

GRADING TECHNIQUES		JUNIOR DAN	SHODAN 1ST DAN	NIDAN 2ND DAN	SANDAN 3RD DAN	YONDAN 4TH DAN
CRITERIAS & OTHERS	RECOMMENDED MINIMUM NO. OF SESSIONS	NA	70 ~ 1 YEAR 6 MONTHS (ONCE A WEEK TRAINING)	150 ~ 3 YEARS (ONCE A WEEK TRAINING)	240 ~ 5 YEARS (ONCE A WEEK TRAINING)	400 ~ 8 YEARS (ONCE A WEEK TRAINING)
	RECOMMENDED MINIMUM PERIOD ** MORE THAN ONCE A WEEK TRAINING	9 MONTHS	1 YEAR AFTER OBTAINING 1ST KYU	1 YEAR 6 MONTHS	2 YEARS 6 MONTHS	3 YEARS 6 MONTHS
	AGE REQUIREMENT	HOLDING 1ST KYU 14 YEARS OLD & BELOW (BY YEAR)	HOLDING 1ST KYU AT LEAST 15 YEARS OLD (BY BIRTHDAY)	NA	NA	AT LEAST 26 YEARS OLD (BY BIRTHDAY)
	UKEMI	ABLE TO TAKE 20 UKEMIS	ABLE TO TAKE 30 UKEMIS	ABLE TO TAKE 30 UKEMIS	ABLE TO TAKE 30 UKEMIS	ABLE TO TAKE 30 UKEMIS
	MISCELLANEOUS	HAKAMA FOLDING (IN 3 MINUTES)	HAKAMA FOLDING (IN 3 MINUTES) 40 WRIST PUSH UPS DEMONSTRATE UNBENDABLE ARM DEMONSTRATE RELAXATION WITH LIFTING	40 WRIST PUSH UPS DEMONSTRATE UNBENDABLE ARM DEMONSTRATE RELAXATION WITH LIFTING SUBMIT AN AIKIDO RELATED ARTICLE	40 WRIST PUSH UPS DEMONSTRATE UNBENDABLE ARM DEMONSTRATE RELAXATION WITH LIFTING SUBMIT AN AIKIDO RELATED ARTICLE	40 WRIST PUSH UPS DEMONSTRATE UNBENDABLE ARM DEMONSTRATE RELAXATION WITH LIFTING SUBMIT AN AIKIDO RELATED ARTICLE

TECHNIQUES	IKKYO	POSSIBLE TO BE TESTED IN TACHIWAZA, SUWARIWAZA & HANMI-HANDACHI IF APPLICABLE:	TESTED IN TACHIWAZA, SUWARIWAZA & HANMI-HANDACHI WHERE APPLICABLE	TESTED IN TACHIWAZA, SUWARIWAZA & HANMI-HANDACHI WHERE APPLICABLE	TESTED IN TACHIWAZA, SUWARIWAZA & HANMI-HANDACHI WHERE APPLICABLE	TESTED IN TACHIWAZA, SUWARIWAZA & HANMI-HANDACHI WHERE APPLICABLE
	NIKYO	KATATEDORI	KATATEDORI	KATATEDORI	KATATEDORI	KATATEDORI
	SANKYO	KATADORI	KATADORI	KATADORI	KATADORI	KATADORI
	YONKYO	RYOTEDORI	RYOTEDORI	RYOTEDORI	RYOTEDORI	RYOTEDORI
	GOKYO	RYO-KATA	RYO-KATA	RYO-KATA	RYO-KATA	RYO-KATA
	SUMIOTOSHI	MOROTEDORI	MOROTEDORI	MOROTEDORI	MOROTEDORI	MOROTEDORI
	KOTEGAESHI	KATA-KATATEDORI	KATA-KATATEDORI	KATA-KATATEDORI	KATA-KATATEDORI	KATA-KATATEDORI
	IRIMINAGE	SHOMENUCHI	SHOMENUCHI	SHOMENUCHI	SHOMENUCHI	SHOMENUCHI
	KOKYUNAGE	YOKOMENUCHI	YOKOMENUCHI	YOKOMENUCHI	YOKOMENUCHI	YOKOMENUCHI
	SHIHONAGE	KATAMENUCHI	KATAMENUCHI	KATAMENUCHI	KATAMENUCHI	KATAMENUCHI
	TENCHINAGE	TSUKI	TSUKI	TSUKI	TSUKI	TSUKI
	KAITENNAGE	MEN-TSUKI	MEN-TSUKI	MEN-TSUKI	MEN-TSUKI	MEN-TSUKI
	JUJINAGE	USHIRO RYOTEDORI	USHIRO RYOTEDORI	USHIRO RYOTEDORI	USHIRO RYOTEDORI	USHIRO RYOTEDORI
	JUJIGARAMI	USHIRO RYOKATA	USHIRO RYOKATA	USHIRO RYOKATA	USHIRO RYOKATA	USHIRO RYOKATA
	KOSHINAGE	USHIRO HIJIDORI	USHIRO HIJIDORI	USHIRO HIJIDORI	USHIRO HIJIDORI	USHIRO HIJIDORI
		USHIRO KUBISHIME	USHIRO KUBISHIME	USHIRO KUBISHIME	USHIRO KUBISHIME	USHIRO KUBISHIME
			MAE-GERI	MAE-GERI	MAE-GERI	
					KAESHI & HENKA WAZA (COUNTER & CHANGE)	
					**DEMONSTRATE UNDERSTANDING OF KI EXTENSION, RELAXATION AND SHOW STABLE SEIZA	

TECHNIQUES	JYUWAZA	2 ATTACKERS	3 ATTACKERS HANMI-HANDACHI + TACHIWAZA + WEAPON DISARM	4 ATTACKERS HANMI-HANDACHI, TACHIWAZA & WEAPON DISARM	5 ATTACKERS HANMI-HANDACHI, TACHIWAZA & WEAPON DISARM	6 ATTACKERS HANMI-HANDACHI, TACHIWAZA & WEAPON DISARM
	JO WAZA	DEFENCE AGAINST JO ATTACKS	DEFENCE AGAINST JO ATTACKS 7 JO SUBURI 31 JO KATA	DEFENCE AGAINST JO ATTACKS 7 JO SUBURI 31 JO KATA 24 JO KATA	DEFENCE AGAINST JO ATTACKS 7 JO SUBURI 31 JO KATA 24 JO KATA 24 JO KUMITACHI	DEFENCE AGAINST JO ATTACKS 7 JO SUBURI 31 JO KATA 24 JO KATA 24 JO KUMITACHI 5 KUMI JO
	KEN WAZA	DEFENCE AGAINST BOKKEN ATTACKS	DEFENCE AGAINST BOKKEN ATTACKS 7 KEN SUBURI	DEFENCE AGAINST BOKKEN ATTACKS 7 KEN SUBURI	DEFENCE AGAINST BOKKEN ATTACKS 7 KEN SUBURI 5 KUMI KEN	DEFENCE AGAINST BOKKEN ATTACKS 7 KEN SUBURI 5 KUMI KEN
	TANTO WAZA	DEFENCE AGAINST TANTO ATTACKS	DEFENCE AGAINST TANTO ATTACKS	DEFENCE AGAINST TANTO ATTACKS	DEFENCE AGAINST TANTO ATTACKS	DEFENCE AGAINST TANTO ATTACKS