

Edinburgh Aikido Club – Grading Requirements

6th Kyu

- 50 forward ukemi at the start of every class on run-up to grading
- Demonstrate forward and backwards ukemi
- Demonstrate Shikko (knee walking)
- **Tachi Waza, Ai Hanmi Katate Dori**
 - Ikkyu (omote/ura)
 - Shiho-nage (omote/ura)
 - Kote Gaeshi
 - Irimi Nage
 - Ude Kime Nage
 - Uchi Kaiten Nage

5th Kyu

- 100 forward ukemi at the start of every class on run-up to grading
- **Suwari Waza, Shomen Uchi**
 - Ikkyu (omote/ura)
 - Irimi Nage
- **Tachi Waza, Katate Dori**
 - Kokyu Nage (3 forms)
 - Ikkyu (omote/ura)
 - Kote Gaeshi
 - Irimi Nage
 - Soto Kaiten Nage
 - Uchi Kaiten Nage
 - Shiho Nage (omote/ura)
 - Ude Kime Nage
- **Tachi Waza, Shomen Uchi**
 - Ikkyu (omote/ura)
 - Irimi Nage

4th Kyu

- 200 ukemi before each class on the run-up to gradings

Suwara Waza

- Shomen Uchi
 - Ikkyu (Omote/Ura)
 - Irimi Nage
 - Kote Gaeshi
- Kata Dori
 - Ikkyu (Omote/ Ura)
 - Nikkyu (Omote/Ura)
 - Irimi Nage

Hanmi Handachi Waza

- Katate Dori
 - Ikkyu
 - Irimi Nage
 - Kote Gaeshi
 - Uchi Kaiten Nage
 - Soto Kaiten Nage

Tachi Waza

- **Katate Ryote Dori**
 - Ikkyu (Omote/Ura)
 - Irimi Nage
 - Ude Kime Nage
 - Shiho Nage
 - Koshi Nage
 - Juji Garame
- **Yokomen Uchi**
 - Ikkyu (omote/ura)
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Ude Kime Nage

Tanto Dori

- **Chudan Tsuki**

- Kote Gaeshi
- Uchi Kaiten Sankyu

Jo Waza

- **Jo Dori (chudan tsuki)**
 - Kokyu nage
 - Shiho nage
 - Kote gaeshi
 - Ude kime nage

3rd Kyu

- 300 forward ukemi at the start of each class on the run-up to grading
- **Suwari Waza, Shomen Uchi**
 - Ikkyu, Nikyu, Sankyu, Yonkyu and Gokyu
 - Kote Gaeshi
 - Irimi Nage
- **Hanmi Handachi Waza, Katate Dori**
 - Ikkyu
 - Nikyu
 - Shiho nage
 - Irimi Nage
 - Kote Gaeshi
 - Soto Kaiten Nage
 - Uchi Kaiten Nage
 - Kokyu Nage
- **Tachi Waza, Kata Dori Men Uchi**
 - Ikkyu
 - Nikkya ura
 - Irimi Nage
 - Shiho Nage
 - Kote Gaeshi
 - Koshi Nage
- **Tachi Waza, Ryote Dori**
 - Tenchi Nage
 - Kokyu Nage
 - Shiho Nage
 - Ikkyu

- Koshi Nage
- Kote Gaeshi
- **Ushiro Waza, Ryote Dori**
 - Ikkyu
 - Nikyu
 - Sankyu
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Kokyu Nage
 - Juji Garame
- **Tanto Dori, Chudan Tsuki**
 - Kote Gaeshi
 - Gokyu
 - Hiji Kime Osae
 - Uchi Kaiten Sankyu
- **Jo Nage (“keep the jo”)**
 - Jyu Waza (at least 5 techniques)

2nd Kyu

- 400 ukemi before each class on the run-up to gradings

Suwara Waza

- Yokomen Uchi
 - Ikkyu (Omote/Ura)
 - Nikyu (Omote/Ura)
 - Sankyu (Omote/Ura)
 - Yonkyu (Omote/Ura)
 - Gokyu
 - Irimi Nage
 - Kote Gaeshi

Hanmi Handachi Waza

- Katate Dori
 - Ikkyu (Omote/Ura)
 - Nikkyu Ura
 - Irimi Nage

- Kote Gaeshi
- Shiho Nage (Omote/Ura)
- Uchi Kaiten Nage
- Soto Kaiten Nage
- Kokyu Nage

Tachi Waza

- **Shomen Uchi**
 - Ikkyu (Omote/Ura)
 - Nikkyu (Omote/Ura)
 - Irimi Nage
 - Kote Gaeshi
 - Uchi Kaiten Nage
 - Soto Kaiten Nage
 - Ude Kime Nage
 - Shiho Nage
 - Koshi Nage
 - Kokyu Nage

- **Ryote Dori**
 - Ikkyu (omote/ura)
 - Nikkyu (omote/ura)
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Ude Kime Nage
 - Koshi Nage
 - Kokyu Nage
 - Tenchi Nage

- **Kata Dori Men Uchi**
 - Ikkyu
 - Nikkyu
 - Irimi Nage
 - Shiho Nage
 - Kote Gaeshi
 - Koshi Nage
 - Kokyu Nage

Ushiro Waza

- Ryo Kata Dori
 - Ikkyu

- Sankyu
- Kote Gaeshi
- Kokyu Nage
- Juji-garame

Tanto Dori

- **Chudan Tsuki**
 - Jyu Waza
- **Yokomen Uchi**
 - Gokyu
- **Shomen Uchi**
 - Gokyu

Jo Waza

- **Jo Nage**
 - Jyu Waza
- **Jo Dori (against chudan tsuki)**
 - Kote gaeshi
 - Shiho nage
 - Ude kime nage
 - Kokyu nage
 - Hiji kime osae
 - Irimi Nage

Tachi Dori

- **Shomen Uchi**
 - Ikkyu
 - Kokyu Nage
 - Shiho Nage
 - Ude Kime Nage

Bokken

- **Shomen Uchi**
 - Jyu Waza

Taninzu Gake

- **Ryo Kata Dori**
 - 2 attackers

1st Kyu

- 500 ukemi before each class on the run-up to gradings

Suwara Waza

- Shomen Uchi
 - Ikkyu (Omote/Ura)
 - Nikyu (Omote/Ura)
 - Sankyu (Omote/Ura)
 - Yonkyu (Omote/Ura)
 - Gokyu
 - Irimi Nage
 - Kote Gaeshi
 - Kokyu-nage
- Kata Dori
 - Ikkyu (Omote/Ura)
 - Nikyu (Omote/Ura)
 - Irimi Nage

Hanmi Handachi Waza

- Katate Dori
 - Ikkyu (Omote/Ura)
 - Nikkyu Ura
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage (Omote/Ura)
 - Uchi Kaiten Nage
 - Soto Kaiten Nage
 - Kokyu Nage
- Ushiro Ryo Kata Dori
 - Ikkyu
 - Sankyu
 - Kote Gaeshi
 - Kokyu Nage
- Shomen Uchi
 - Jyu Waza

Tachi Waza

- **YokomenUchi**
 - Ikkyu (Omote/Ura)
 - Nikkyu (Omote/Ura)
 - Irimi Nage
 - Kote Gaeshi
 - Ude Kime Nage
 - Shiho Nage
 - Koshi Nage
 - Kokyu Nage

- **Ryote Dori**
 - Ikkyu (omote/ura)
 - Nikkyu (omote/ura)
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Ude Kime Nage
 - Koshi Nage
 - Kokyu Nage
 - Tenchi Nage

- **Muna Dori**
 - Ikkyu
 - Nikkyu
 - Kokyu Nage
 - Shiho-Nage

- **Chudan Tsuki**
 - Jyu Waza

Ushiro Waza

- **Ryote Dori**
 - Ikkyu
 - Nikyu
 - Sankyu
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Kokyu Nage
 - Juji Garame

- **Katate Dori Kube Shime**
 - Ikkyu

- Sankyu
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage
 - Kokyu Nage
 - Juji Garame
 - Koshi Nage
- **Eri Dori**
 - Ikkyu
 - Nikkyu
 - Irimi Nage
 - Kote Gaeshi
 - Shiho Nage

Tanto Dori

- **Chudan Tsuki**
 - Jyu Waza
- **Yokomen Uchi**
 - Gokyu
 - Shiho Nage
- **Shomen Uchi**
 - Jyu Waza

Jo Waza

- **Jo Nage**
 - Jyu Waza
- **Jo Dori (against chudan tsuki)**
 - Jyu Waza

Tachi Dori

- **Shomen Uchi**
 - Ikkyu
 - Kokyu Nage
 - Shiho Nage
 - Ude Kime Nage
 - Kote Gaeshi

Bokken

- **Shomen Uchi**
 - Jyu Waza

Taninzu Gake

- **Ryo Kata Dori**
 - 3 attackers