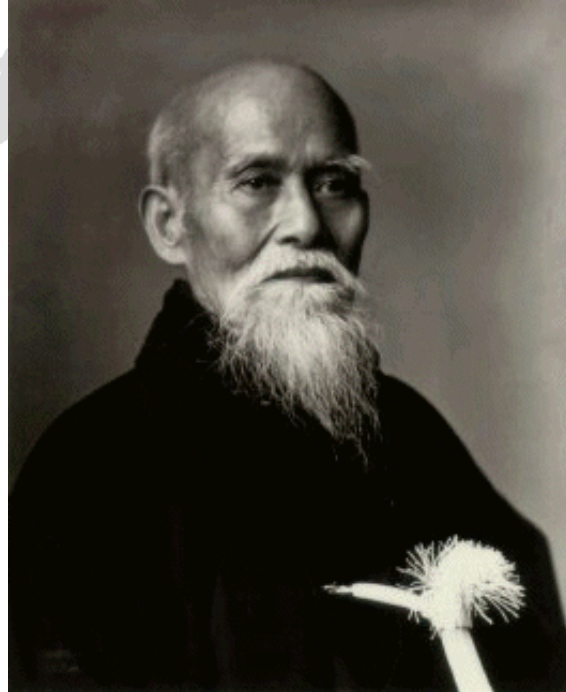


# Clydebank Aikido Club



## GRADING SYLLABUS

Candidates Name: .....

Examiners Name: .....

Grade: 5<sup>th</sup> Kyu      Date of Grading:    /    /

Pass:

Fail:

Examiners Signature: .....

## GRADING SYLLABUS NOTES

- The Syllabus Is A Minimum Requirement For Each Grade.
- Requirements For Previous Grades May Be Asked.
- Irimi & Tenkan Variations May Be Requested During A Technique.
- All Techniques To Be Performed On Right & Left Sides.
- Techniques May Be Asked From Basic Or Moving Attack.

<b>Grades</b>	5 <sup>th</sup> Kyu - Yellow Belt
	4 <sup>th</sup> Kyu - Orange Belt
	3 <sup>rd</sup> Kyu - Green Belt
	2 <sup>nd</sup> Kyu - Blue Belt
	1 <sup>st</sup> Kyu - Brown Belt
	1 <sup>st</sup> Dan - Black Belt

## FORMS OF ATTACK

<b>Katate Kosatori</b>	Right To Right, Or Left To Left Wrist Grasp
<b>Katate Tori</b>	Left To Right, Or Right To Left Wrist Grasp
<b>Kata Tori</b>	One Hand Shoulder Grasp
<b>Mune Tori</b>	One Hand Lapel Grasp
<b>Shomen Uchi</b>	Straight Strike To Head
<b>Yokomen Uchi</b>	Oblique Strike To Head
<b>Mune Tsuki</b>	Punch To Centre Of Body
<b>Kata Tori Menuchi</b>	One Hand Shoulder Grasp & Straight Strike To Head
<b>Ryote Tori</b>	Two Hands To Two Hands Wrist Grasp
<b>Ryokata Tori</b>	Grasp Of Both Shoulders
<b>Katate Tori Ryote Mochi</b>	Two Hands To One Hand Wrist Grasp
<b>Ushiro Tekubi Tori</b>	Two Hands To Two Hands Wrist Grasp From Behind
<b>Ushiro Hiji Tori</b>	Grasp Of Both Elbows From Behind
<b>Ushiro Ryokata Tori</b>	Grasp Of Both Shoulders From Behind
<b>Ushiro Katate Tori Kubi Shime</b>	Grasp Of One Wrist & Strangle From Behind

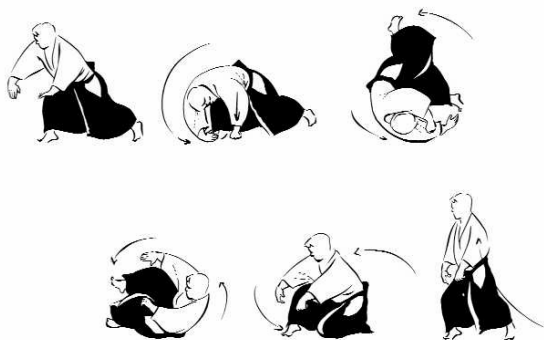
# 5<sup>TH</sup> KYU GRADING SYLLABUS

## AIKIDO TECHNIQUES

FORM OF ATTACK	TECHNIQUE
Katate Kosatori	Ikkyo Nikyo Shiho Nage Kote Gaeshi Irimi Nage
Katate Tori	Ikkyo Nikyo Tenchi Nage
Shomen Uchi	Ikkyo Kote Gaeshi
Katate Kosatori	Kokyu Nage – 3 Techniques
Katate Tori	Kokyu Nage – 1 Techniques

### Ukemi - Breakfalls

#### Forward Ukemi



#### Backwards Ukemi

