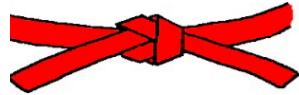
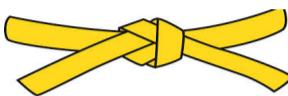


JUNIOR SYLLABUS



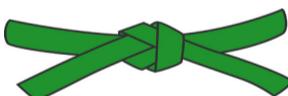
8th KYU

Open & closing procedure
 Shumatsu dosa ich
 Katate mochi shiho nage ich
 Forward rolls (crash mat)
 Migi & Hidari ai hanmi (*posture*)
 Strikes on punch bag
Yokomen uchi (*side strike to head*)
Shomen tsuki (*punch to body*)
Shomen uchi (*overhead strike to head*)
Atemi (*back fist to nose*)
 Shikko
forward, backwards
turning to the right, turning to the left



7th KYU

Shumatsu Dosa ich & ni
 Katate mochi shiho nage ni
 Ryote mochi shihonage ich
 Koho ukemi ich
(backdrop without slapping the mat)
 Koho ukemi ni
(backdrop slapping the mat)
 Koho kaiten ukemi
(over one shoulder backwards)
 Zenpo kaiten ukemi
(right forward breakfall)
 Escapes from being grabbed
Ai mochi, Katate mochi
Ryote mochi, Ushiro ryote mochi



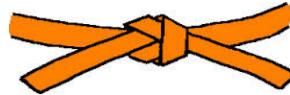
6th KYU

Katate mochi sokomen irimi nage ich
 Ryote mochi shihonage ni
 Katate mochi sokomen irimi nage ni
 Tai no henko ich & ni
 Right & left circles
 Tying your belt



5th KYU

Ai mochi ikkajo osae ich
 Ai mochi ikkajo osae n
 Yokomen uchi shiho nage ich
 Yokomen uchi shiho nage ni
 Zenpo hiyaku ukemi
(forward jumping break-fall left and right)
 Hiriki no yosei ich & ni
 Folding your uniform



4th KYU

PART 1



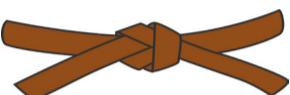
Yokomen uchi kokyu nage ich
 Yokomen uchi kokyu nage ni
 Ushiro ryote mochi kaiten nage ich
 Ushiro ryote mochi kaiten nage ni

PART 2 FINAL

Yokomen uchi jiyuwaza:

1. *Ikkajo*
2. *Shiho nage*
3. *Irimi nage*
4. *Kokyu nage*
5. *Kaiten nage*

PLEASE NOTE:
Your freestyle
must include
these techniques



3rd KYU

PART 1



Shomen uchi shiho nage ich
 Shomen uchi shiho nage ni
 Yokomen uchi Udegarami ich
 Ai mochi iriminage ich
 Ai mochi iriminage ni

PART 2 FINAL

Ushiro ryote mochi kaiten nage ich
 Ushiro ryote mochi kaiten nage ni
 Shomen tsuki jiyuwaza

1. *Ikkajo*
2. *Shiho nage*
3. *Irimi nage*
4. *Kokyu nage*
5. *Kaiten nage*
6. *Udegarami*

PLEASE NOTE:
Your freestyle
must include
these techniques



1st KYU PART 1



Shomen uchi ikkajo osae ich
 Shomen uchi ikkajo osae ni
 Ryote mochi tenchi nage ich
 Ryote mochi tenchi nage ni
 Shomen uchi irimi nage ich
 Shomen uchi irimi nage ni

PART 2 FINAL

Ryote mochi jiyuwaza
(5 separate techniques)
 Shomen uchi jiyuwaza
(5 separate techniques)

Two techniques of students choice from the kyu grade syllabus.



SHODAN PART ONE



Migi & Hidari ai hanmi (*posture*)
 Shumatsu dosa (*2 repetitions right & left*)
 * *Ikkajo*

Shomen tsuki applied shihonage ich
 Kata mochi sankajo henka waza ich & ni

PART TWO



* *Iriminage*
 Kata mochi kaiten nage ich & ni
 Ushiro ryote mochi kote gaeshi ich & ni
 Yokomen uchi kote gaeshi ich

PART THREE



* *Shiho nage*
 Chudan tsuki udegaramae ich & ni
 Shomen tsuki koshi nage ich

Hanmi handachi yokomen uchi shiho nage ich
 Hanmi handachi yokomen uchi shiho nage ni

BLACK BELT FINAL

Happo undo (*bokken*)
 13 jo kata
 Three jiyuwaza
(yokomen uchi, shomentsuki, ushiro ryote mochi)
 Tanto jiyuwaza (*Rubber knife only*)
 *Student to pick an ich and ni technique of their choice.

CANDIDATE MUST HAND IN A WRITTEN ESSAY ON
 AIKIDO A MINIMUM OF TWO WEEKS BEFORE GRADING