

Edinburgh & Newcastle Aikido

Grading Requirements

6th KYU

- 50 forward ukemi before each class
- able to demonstrate Mae/ Ushiro (forward/ backward) ukemi and shikko (knee walking)

Tachi Waza – Standing Techniques

Ai Hanmi Katate Dori – Same side wrist grasp

Ikkyo (omote /ura)

Irimi Nage

Kote Gaeshi

Ude Kime Nage

Shiho-nage (omote/ura)

Uchi Kaiten Nage

Edinburgh & Newcastle Aikido

Grading Requirements

5th KYU

- 100 forward ukemi before each class

Suvari Waza

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

Tachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Ude Kime Nage, Shiho-nage (omote/ura), Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu-nage (3 forms)

Shomen Uchi

Ikkyo (omote/ura), Irimi Nage

Edinburgh & Newcastle Aikido

Grading Requirements

4th KYU

- 200 forward ukemi before each class

Suvari Waza

Shomen Uchi

Ikkyo - Nikyo(omote/ura), Irimi Nage, Kote Gaeshi

Kata Dori

Ikkyo (omote/ura), Nikyo ura, Irimi Nage

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Uchi Kaiten Nage, Soto Kaiten Nage

Tachi Waza

Morote Dori

Ikkyo (omote/ura), Nikyo (omote/ ura), Irimi Nage, Ude Kime Nage, Shiho Nage, Koshi Nage, Juji Garame Nage

Yokomen Uchi

Ikkyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage

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Grading Requirements

4th KYU (continued)

Buki Waza

Tanto-dori, chudan tsuki

Kote Gaeshi, Uchi Kaiten Sankyo

Jo-dori, chudan tsuki

Shiho Nage, Kokyu Nage, Kote Gaeshi, Ude Kime Nage

Edinburgh & Newcastle Aikido

Grading Requirements

3rd Kyu

- 300 ukemi before each class

Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

Tachi Waza

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage

Ryote Dori

Tenchi Nage, Kokyu Nage, Shiho Nage, Ikkyo (omote/ura), Koshi Nage, Kote Gaeshi

Edinburgh & Newcastle Aikido

Grading Requirements

3rd KYU (continued)

Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage

Buki Waza

Tanto dori, chudan tsuki

Gokyo, Kote Gaeshi, Hiji Kime Osae, Uchi Kaiten Sankyo

Jo Nage

Jyu Waza (at least 5 techniques)

Edinburgh & Newcastle Aikido

Grading Requirements

2rd Kyu

- 400 ukemi before each class

Suwari Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo(omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage, Kokyu Nage

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

Tachi Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage omote, Uchi Kaiten Nage, Soto Kaiten Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

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Grading Requirements

2nd Kyu (continued)

Tachi Waza (continued)

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage, Kokyu Nage

Ushiro Waza

Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Kokyu Nage, Juji Garamé Nage, Koshi Nage

Edinburgh & Newcastle Aikido

Grading Requirements

2nd KYU (continued)

Buki Waza

Tanto-dori, chudan tsuki
yokomen uchi
shomen uchi

Jo-dori, chudan tsuki

Jo Nage

Tachi Dori

Itte Kumi Tachi

Taninzugake

Ryo Kata Dori

Jyu Waza
Gokyo
Gokyo

Kote Gaeshi, Irimi Nage, Shiho Nage, Ude Kime Nage,
Hiji Kime Osae, Kokyu Nage

Jyu Waza

Ikkyo, Shiho Nage, Kote Gaeshi, Ude Kime Nage,
Kokyu Nage, Koshi Nage

Jyu Waza

2 uke

Edinburgh & Newcastle Aikido

Grading Requirements

1st Kyu

- 500 ukemi before each class

Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura),
Sankyo(omote/ura), Yonkyo (omote/ura), Gokyo, Kote
Gaeshi, Irimi Nage, Kokyu Nage

Kata Dori

Ikkyo (omote/ura), Nikyo ura, Irimi Nage

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/
ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi
Kaiten Nage, Kokyu Nage

Ushiro Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Juji
Garame Nage, Kokyu Nage

Shomen Uchi

Jyu Waza

Edinburgh & Newcastle Aikido

Grading Requirements

1st Kyu (continued)

Tachi Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Muna Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage, Kokyu Nage

Chudan Tsuki

Jyu Waza

Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage, Ude Kime Nage, Koshi Nage

Edinburgh & Newcastle Aikido

Grading Requirements

1st Kyu (continued)

Ushiro Waza (continued)

Katate Dori Kubi-shime

Ikkyo omote, Sankyo (omote/ura), Irimi Nage, Koshi Nage, Juji Garamé Nage, Kokyu Nage, Shiho Nage, Kote Gaeshi

Eri Dori

Ikkyo omote, Nikyo ura, Irimi Nage, Kote Gaeshi, Shiho Nage

Buki Waza

Tanto-dori, chudan tsuki
yokomen uchi
shomen uchi

Jyu Waza
Gokyo, Shiho Nage
Jyu Waza

Edinburgh & Newcastle Aikido

Grading Requirements

1st Kyu (continued)

Buki Waza (continued)

Jo-dori, chudan tsuki

Jyu Waza

Jo Nage

Jyu Waza

Tachi Dori

Ikkyo, Shiho Nage, Kote Gaeshi, Ude Kime Nage,
Kokyu Nage, Koshi Nage

Itte Kumi Tachi

Jyu Waza

Taninzugake

Ryo Kata Dori

3 uke

Edinburgh & Newcastle Aikido

Grading Requirements

Shodan / Nidan AIKIKAI

- 500 ukemi before each class
- Note: this list is for guidance only. The visiting instructor may ask for other techniques

Suwari Waza

Shomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Sankyo (omote/ura), Yonkyo (omote/ura), Gokyo, Kote Gaeshi, Irimi Nage, Kokyu Nage

Hanmi Handachi Waza

Gyaku Hanmi Katate Dori

Ikkyo (omote/ura), Nikyo ura, Shiho Nage (omote/ura), Irimi Nage, Kote Gaeshi, Soto Kaiten Nage, Uchi Kaiten Nage, Kokyu Nage

Ushiro Ryo Kata Dori

Ikkyo omote, Sankyo (omote/ura), Kote Gaeshi, Juji Garamé Nage, Kokyu Nage

Shomen Uchi

Jyu Waza

Edinburgh & Newcastle Aikido

Grading Requirements

Shodan / Nidan AIKIKAI (continued)

Tachi Waza

Yokomen Uchi

Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Ryote Dori

Tenchi Nage, Ikkyo (omote/ura), Nikyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Ude Kime Nage, Koshi Nage, Kokyu Nage

Kata Dori Menuchi

Ikkyo (omote/ura), Nikyo ura, Irimi Nage, Shiho Nage, Kote Gaeshi, Koshi Nage, Kokyu Nage

Chudan Tsuki

Jyu Waza

Ushiro Waza

Ryote Dori

Ikkyo omote, Nikyo ura, Sankyo (omote/ura), Irimi Nage, Kote Gaeshi, Shiho Nage, Kokyu Nage, Juji Garamé Nage, Koshi Nage

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Grading Requirements

Shodan / Nidan AIKIKAI (continued)

Buki Waza

Tanto dori, chudan tsuki

Jyu Waza

Jo dori, chudan tsuki

Jyu Waza

Jo Nage

Jyu Waza

Taninzugake

Ryo Kata Dori

3 uke
