Ryote Dori		Kokyu Ho

Yonkyu (4th kyu)

Tachi Waza			
	Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori	Ikkyo Nikyo	Uchi Kaiten Nage Kokyu Nage Kote Gaeshi Irimi Nage Sokumen Irimi Nage Ude Kime Nage
	Kata Dori	Ikkyo Nikyo	
	Yokomen Uchi		Shiho Nage Ude Kime Nage
	Ryote Dori		Tenchi Nage
Ai Hanmi	Shomen Uchi		Kote Gaeshi
	Katate Dori	Nikyo Sankyo	Kote Gaeshi Ude Kime Nage
Ushiro	Ryote Dori	Sankyo	

Suwari Waza			
	Attacks	Pins	Throws
Ai Hanmi	Shomen Uchi	Ikkyo	Irimi Nage
	Katate Dori	Ikkyo	Irimi Nage

Sankyu (3rd kyu)

Tachi Waza

	Attacks	Pins	Throws
Gyaku Hanmi	Yokomen Uchi	Ikkyo Nikyo Sankyo Yonkyo	Kote Gaeshi Irimi Nage
	Ryote Dori	Ikkyo	Shiho Nage
	Katate Ryote Dori	Ikkyo Nikyo	Kokyu Nage Ude Kime Nage
Ai Hanmi	Shomen Uchi	Nikyo Sankyo Yonkyo	
Ushiro	Ryote Dori	Ikkyo Nikyo	Kote Gaeshi Irimi Nage Shiho Nage Ude Kime Nage
	Various		Kokyu Nage

Suwari Waza

	Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori	Ikkyo Nikyo	
	Kata Dori	Ikkyo Nikyo	
Ai Hanmi	Shomen Uchi	Nikyo Sankyo Yonkyo	Kote Gaeshi

Handachi Waza

	Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori		Uchi Kaiten Nage Shiho Nage
Ai Hanmi	Shomen Uchi		Irimi Nage

Nikyu (2nd kyu)

Tachi Waza		Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori		Sankyo Yonkyo	Koshi Nage Sumi Otoshi Aiki Otoshi
	Kata Dori		Sankyo Yonkyo	
	Yokomen Uchi		Gokyo	
	Chudan Tsuki		Ikkyo	Irimi Nage
	Ryote Dori			Kote Gaeshi Irimi Nage
	Mae Ryo Kata Dori			Sokumen Irimi Nage
	Katate Ryote Dori			Irimi Nage
	Kata Dori Men Uchi		Ikkyo Nikyo Sankyo	Kote Gaeshi Irimi Nage Shiho Nage
Ai Hanmi	Shomen Uchi			Soto Kaiten Nage Uchi Kaiten Nage Shiho Nage
	Jodan Tsuki		Hiji Kime Osae	
	Katate Dori			Koshi Nage
Ushiro	Ryote Dori			Sokumen Irimi Nage Juji Garami
	Ryo Kata Dori		Ikkyo Nikyo Sankyo	Sokumen Irimi Nage
	Ryo Hiji Dori		Ikkyo	
	Various			Kokyu Nage

Suwari Waza		Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori			Kote Gaeshi Irimi Nage
	Kata Dori		Sankyo	
	Yokomen Uchi		Ikkyo Nikyo Sankyo Yonkyo Gokyo	Irimi Nage
	Mae Ryo Kata Dori		Ikkyo Nikyo	

Handachi Waza		Attacks	Pins	Throws
Gyaku Hanmi	Kata Dori			Soto Kaiten Nage
	Ryote Dori			Shiho Nage
Ai Hanmi	Shomen Uchi			Kote Gaeshi

Ikkyu (1st kyu)

Tachi Waza			
	Attacks	Pins	Throws
Gyaku Hanmi	Chudan Tsuki	Nikyo Sankyo	Kaiten Nage Kote Gaeshi
	Katate Ryote Dori		Juji Garami
	Mune Dori		Shiho Nage
Ai Hanmi	Shomen Uchi	Gokyo	
	Jodan Tsuki	Ikkyo Nikyo Sankyo	Kaiten Nage Irimi Nage Shiho Nage
Ushiro	Eri Dori		Kote Gaeshi Shiho Nage
	Katate Dori Kubi Shime		Kokyu Nage Shiho Nage
	Various	Ikkyo Nikyo Sankyo Yonkyo Hiji Kime Osae	Kaiten Nage Koshi Nage Sokumen Irimi Nage Sumi Otoshi

Suwari Waza			
	Attacks	Pins	Throws
Gyaku Hanmi	Yokomen Uchi		Kote Gaeshi
Ai Hanmi	Shomen Uchi	Gokyo	

Handachi Waza			
	Attacks	Pins	Throws
Gyaku Hanmi	Katate Dori	Nikyo	
Ai Hanmi	Shomen Uchi	Ikkyo Nikyo Gokyo	