

aiki no michi - grading system

attack	Kihon	6th	5th	4th	3rd	2nd	1st	Shodan	Nidan	Sandan
Essential Exercises	Za ho Kamae...Hanmi Seiza-Hanza-Kamae Taisabaki Irimi-Tenkan Ukemi Ushiho ukemi Dojo etiquette	Shikko Ma-ai Irimi ashi...Tsugi ashi Tori fune Shiho giri Shomenuchi Yokomenuchi Tsuki	ikkyo undo 8 directions Mae ukemi	bokken...shiho giri ukemi...no arms	bokken happo undo (3 forms)	bokken happo giri (2 forms) bokken circle ex.	shikko with.. ..bokken shomenuchi bokken circle ex.. ..with nagewaza	straight line.. ..nagewaza with.. ..jo & bokken		
Shomen uchi	ikkyo from contact	ikkyo irimi-nage		nikyo sankyo yonkyo kote gaeshi		kaiten nage	uchi kaiten sankyo kokyu waza		tachi dori	jiyu waza
Yokomen uchi			shiho nage	kote gaeshi kokyu nage	irimi nage	ikkyo nikkyo sankyo yonkyo	koshi nage kokyu waza		tachi dori	jiyu waza
Tsuki			kote gaeshi	irimi nage	kokyu nage	kaiten nage	uchi kaiten sankyo ude kimi nage sumi otoshi	tanto dori	tachi dori	jiyu waza
Katate dori		shiho nage kokyu nage	kote gaeshi irimi nage(gedan)	jodan/chudan/gedan... irimi nage	kaiten nage jiyu waza	kokyu waza jiyu waza	sumi otoshi juji nage			jiyu waza
Ryote dori	suwari waza kokyu ho	kokyu ho	shiho nage tenchi nage	jodan/chudan/gedan... irimi nage	kokyu waza jiyu waza		koshi nage advanced kokyu waza			jiyu waza
Morote dori			kokyu nage	irimi nage ikkyo	nikyo kote gaeshi	jiyu waza	koshi nage kokyu waza			jiyu waza
Kata dori Mune dori Sode dori			nikyo	kokyu nage tenchi nage	ikkyo sankyo yonkyo	rokyu irimi nage	koshi nage kokyu waza			jiyu waza
Ushiho waza			ryote/kata/hiji... ikkyo kokyu nage	shiho nage irimi nage	nikyo sankyo yonkyo kokyu waza	eri dori katate dori kubi shime jitu waza	koshi nage kokyu waza			jiyu waza
Taninzugake (multiple attack)			futari gake: katate dori irimi nage tenchi nage	kokyu nage kote gaeshi	shomen uchi ikkyo nage	tsuki jiyu waza sannin katate dori jiyu waza	shomen uchi jiyu waza	futari gake tanto dori	tachidori taninzugake jiyu waza	jiyu waza

Subsequent grades include anything previously covered at an earlier grade, at a level of competence appropriate to that grade.