

Senior grading syllabus for the Cinque Ports Aikido

At every grade, the previous syllabus may be required to be seen, at the discretion of the examiner.
Timings are solely at the discretion of the sensei.


5th Kyu Yellow Belt Timescale: Minimum of 3 months as white belt	<i>Core Skills</i>	Unsoku Ukemi	Complete Forwards, Backwards & Sideways
	<i>Technique</i>	Randori - no – kata (1-5) 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 or right. Examiners choice
	<i>Application</i>	Kakarigeiko	Single Attacker with or without tanto


4th Kyu Orange Belt Timescale: Minimum of 3 months as 5 th Kyu	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi Shikko	Complete 1 - 3 Kote-gaeshi - supported Forward - Turning
	<i>Technique</i>	Randori - no – kata (1-10) Previous 5 plus 6. Oshi-taoshi 7. Ude-gaeshi 8. Hiki-taoshi 9. Ude-garame 10. Waki-gatame Suwari-waza	Performed on left or right. Examiners choice 2 techniques of students choice
	<i>Application</i>	Kakarigeiko	Single Attacker With or without Tanto


3rd Kyu Green Belt Timescale: Minimum of 3 months as 4 nd Kyu	<i>Core Skills</i>	Tandoku-undo Ukemi	Complete Flip (sumi-otoshi) – supported
	<i>Technique</i>	Randori - no – kata (1-14) Previous 10 plus 11. Kote-hineri 12. Kote-gaeshi 13. Tenkai-kote-hineri 14. Shiho-nage Suwari-waza Goho-no-kuzushi 1. Oshi-taoshi 2. Hiki-taoshi 3. Waki-gatame 4. Shiho-nage 5. Sumi-otoshi Suwari-waza	Performed on left or right. Examiners choice 4 techniques of students choice Complete, Left and right 4 techniques of students choice
	<i>Application</i>	Ninindori	Multiple Attackers With or without Tanto

2nd Kyu Blue Belt Timescale: Minimum of 6 months as 3 rd Kyu	<i>Core Skills</i>	Unsoku Tandoku-undo Ukemi	Complete Complete Floating Leaf
	<i>Technique</i>	Randori - no - kata (1-17) Previous 14 plus 15. Mae-otoshi 16. Sumi-otoshi 17. Hiki-otoshi 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 Randori-no-kata-no-ura-waza 1-10 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 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 Suwari-waza	Performed on left or right. Examiners choice Shichihon-no-nage-no-kata Right hand only 5 techniques of students choice
	<i>Application</i>	Hikitategeiko	Single Attacker - Slight resistance With or without Tanto

1st Kyu Brown Belt Timescale: Minimum of 6 months as 2 nd Kyu	<i>Core Skills</i>	All Previous Core Skills	Left and right
	<i>Technique</i>	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 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 Combination techniques	Right hand only Shichihon-no-nage-no-kata plus Shichihon-no-nage-no-kata Ura-waza Suwari-waza Section A (8 Techniques) Minimum of 5 sequences
	<i>Application</i>	Kakarigeiko, Hikitategeiko or Ninindori	Tanto as required

<p>1st Dan Black Belt</p> <p>Timescale: Minimum of 12 months as 1st Kyu</p>  <p>Permission required from senior instructor</p>	<p><i>Technique</i></p>	<p>Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza</p> <ol style="list-style-type: none"> 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 <p>Section C - Tanto Dori</p> <ol style="list-style-type: none"> 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 <p>Koryu-Dai-Yon Shichihon-no-nage-no-kata Shichihon-no-nage-no-kata Ura-waza Tachi-waza</p> <ol style="list-style-type: none"> 1. Migi-gyaku-gamae-ate 2. Hidari-gyaku-gamae-ate 3. Uchi-kaiten-nage 4. Sukui-nage 5. Ushiro-waza-kote-gaeshi 6. Jyuji-garami-nage 7. Tentai-oshi-taoshi 8. Tentai-hiji-garami 9. Tentai-sukui-nage 10. Ryote-mochi-uki-otoshi 11. Tenkai-kote-kugiki <p>Open Kata</p>	<p>(8 Techniques - Kneeling) (8 Techniques - Standing)</p> <p>(8 Techniques – against Tanto)</p> <p>Complete (7 Techniques) (7 Techniques) (11 Techniques)</p> <p>Minimum of 10 techniques demonstrating the principles of Aikido – weapons acceptable</p>
	<p><i>Application</i></p>	<p>Randori as required</p>	<p>Kyoghi</p>

<p>2nd Dan Black Belt</p> <p>Timescale: Minimum of 2 years as 1st Dan</p>  <p>Permission required from senior instructor</p>	<p><i>Technique</i></p>	<p>Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza Section C - Tanto Dori Section D - Tachi Dori 1. Mae-otoshi 2. Shiho-nage 3. Ai-gamae-ate 4. Oshi-taoshi 5. Hiji-Kujiki Section E - Jo-no-bu Jo Dori 1. Gyaku-gamae-ate 2. Shomen-ate 3. Hisigi 4. Renraku-wasa-hiji-hishigi 5. Irimi-mae-otoshi Section E - Jo-no-bu Jo-no- tskai-kata 1. Migi-sumi-otoshi 2. Migi-sumi-gori-hidari-sumi-otoshi 3. Tekube-kime-(gori)-shomen-tsuki 4. Mae-otoshi 5. Shiho-nage 6. Shiho-nage-gyaku-kaiten-nage 7. Ude-Kujiki 8. Kokyu-nage</p> <p>Open Kata</p>	<p>(8 Techniques - Kneeling) (8 Techniques - Standing) (8 Techniques - against Tanto) (5 Techniques - against sword)</p> <p>(5 Techniques - against Jo)</p> <p>(8 Techniques – using Jo)</p> <p>Minimum of 10 techniques MUST include weapons</p>
	<i>Application</i>	Randori as required	Kyoghi

<p>3rd Dan Black Belt</p> <p>Timescale: Minimum of 3 years as 2nd Dan</p>  <p>Permission required from senior instructor</p>	<p><i>Technique</i></p>	<p>Koryu-Dai-San Section A - Suwari-waza Section B - Tachi-waza Section C - Tanto Dori Section D - Tachi Dori Section E - Jo-no-bu Jo Dori Section E - Jo-no-bu Jo-no- tskai-kata Section F – Tachi-tai-tachi 1. Ai-uchi-men 2. Hidari-men 3. Migi-men 4. Tsuki 5. Do 6. Kote-nuki-kote 7. Kaeshi-men Hasso-waki-gamae</p> <p>Presentation of Open Kata</p>	<p>Complete - as below (8 Techniques - Kneeling) (8 Techniques - Standing) (8 Techniques - against Tanto) (5 Techniques - against sword) (5 Techniques - against Jo) (8 Techniques – using Jo) (8 Techniques sword Vs sword)</p> <p>Minimum of 15 techniques. MUST include weapons and grips</p>
	<i>Application</i>	Randori as required	Kyoghi

Promotion to 3rd Dan and above may be obtained via a special technical grading or can be approved for services rendered to the groups of clubs and/or the association.