

Criteria for examination

The information below will help you understand the idea behind gradings.

Firstly, all students pass the grade when they are examined. There are no marks, points or percentages awarded. Only when the instructor feels you are ready, and you have attended the required number of classes, may you go for the exam. Note, that it is inappropriate to ask to be graded - your instructor keeps a close eye on your progress and will invite you to grade when you have met the requirements. The reason you do the exam is to show, that you can perform with confidence and extend Ki in front of your fellow students. Learning to do this will boost your confidence and assertiveness in your daily life.

Sometimes students are reluctant to grade, preferring to simply train. However, the grading syllabus is carefully structured to ensure steady progress through the basics. In reality, preparation for a grading is more important than the grading itself. By achieving a specific level of competence in a number of particular techniques you consolidate your progress in Aikido. It is important to complete the process by doing the grading so that you can integrate the experience and reap the maximum benefit from your training.

Kyu certificates are issued by the Head Dojo Instructor. Black belt certificates are issued by Master Koretoshi Maruyama.

This certification means that your level is recognised as part of the international body of Aikido Yuishinkai.

Aikido grading terms

Kyu levels These are the beginning levels of Aikido understanding. There are eight kyu levels: 8th Kyu being the lowest and 1st Kyu being the highest.

Dan levels (black belt) These are the senior levels of Aikido understanding. Dan means step, Shodan being the first step, Nidan the second, Sandan the third, Yondan the fourth, and so on. There are 10 dan levels in Aikido. Students who have achieved black belt level are called Yudansha.

Minimum requirements:

The table below shows the minimum training requirement before you can be considered for grading. Once you achieve Shodan, your progress is measured in years of dedicated training, rather than the number of classes you attend. In each case, the minimum requirement listed is in addition to the previous level achieved.

Grading

	minimum requirement
7th kyu (white belt)	15 classes
6th kyu (white belt)	20 classes
5th kyu (yellow belt)	25 classes
4th kyu (orange belt)	30 classes
3rd kyu (green belt)	35 classes
2nd kyu (brown belt)	45 classes
1st kyu (brown belt/hakama)	70 classes
Shodan (black belt)	100 classes
Nidan	2 years
Sandan	3 years

Grading etiquette

To begin your grading, bow three times:

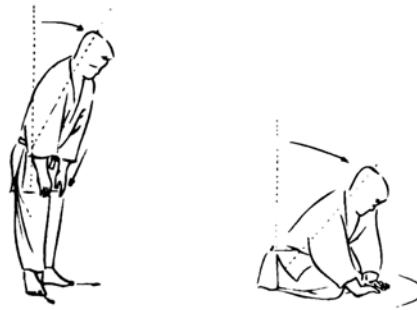
- 1 Kamiza rei
- 2 Sensei rei
- 3 Uke rei.

At the end of your grading bow three times:

- 1 Uke rei
- 2 Kamiza rei
- 3 Sensei rei.

It is uke's responsibility to ensure that weapons are readily available for nage's use.

All students on the mat must be sitting in seiza at the beginning and end of each grading. Any student participating in a grading must stay until all gradings are completed unless prior arrangements have been made with Sensei.

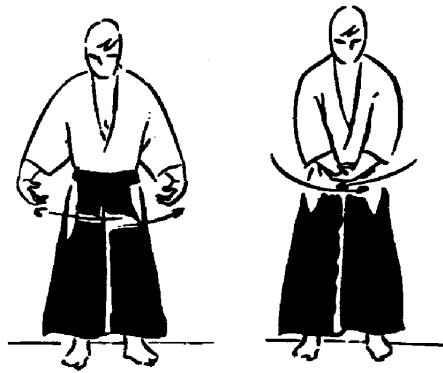


Significance of the belt and hakama

Throughout the world, the rules governing belts and hakama vary from dojo to dojo and from style to style. In most clubs, coloured belts are worn so that student levels of experience and understanding can immediately be recognised.

Belt colours and what they mean

White	7th Kyu	Purity and Potential
White	6th Kyu	Purity and Potential
Yellow	5th Kyu	Stability and Assertiveness
Orange	4th Kyu	Fluidity and Adaptability
Green	3rd Kyu	Emotion and Sensitivity
Brown	2nd Kyu	Practical and Creative
Brown	1st Kyu	Practical and Creative
Black	Shodan	Consolidates all above

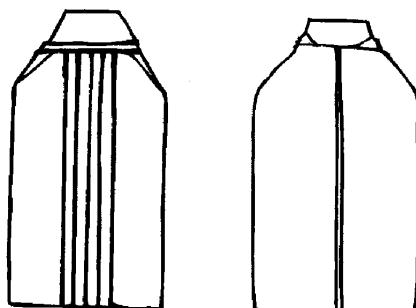


Hakama

The hakama is a seven-pleated garment worn by senior students. Each pleat symbolises one of the seven virtues of budo. Senior students should aim to refine these virtues.

Jin	Benevolence
Gi	Honour and Justice
Rei	Courtesy and Etiquette
Chi	Wisdom and Intelligence
Shin	Sincerity
Chu	Loyalty
Ko	Piety

The hakama is retained in Aikido because of the beauty it adds to movement. It gives the wearer a feeling of gliding across the mat while at the same time being more grounded. If you have the privilege of wearing a hakama you must learn how to fold, wear, and care for it properly. If your hakama shows sign of wear (the knees are the first to go) make plans for a new one. Full, clean gi pants are worn underneath - meaning no cut-offs or holes in the knees.



Aikido Grades

7th Kyu (white belt - 15 classes)

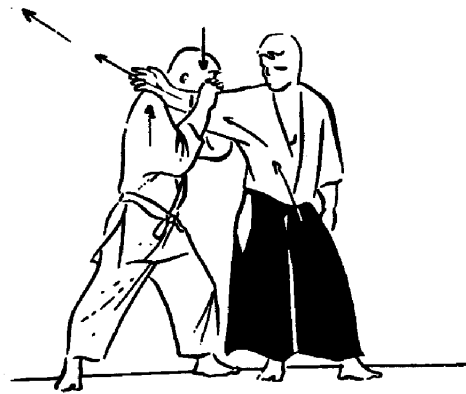
Examiner will request the techniques to be demonstrated several times each at Kotai level.

Techniques

Katatekosadori kokyunage

Katatedori tenkan kokyunage

Kokyu dosa



6th Kyu (white belt - 20 classes)

Examiner will request the techniques to be demonstrated several times each at Kotai and Juntai level.

Techniques

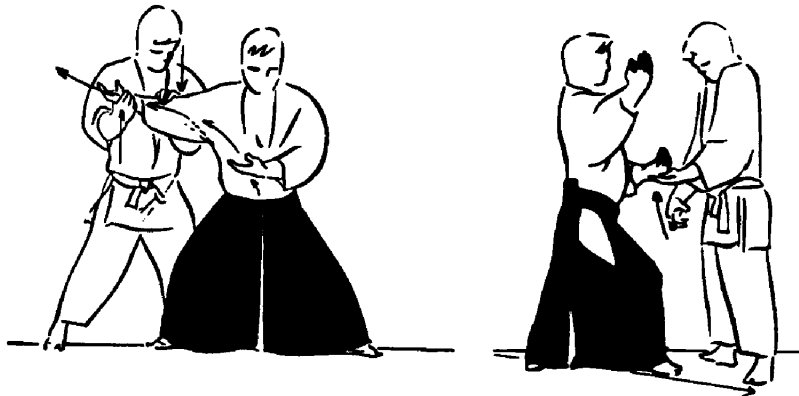
Shomenuchi irimi nage

Yokomenuchi shihonage omote

Katatedori ikkyo omote katameru

Katatedori ikkyo ura katameru

Kokyu dosa



5th Kyu (yellow belt - 25 classes)

Examiner will request the techniques to be demonstrated several times each at Kotai and Juntai level.

Techniques

Shomenuchi irimi nage

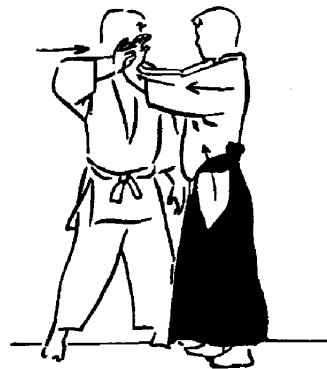
Yokomenuchi shihonage omote

Munetsuki kotegaeshi katameru

Katadori ikkyo omote katameru

Katadori ikkyo ura katameru

Kokyu dosa



4th Kyu (orange belt - 30 classes)

Examiner will request the techniques to be demonstrated several times each at Kotai and Juntai level.

Techniques

Shomenuchi irimi nage

Yokomenuchi shihonage omote

Munetsuki kotegaeshi katameru

Katatedori ikkyo omote katameru

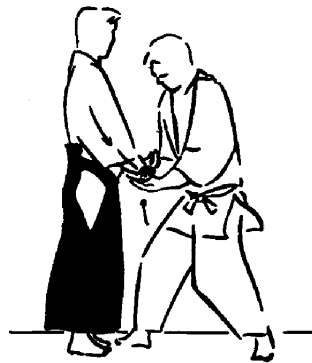
Katatedori ikkyo ura katameru

Katadori nikyo omote katameru

Katadori nikyo ura katameru

Ushirotekubidori sankyo katameru

Kokyu dosa



3rd Kyu (green belt - 35 classes)

Examiner will request the techniques to be demonstrated several times each at Ryutai level.

Techniques

Katadori ikkyo omote katameru

Katadori ikkyo ura katameru

Katadori nikyo omote katameru

Katadori nikyo ura katameru

Katadori sankyo omote katameru

Katadori sankyo ura katameru

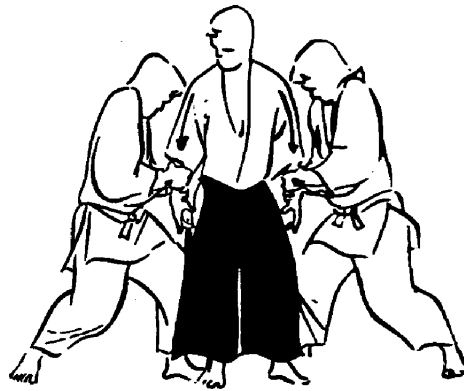
Katadori yonkyo omote katameru

Katadori yonkyo ura katameru

Yokomenuchi (2 arts)

Ryotedori (1 art)

Kokyu dosa



2nd Kyu (brown belt - 45 classes)

Set techniques are demonstrated at Ryutai level.

For Taninzugake nage must demonstrate at least 3 arts at Ryutai level with 1 uke for 1 minute. In tanto tori and bokken tori uke must attack shomenuchi, yokomenuchi and munetsuki.

Techniques

Katadori nikyo omote katameru

Katadori nikyo ura katameru

Katadori sankyo omote katameru

Katadori sankyo ura katameru

Katadori yonkyo omote katameru

Katadori yonkyo ura katameru

Ushirodori (1 art)

Ushirotekubidori kubishime (1 art)

Taninzugake

Katatedori

Yokomenuchi

Ushirotekubidori

Shomenuchi

Munetsuki

Tanto tori

Bokken tori

Sword of Nine Ways

Shooting Star

Kokyu dosa

1st Kyu (brown belt with hakama – 70 classes)

Nage must demonstrate at least 4 arts at Ryutai level with 1 uke for 1 minute. In tanto tori and bokken tori uke must attack shomenuchi, yokomenuchi and munetsuki.

Taninzugake

Katatedori

Yokomenuchi

Ushirotekubidori

Shomenuchi

Munetsuki

Tanto tori

Bokken tori

Sword of Nine Ways

Free Wielding Sword

Shooting Star

Butterfly

Kokyu dosa

Shodan (black belt - 100 classes)

Nage must demonstrate at least 5 arts at Ryutai level with 1 uke for 1 minute. In tanto tori and bokken tori uke must attack shomenuchi, yokomenuchi and munetsuki.

Taninzugake

Katatedori

Yokomenuchi

Ushirotekubidori

Shomenuchi

Munetsuki

Tanto tori

Bokken tori

Sword of Nine Ways

Free Wielding Sword

Shooting Star

Butterfly

Sanningake

Nidan (2 years)

Nage must demonstrate at least 5 arts at Ryutai level with 1 uke for 1 minute. In tanto tori, bokken tori and jo tori uke must attack shomenuchi, yokomenuchi and munetsuki.

Taninzugake

Katatedori

Ryotedori

Yokomenuchi

Ushirotekubidori

Shomenuchi

Munetsuki

Tanto tori

Bokken tori

Jo tori

Jo nage

Sword of Nine Ways

Free Wielding Sword

Shooting Star

Butterfly

Yoningake

Sandan (3 years)

Nage must demonstrate at least 5 arts at Ryutai level with 1 uke for 1 minute. In tanto tori, bokken tori and jo tori uke must attack shomenuchi, yokomenuchi and munetsuki.

Taninzugake

Katatedori

Ryotedori

Katadori

Yokomenuchi

Ushirotekubidori

Shomenuchi

Munetsuki

Tanto tori

Bokken tori

Jo tori

Jo nage

Sword of Nine Ways

Free Wielding Sword

Sword of the Dream (twice)

Shooting Star

Butterfly

Goningake