



Traditional
AIKIDO
Of Lincoln Grading Requirements

6th Kyu Students to have completed the Beginners course
Rokyu White belt yellow stripe

<i>Strikes/Holds Exercises</i>	<i>Techniques</i>	<i>Options</i>	<i>Postures</i>
<i>Ukemi</i>		<i>Mae/Ushiro</i>	<i>Suwariwaza</i>
<i>Katate Dori</i>	<i>Tai no henko</i>	<i>Kihon/Nagare</i>	<i>Tachiwaza</i>
<i>Morote Dori</i>	<i>Kokyuho</i>	<i>Kihon</i>	<i>Tachiwaza</i>
<i>Shikko</i>			
<i>Shomenuchi</i>	<i>Ikkyo</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Munetsuki</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Kokyu Dosa</i>			<i>Suwariwaza</i>

5th Kyu Students to have trained on a regular basis since 6th Kyu
Gokyu Yellow belt for a period of 3 months

All previous syllabus plus the following

<i>Katate Dori</i>	<i>Shionage</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Ikkyo</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Nikkyo</i>	<i>Ura</i>	<i>Tachiwaza</i>
<i>Kata Dori</i>	<i>Nikkyo</i>	<i>Omote/ura</i>	<i>Tachiwaza</i>
<i>Bukiwaza</i>	<i>Seven Bokken 1st 5 Jo Suburi</i>		

4th Kyu
Yonkyu Orange belt

Students to have trained regular since 5th Kyu
for a period of 3 months
Fill previous syllabus plus the following

Shomenuchi	Nikkyo	Omote/Ura	Tachiwaza
Shomenuchi	Sankyō	Omote/Ura	Tachiwaza
Shomenuchi	Iriminage		Tachiwaza
Shomenuchi	Kotegaeshi		Tachiwaza
Munetsuki	Ikkyō	Omote/Ura	Tachiwaza
Yokomenuchi	Shionage	Omote/Ura	Tachiwaza
Gyakute Dori	Kotegaeshi		Tachiwaza
Gyakute Dori	Kokyunage		Tachiwaza
Katate Dori	Kokyunage		Tachiwaza
Katate Dori	Iriminage		Tachiwaza
Morote Dori	Kokyunage		Tachiwaza
Ryote Dori	Ikkyō	Omote	Tachiwaza
Ryote Dori	Nikkyō	Ura	Tachiwaza
Ryote Dori	Shionage	Omote/Ura	Tachiwaza
Bukiwaza	Left/Right 5th 7th Awase Happo Giri 1st 10 Jo Suburi San ju ichi no Jo		

3rd Kyu
Sankyū Green belt

Students to have trained on regular basis for a period
of 4 months
Fill previous syllabus plus the following

Shomeuchi	Yonkyō	Omote/Ura	Tachiwaza
Shomenuchi	Shionage	Omote/Ura	Tachiwaza
Katate Dori	Iriminage		Tachwaza

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Sankyu Syllabus Continued

<i>Katate Dori</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Koshinage</i>		<i>Tachiwaza</i>
<i>Ryote Dori</i>	<i>Koshinage</i>		<i>Tachiwaza</i>
<i>Munetski</i>	<i>Koshinage</i>		<i>Tachiwaza</i>
<i>Ushiro Ryote Dori</i>	<i>Koshinage</i>		<i>Tachiwaza</i>
<i>Ushiro Ryokata Dori</i>	<i>Kokyunage</i>	<i>2 Variations</i>	<i>Tachiwaza</i>
<i>Ushiro Ryote Dori</i>	<i>Kokyunage</i>	<i>2 Variations</i>	<i>Tachiwaza</i>
<i>Ushiro katate Dori Kubishime</i>	<i>Kokyunage</i>	<i>2 Variations</i>	<i>Tachiwaza</i>
<i>Bukiwaza</i>	<i>Ju San No Jo 20 Jo Suburi Ki Musubi no Tachi 1st Kunitachi</i>		

*2nd Kyu
Nikkyu Blue belt*

*Students to have trained on regular basis for a period of 6 mths
All previous syllabus plus the following*

<i>Shomenuchi</i>	<i>Ikkyo Through to Yonkyo Omote/Ura</i>		<i>Suwariwaza</i>
<i>Any Attack</i>	<i>Ikkyo Through to Yonkyo Omote/Ura</i>		<i>Tachiwaza</i>
<i>Any Attack</i>	<i>Kotegaeshi</i>	<i>5 Variations</i>	<i>Tachiwaza</i>
<i>Any Attack</i>	<i>Shionage</i>	<i>5 Variations</i>	<i>Tachiwaza</i>
<i>Shomenuchi</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Kata Dori</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Ryote Dori</i>	<i>Tenchinage</i>	<i>Kihon/Nagare</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Kaitenage</i>	<i>Soto/Uchi/Mawari</i>	<i>Tachiwaza</i>
<i>Ushiro Ryote Dori</i>	<i>Jujigarame</i>		<i>Tachiwaza</i>
<i>Ushiro Kubishime</i>	<i>Jujigarame</i>		<i>Tachiwaza</i>
<i>Mune Dori</i>	<i>Jujigarame</i>		<i>Tachiwaza</i>

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Nikkyu Syllabus Contiued

<i>Any Attack</i>	<i>Koshinage</i>	<i>5 Variations</i>	<i>Tachiwaza</i>
<i>Any Attack</i>	<i>Kokyunage</i>	<i>4 Variations</i>	<i>Tachiwaza</i>
<i>Ushiro Ryote</i>		<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Ushiro Ryokata</i>		<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Ushiro Katate</i> <i>Dori Kubishime</i>		<i>3 Variations</i>	<i>Tachiwaza</i>

Jiyu Waza 1 Uke

Bukiwaza *1-5 Kumitachi* *31 Kumijo*
Tanken Dori *Escape knife to rear,* *Yokomenuchi Gokkyo*
Munetsuki Kotegaeshi

1st Kyu
Ikkyu Brown Belt

Students to have trained for a period of 9 months on a regular basis
Since taking 2nd Kyu
All previous syllabus plus the following

<i>Any Attack</i>	<i>Ikkyo-Gokyo</i>	<i>Omote/Ura</i>	<i>Suwari Waza</i>
<i>Any Attack</i>	<i>Any Technique</i>	<i>Any Variation</i>	<i>Hanmihandachi Waza</i>
<i>Katate Dori</i>	<i>Shionage</i>	<i>4 Directions</i>	<i>Tachiwaza</i>
<i>Shomen Uchi</i>	<i>Iriminage</i>	<i>5 Variations</i>	<i>Tachiwaza</i>

Jiyu Waza 1 Uke

Tachi Dori, Jo Dori, Jo nage, Tanken Dori, *3 of each*

Bukiwaza

3Kentaijo, 3 Kumijo, 13 Jo Awase.

13 Awase Kihon/Nagare

*Shodan
Blackbelt*

*1 Years consistent training since last grade
All previous syllabus plus the following*

<i>Kokyu ho</i>		<i>3 Variations</i>	<i>Suwariwaza</i>
<i>Shomenuchi</i>	<i>Ikkyo</i>	<i>Omote/Ura</i>	<i>Suwariwaza</i>
<i>Shomenuchi</i>	<i>Nikkyo</i>	<i>Omote/Ura</i>	<i>Suwariwaza</i>
<i>Shomenuchi</i>	<i>Sankyo</i>	<i>Omote/Ura</i>	<i>Suwariwaza</i>
<i>Shomenuchi</i>	<i>Yonkyo</i>	<i>Omote/Ura</i>	<i>Suwariwaza</i>
<i>Shomenuchi</i>	<i>Gokkyo</i>	<i>Ura</i>	<i>Suwariwaza</i>
<i>Yokomenuchi</i>	<i>All techniques as above</i>		<i>Suwariwaza</i>
<i>Katate Dori</i>	<i>Shionage</i>	<i>Omote</i>	<i>Hanmi Handachi</i>
<i>Ryote Dori</i>	<i>Shionage</i>	<i>Omote</i>	<i>Hanmi Handachi</i>
<i>Shomenuchi</i>	<i>Iriminage</i>		<i>Hanmi Handachi</i>
<i>Tsuki</i>	<i>Iriminage</i>		<i>Hanmi Handachi</i>
<i>Katate Dori</i>	<i>Kaitenage</i>		<i>Hanmi Handachi</i>
<i>Shomenuchi</i>	<i>Kaitenage</i>		<i>Hanmi Handachi</i>
<i>Tsuki</i>	<i>Kaitenage</i>		<i>Hanmi Handachi</i>
<i>Shomenuchi</i>	<i>Kotegaeshi</i>		<i>Hanmi Handachi</i>
<i>Tsuki</i>	<i>Kotegaeshi</i>		<i>Hanmi Handachi</i>
<i>Ushiro Waza</i>	<i>2 Ryote 2 Kata 1Hiji</i>		<i>Hanmi Handachi</i>
<i>Any Attack</i>	<i>Ikkyo-Yonkyo</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Kaitenage</i>		<i>Tachiwaza</i>
<i>Tsuki</i>	<i>Kaitenage</i>		<i>Tachiwaza</i>
<i>Shomenuchi</i>	<i>Kaitenage</i>		<i>Tachiwaza</i>
<i>Tsuki</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Shomenuchi</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Yokomenuchi</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Ushiro Ryote Dori</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>
<i>Gyakute</i>	<i>Kotegaeshi</i>		<i>Tachiwaza</i>

Shodan Continued

<i>Shomenuchi</i>	<i>Iriminage</i>	<i>5 Variations</i>	<i>Tachiwaza</i>
<i>Katate Dori</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Katamenuchi</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Tsuki</i>	<i>Iriminage</i>		<i>Tachiwaza</i>
<i>Yokomenuchi</i>	<i>Iriminage</i>		<i>Tachiwaza</i>
<i>Ushirowaza</i>	<i>Iriminage</i>	<i>3 Variations</i>	<i>Tachiwaza</i>
<i>Katatedori</i>	<i>Shionage</i>	<i>4 Directions</i>	<i>Tachiwaza</i>
<i>Ushiro Waza</i>	<i>Shionage</i>	<i>2 Variations</i>	<i>Tachiwaza</i>
<i>Ryote Dori</i>	<i>Shionage</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Yokomenuchi</i>	<i>Shionage</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Shomenuchi</i>	<i>Shionage</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Tsuki</i>	<i>Shionage</i>	<i>Omote/Ura</i>	<i>Tachiwaza</i>
<i>Katamenuchi</i>	<i>Shionage</i>	<i>Omote</i>	<i>Tachiwaza</i>
<i>Ryote Dori</i>	<i>Tenchinage</i>	<i>Kihon Kinonagare</i>	<i>Tachiwaza</i>
<i>Ushiro Waza</i>		<i>3 Ryote 3 Kata 3 Kubishime</i> <i>Any Katate-Kata Kino nagare</i>	
	<i>Koshinage</i>	<i>Katate dori, Kata dori, Morote dori,</i> <i>Tsuki, Shomen uchi, RyoKatate dori,</i> <i>Kubishime</i>	

Jiyu waza 1 Uke, Randori 3 Uke Under panels guidance.

Bukiwaza

5 Tachi dori, 5 Jo dori, 5 Jonage, 5 Kumitachi, 5 Kumijo,
5 Ken tai jo, Tanken dori Any tech from Tsuki, Yokomen, Shomen,
Kubishime, Gyaku uchi