

aiki no michi - grading system

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

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