

Junior grading Syllabus for Cinque Ports Aikido

At every grade, the previous syllabus will be required to be seen. Japanese terminology in an integral part of aikido and will be tested at all stages. Timings are solely at the discretion of the sensei.

6th Kyu +1 Mon 1 month's training	<i>Core Skills</i>	Unsoku Ukemi	Complete Forwards and Backwards
	<i>Technique</i>		
	<i>Application</i>		Tanto avoidance
6th Kyu +2 Mons 1 month at previous grade	<i>Core Skills</i>	Unsoku Ukemi	Complete Forwards, Backwards & Sideways
	<i>Technique</i>		
	<i>Application</i>		Tanto avoidance with balance break
6th Kyu +3 Mons 1 month at previous grade	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete 1 st Set Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no -kata 1. Shomen-ate	Performed on left and right.
	<i>Application</i>		Tanto avoidance
5th Kyu Yellow Belt Minimum 4 months at previous grade	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete 1 st Set Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no - kata Previous 1 plus 2. Ai-gamae-ate	Performed on left and right.
	<i>Application</i>	Kakarigeiko	Single attacker with or without tanto
5th Kyu + 1 Mon Minimum 4 months at previous grade	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete 1 st and 2 nd Set Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no - kata Previous 2 plus 3. Gyaku-gamae-ate	Performed on left and right.
	<i>Application</i>	Kakarigeiko	Single attacker with or without tanto
5th Kyu + 2 Mons Minimum 4 months at previous grade	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete 1 st and 2 nd Set Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no - kata Previous 3 plus 4. Gedan-ate	Performed on left and right.
	<i>Application</i>	Kakarigeiko	Single attacker with or without tanto
5th Kyu + 3 Mons Minimum 4 months at previous grade	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete 1 st and 2 nd Set Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no - kata Previous 4 plus 5. Ushiro-ate	Performed on left and right.
	<i>Application</i>	Kakarigeiko	Single attacker with or without tanto
4th Kyu Orange Belt Minimum 8 months at previous grade	<i>Core Skills</i>	Tandoku-undo Shikko	1 -3 Forward - Turning
	<i>Technique</i>	Randori - no - kata 1. Shomen-ate 2. Ai-gamae-ate 3. Gyaku-gamae-ate 4. Gedan-ate 5. Ushiro-ate 6. Oshi-taoshi	Performed on left and right.
	<i>Application</i>	Kakarigeiko	Single attacker with or without tanto

4th Kyu +1 Mon Minimum 8 months at previous grade	<i>Core Skills</i>	Tandoku-undo Shikko Ukemi	1 -3 Forward - Turning Flip (Kote-gaeshi) - supported
	<i>Technique</i>	Randori - no - kata Previous 6 plus 7. Ude-gaeshi Suwari-waza	Performed on left and right. 1 Kneeling technique
	<i>Application</i>	Kakarigeiko	Single attacker, yokomen-uchi attack

4th Kyu +2 Mons Minimum 8 months at previous grade	<i>Core Skills</i>	Tandoku-undo Shikko Ukemi	1 -3 Forward - Turning Flip (Kote-gaeshi) - supported
	<i>Technique</i>	Randori - no - kata Previous 7 plus 8. Hiki-taoshi Suwari-waza Shichihon-no-kuzushi	Performed on left and right. 1 Kneeling technique 2 Balance breaking techniques
	<i>Application</i>	Kakarigeiko	Single attacker, yokomen-uchi attack

4th Kyu +3 Mons Minimum 8 months at previous grade	<i>Core Skills</i>	Tandoku-undo Shikko Ukemi	1 -3 Forward - Turning Flip (Kote-gaeshi) - supported
	<i>Technique</i>	Randori - no - kata Previous 8 plus 9. Ude-garame Suwari-waza Gohon-no-kuzushi Kata-tori	Performed on left and right. 1 Kneeling technique 2 Balance breaking techniques 3 techniques from grips
	<i>Application</i>	Kakarigeiko	Single attacker, yokomen-uchi attack

3rd Kyu Green Belt Minimum 12 months at previous grade	<i>Core Skills</i>	Tandoku-undo	Complete
	<i>Technique</i>	Randori - no - kata Previous 9 plus 10. Waki-gatame Suwari-waza Gohon-no-kuzushi 1. Oshi-taoshi 2. Hiki-taoshi Kata-tori	Performed on left and right. 3 Kneeling techniques 2 Balance breaking techniques 5 techniques from grips
	<i>Application</i>	Kakarigeiko	Single attacker - varying attacks

3rd Kyu +1 Mon Minimum 12 months at previous grade	<i>Core Skills</i>	Tandoku-undo	Complete
	<i>Technique</i>	Randori - no - kata Previous 10 plus 11. Kote-hineri Suwari-waza Gohon-no-kuzushi Previous 2 plus 3. Waki-gatame 4. Shiho-nage 5. Sumi-otoshi Kata-tori	Performed on left and right. 3 Kneeling techniques Complete 5 techniques from grips
	<i>Application</i>	Kakarigeiko	Single attacker - varying attacks

3rd Kyu +2 Mons Minimum 12 months at previous grade	<i>Core Skills</i>	Tandoku-undo Ukemi	Complete Flip (Kote-gaeshi) - supported
	<i>Technique</i>	Randori - no - kata Previous 11 plus 12. Kote-gaeshi	Performed on left and right.
		Suwari-waza Gohon-no-kuzushi	4 Kneeling techniques Complete
		Kata-tori	5 techniques from grips
<i>Application</i>	Kakarigeiko	Single attacker - varying attacks	

3rd Kyu +3 Mons Minimum 12 months at previous grade	<i>Core Skills</i>	Tandoku-undo Ukemi	Complete Flip (Kote-gaeshi) - supported
	<i>Technique</i>	Randori - no - kata Previous 12 plus 13. Tenkain-kote-hineri	Performed on left and right.
		Suwari-waza Gohon-no-kuzushi	4 Kneeling techniques Complete
		Kata-tori	5 techniques from grips
<i>Application</i>	Ninindori	Multiple attackers - shomen-uchi	

2nd Kyu Blue Belt Minimum of 6 months as 3 rd Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Previous 13 plus 14. Shiho-nage	Performed on left and right.
		Suwari-waza	5 Kneeling techniques
<i>Application</i>	Ninindori	Multiple attackers - with or without tanto	

2nd Kyu +1 Mon Minimum of 6 months as 3 rd Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Previous 14 plus 15. Mae-otoshi	Performed on left and right.
		Randori-no-kata-no-ura-waza 1. Shomen-ate - Waki-gatame 2. Ai-gamae-ate - Kote-mawashi 3. Gyaku-gamae-ate - Gedan-ate 4. Gedan-ate - Ai-gamae-ate 5. Ushiro-ate - Tenkai-kote-hineri	Right hand only
<i>Application</i>	Suwari-waza Ninindori	5 Kneeling techniques Multiple attackers - with or without tanto	

2nd Kyu +2 Mons Minimum of 6 months as 3 rd Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Previous 15 plus 16. Sumi-otoshi	Performed on left and right.
		Randori-no-kata-no-ura-waza 1. Shomen-ate - Waki-gatame 2. Ai-gamae-ate - Kote-mawashi 3. Gyaku-gamae-ate - Gedan-ate 4. Gedan-ate - Ai-gamae-ate 5. Ushiro-ate - Tenkai-kote-hineri	Performed on left and right.
<i>Application</i>	Suwari-waza Ninindori	5 Kneeling techniques Multiple attackers - with or without tanto	

2nd Kyu +3 Mons Minimum of 6 months as 3 rd Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Previous 16 plus 17. Hiki-otoshi Randori-no-kata-no-ura-waza Previous 5 plus 6. Oshi-taoshi - Kote-mawashi 7. Hiki-taoshi - Tenkai-kote-hineri 8. Kote-gaeshi - Kote-gaeshi 9. Tenkai-kote-hineri - Waki-gatame 10. Shiho-nage - Shiho-nage	Complete Performed on left and right. Complete Performed on left or right.
		Suwari-waza	5 Kneeling techniques
<i>Application</i>	Ninindori	Multiple attackers - with or without tanto	

1st Kyu Brown Belt Minimum of 6 months as 2 nd Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Shichi-hon-no-kuzushi 1-7 1. Jodan-ai-gamae 2. Jodan-gyaku-gamae 3. Chudan-ai-gamae 4. Chudan-gyaku-gamae 5. Gedan-ai-gamae 6. Gedan-gyaku-gamae 7. Ushiro-ryote-mochi Koryu-Dai-San 1. Oshi-taoshi 2. Gyaku-gamae-ate 3. Kote-gaeshi 4. Ryote-mochi-sukui-nage 5. Tenkai-kote-hineri 6. Shiho-nage 7. Gedan-ate 8. Hiji-kime	Complete. Performed on left or right. Complete Performed on left or right. Shichihon-no-nage-no-kata Right hand only Suwari-waza Section A (8 Techniques)
		<i>Application</i>	Hikitategeiko

1st Kyu +1 Black Mon Timescale: Minimum of 6 months as 1 st Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Shichi-hon-no-kuzushi 1-7 Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza 1. Kote-mawashi 2. Uchi-Tenkai-nage 3. Gyaku-gamae-ate 4. Hiji-kime 5. Mae-otoshi 6. Ushiro-waza-mae-otoshi 7. Ushiro-waza-tentai-kote-hineri 8. Mune-waza-kata-gatame	Complete. Performed on left or right. Complete Performed on left or right. Shichihon-no-nage-no-kata Right hand only (8 Techniques - Kneeling) (8 Techniques - Standing)
		<i>Application</i>	Hikitategeiko

1st Kyu +2 Black Mons Timescale: Minimum of 6 months as 1 st Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Shichi-hon-no-kuzushi 1-7 Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza	Complete. Performed on left or right. Complete Performed on left or right. Shichihon-no-nage-no-kata Right hand only (8 Techniques - Kneeling) (8 Techniques - Standing) 5 Combination techniques
	<i>Application</i>	Hikitategeiko	Single Attacker - Slight resistance With or without Tanto

1st Kyu +3 Black Mons Timescale: Minimum of 6 months as 1 st Kyu	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Shichi-hon-no-kuzushi 1-14 Previous 7 plus 8. Jodan-ai-gamae 9. Jodan-gyaku-gamae 10. Chudan-ai-gamae 11. Chudan-gyaku-gamae 12. Gedan-ai-gamae 13. Gedan-gyaku-gamae 14. Ushiro-ryote-mochi Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza	Complete. Performed on left or right. Complete. Performed on left or right. Right hand only Shichihon-no-nage-no-kata plus Shichihon-no-nage-no-kata ura-waza (8 Techniques - Kneeling) (8 Techniques - Standing) 5 Combination techniques
	<i>Application</i>	Hikitategeiko or Ninindori	Single or multiple attackers. Varying attacks. Different weapons.

O kyu White belt with single black line (Junior) Minimum of 6 months as 1 st Kyu +3 black mons Minimum age of 13 Only to be attempted with the agreement of sensei. A written statement of the candidates' own philosophical approach to aikido. This should be no more than 2 sides of A4	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Koryu-Dai-Yon Shichihon-no-nage-no-kata Shichihon-no-nage-no-kata Ura-waza Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza	Complete. Performed on left or right. Complete. Performed on left or right. Complete (7 Techniques) (7 Techniques) (8 Techniques - Kneeling) (8 Techniques - Standing)
	<i>Application</i>	Ninindori Randori as required	Multiple Attacker - Slight resistance With or without Tanto 5 Combination techniques Min 5 techniques From Grips

1st Dan (Junior) Minimum of 6 months as 1 st Kyu +3 Black mons Minimum age of 14 Only to be attempted with the agreement of sensei.	<i>Core Skills</i>		
	<i>Technique</i>	Randori - no - kata Randori-no-kata-no-ura-waza Koryu-Dai-Yon Shichihon-no-nage-no-kata Shichihon-no-nage-no-kata Ura-waza Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza Section C - Tanto Dori 1. Ushiro-ate 2. Gyaku-gamae-ate 3. Tentai-oshi-taoshi 4. Ushiro-ate 5. Ude-gatame 6. Kote-gaeshi 7. Tentai-kote-hineri 8. Shomen-giri-gedan-ate	Complete. Performed on left or right. Complete. Performed on left or right. Complete (7 Techniques) (7 Techniques) (8 Techniques - Kneeling) (8 Techniques - Standing) (8 Techniques - against Tanto)
	<i>Application</i>	Kyoghi Randori as required	Min 10 techniques. Varying attackers, attacks and weapons

Progression further than junior 1st Dan is not possible. It is expected that the student move up to the adult class at the appropriate age, and re-grade to the adult grading system in the fullness of time.