



AIKIDO SHINJU-KAI ADULTS' GRADING SYLLABUS

Incorporating minimum requirements by Aikido World Headquarters, Japan.

合气道心柔会 成人审查要项

包含合气道日本本部道场的最低审查要求

SYLLABUS COVERAGE INDICATION		PRE-REQUISITES 须 符 合 条 件	BASICS 基 本	IKKYO 一 教	NIKYO 二 教	SANKYO 三 教	YONKYO 四 教	GOKYO 五 教	IRIMINAGE 入 身 投	SHIHONAGE 四 方 投	KOKYUNAGE 呼 吸 投	TENCHINAGE 天 地 投	KOTEGAISHI 小 手 返	KAITENNAGE 回 转 投	JUJINAGE 十 字 投	JUJIGARAMI 十 字 绞	KOSHINAGE 腰 投	JIIYUWAZA 自 由 技	JO WAZA 杖 技	KEN WAZA 剑 技	TANTO WAZA 短 刀 技	
DAN GRADES	BLACK-GOLD 1st KYU	- Minimum 3 months and at least 20 regular training sessions - Applicants who obtained 7th or 8th Kyu (Purple or Green) in last Adult Grading + regular training in between - 至少3个月和20课的定期练习 - 获8级(绿)或7级(紫)后定期练习可直接申请下一次的成人审查	- Breakfalls - Movements - Attacks - Suwariwaza Kokyuhō - 受身 - 转动动作 - 进攻动作 - 坐技呼吸法	- Katatodori - Shomenuchi - 手取 - 正面打					- Katatodori - Shomenuchi - 手取 - 正面打	- Katatodori - Aihanmi - 同手取 - 反手取	- Katatodori - Gyakuhanmi - 反手取							- Katatodori - Gyakuhanmi - 反手取				
	BLACK 2nd KYU	- Minimum 24 regular training sessions after obtaining 6th Kyu (Blue) - Applicants who obtained 6th Kyu (Blue-Silver) in last Adult Grading + regular training in between - 考获6级(蓝)后至少24课的定期练习 - 获6级(蓝银)后定期练习可直接申请下一次的成人审查		- Suwariwaza - Katatodori - Suwariwaza Shomenuchi - 坐技手取 - 坐技正面打	- Katadori - 肩取				- Suwariwaza - Katatodori - Suwariwaza Shomenuchi - 坐技手取 - 坐技正面打	- Katatodori - Gyakuhanmi - Yokomenuchi - 反手取 - 侧面打	- Katatodori - Aihanmi - 同手取	- Ryotodori - 两手取		- Katatodori - Aihanmi - 同手取				- Katatodori - Aihanmi - 同手取				
	BROWN-GOLD 3rd KYU	- Minimum 32 regular training sessions after obtaining 5th Kyu (Blue-Gold) - 考获5级(蓝金)后至少32课的定期练习			- Suwariwaza - Katadori - Tachiwaza + Suwariwaza Shomenuchi - 坐技肩取 - 立技+坐技正面打	- Tachiwaza + Suwariwaza Katadori - Tachiwaza + Suwariwaza Shomenuchi - 立技+坐技手取 - 立技+坐技正面打	- Tachiwaza + Suwariwaza Katadori - Tachiwaza + Suwariwaza Shomenuchi - 立技+坐技手取 - 立技+坐技正面打		- Tsuki - 拳击	- Ryotodori - 两手取	- Ryotodori - 两手取		- Katatodori - Shomenuchi - Tsuki - 手取 - 正面打 - 拳击	- Katatodori - uchi + soto - 手取 - 内+外	- Ryotodori - 两手取			- Ryotodori - 两手取				
	BROWN 4th KYU	- Minimum 6 months and at least 36 regular training sessions after obtaining 4th Kyu (Brown) - Applicants who obtained 4th Kyu (Brown-Silver) in last Adult Grading + regular training in between - 考获4级(咖啡)后至少6个月和36课的定期练习 - 获4级(咖啡银)后定期练习可直接申请下一次的成人审查		- Tachiwaza + Suwariwaza Katadori - 立技+坐技肩取	- Tachiwaza + Suwariwaza Katadori - 立技+坐技肩取	- Tachiwaza + Suwariwaza Katadori - 立技+坐技肩取		- Yokomenuchi - 侧面打	- Hanmihandachi - Katadori - Gyakuhanmi - 半坐半立反手取	- Yokomenuchi - Shomenuchi - 侧面打 - 正面打			- Shomenuchi - 正面打	- Yokomenuchi - Shomenuchi - 侧面打 - 正面打			- Morotodori - 诸手取		- Defence against Tanto attacks - 对短刀攻的防守			
	BLUE-GOLD 5th KYU	- Minimum 6 months and at least 56 regular training sessions after obtaining 3rd Kyu (Brown-Gold) - 考获3级(咖啡金)后至少6个月和56课的定期练习		- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取		- Hanmihandachi - Ryotodori - Hanmihandachi Morotodori - 半坐半立两手取 - 半坐半立诸手取	- Tsuki - 拳击	- Tsuki - 拳击		- Tsuki - 拳击	- Morotodori - 诸手取	- Tsuki - 拳击	- Morotodori - 诸手取		- Katatodori - 手取	- Shomenuchi - Yokomenuchi - Tsuki - Ushiro attacks - 正面打 - 侧面打 - 拳击 - 后取	- 7 Jo Suburi - 7 杖式	- 7 Ken Suburi - Defence against Bokken attacks - 7 剑式 - 对剑攻的防守	
	BLUE 6th KYU	- Minimum 9 months and at least 62 regular training sessions after obtaining 2nd Kyu (Black) - Applicants who obtained 2nd Kyu (Black-Silver) in last Adult Grading + regular training in between - 考获2级(黑)后至少9个月和62课的定期练习 - 获2级(黑银)后定期练习可直接申请下一次的成人审查						- Shomenuchi - 正面打	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Shomenuchi - Ushiro Ryotodori - 正面打 - 后两手取	- Ushiro Ryotodori - 后两手取	- Yokomenuchi - Shomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro Ryotodori - 侧面打 - 后两手取	- Ushiro Ryotodori - 后两手取	- Ushiro Ryotodori - 后两手取	- Yokomenuchi - Shomenuchi - 侧面打 - 正面打	- Hanmihandachi - 2 Attackers - 半坐半立 - 2个进攻者	- Defence against Jo attacks - 31 Jo Kata - 对杖攻的防守 - 31 杖型			
JUNIOR DAN 幼段		- For 14 yrs old (by yr) & below with local certification - Min 9 mths & at least 62 regular training sessions after obtaining 1st Kyu			- 14岁(按年份)及以下, 包括本地证书 - 考获1级后至少9个月和至少62课的定期练习				- Unarmed techniques in Tachiwaza, Suwariwaza & Hanmihandachi. Take 20 ukemi. - 各种徒手技法的立技, 坐技和半坐半立技, 20次受身。													
1ST DAN 初段		- At least 15 yrs old (by yr) with Aikido World Headquarters certification - Min 9 mths & at least 70 regular training sessions after obtaining 1st Kyu			- 至少15岁(按年份), 包括国际合气道本部证书 - 考获1级后至少9个月和至少70课的定期练习				- Unarmed techniques in Tachiwaza, Suwariwaza, Hanmihandachi for all forms of strikes, thrusts, grasping of shoulders, elbows, collar, wrists and hands from front & rear. Take 30 ukemi*. Demonstrate unbendable arm. - 对打击, 拳击, 各种肩取, 手肘取, 颈领取, 手腰取及手取之各种徒手技法的立技, 坐技和半坐半立技, 30次受身*。示范手臂不可弯曲的伸展。									* Candidates aged 50 & above (by yr) are to take 20 ukemi	- 3 Attackers - 3个进攻者	- Defence against 3 Attackers with Jo, Bokken & Tanto. - 对3个进攻者持杖, 剑和短刀的防守。		
2ND DAN 二段		- With Aikido World Headquarters certification - Min 18 mths & at least 150 regular training sessions after obtaining 1st Dan			- 包括国际合气道本部证书 - 考获1段后至少18个月和至少150课的定期练习				- Unarmed techniques similar to above. Defence against kicks. Take 30 ukemi*. Demonstrate relaxation and unable to be lifted by 1 person. Submit an article on Aikido related subjects. - 各种徒手技法与以上相同。对的踢的防守, 30次受身*。示范放松及不可被1人提起的动作。提交一份与合气道有关的文章。										- 4 Attackers - 4个进攻者	- 24 Jo Kata - 24 杖型		
3RD DAN 三段		- With Aikido World Headquarters certification - Min 30 mths & at least 240 regular training sessions after obtaining 2nd Dan			- 包括国际合气道本部证书 - 考获2段后至少30个月和至少240课的定期练习				- Unarmed techniques similar to above. Take 30 ukemi*. Demonstrate relaxation and unable to be lifted by 2 persons. Submit an article on Aikido related subjects. - 各种徒手技法与以上相同。30次受身*。示范放松及不可被2人提起的动作。提交一份与合气道有关的文章。										* 50岁(按年份)及以上的考获20次受身	- 5 Attackers - 5个进攻者	- 24 Jo Kumitachi - 24 杖型组	- 5 Kumi Ken - 5 组剑
4TH DAN 四段		- At least 26 yrs old (by yr) with Aikido World Headquarters certification - Min 42 mths & at least 400 regular training sessions after obtaining 3rd Dan			- 至少26岁(按年份), 包括国际合气道本部证书 - 考获3段后至少42个月和至少400课的定期练习				- Unarmed, Kaeshi & Henka (Counter & Change) techniques. Take 30 ukemi*. Demonstrate understanding of ki extension, relaxation and show stable seiza. Submit an article on Aikido related subjects. - 各种徒手, 反击及变化技法, 30次受身*。示范对气的伸展和放松的理解, 示范平稳正坐。提交一份与合气道有关的文章。										- 6 Attackers - 6个进攻者	- 5 Kumi Jo - 5 组杖		

NOTES FOR APPLICANTS OF ADULTS' GRADING

- Applicants must be Aikido Shinju-kai members for at least 3 months without outstanding membership fees.
- Applicants must ensure they have fulfilled all pre-requisites at the time of submission.
- Applicants must be accompanied by:
 - Proof of training sessions and time period
 - Membership book (with current year membership fees paid)
 - Grading fees

- Applications must be submitted two weeks before Grading. There will be an additional administrative charge for late submissions.
- Applicants' participation in endorsed trainings, seminars, camps or events will be taken into consideration for approval.
- All applicants aged 5-12 (by year) are to register for Children's Grading; applicants aged 13 and above (by year) are to register for Adults' Grading. Applicants who have just turned 13 (by year) are required to fulfill the Adults' Grading pre-requisites for the next corresponding grade before submitting their application. Those who are currently 7th Kyu and below and fulfill the pre-requisites, can submit directly for 6th Kyu.
- Candidates awarded intermediate grades during their previous Adults' Grading can submit directly for the next Adults' Grading. Intermediate grades refer to: Green (8th Kyu), Purple (7th Kyu), Blue-Silver (6th Kyu), Brown-Silver (4th Kyu), Black-Silver (2nd Kyu).
- Candidates grading for 1st Kyu and above are to refer to Uke Selection Guidelines available on the website for their selection of ukes.

成人审查申请者须注意要点

- 申请者必须是合气道心柔会会员至少3个月及拥有有效的会费。
- 申请者必须确保在提交申请时已符合审查条件。
- 提交申请时须有:
 - 练习次数和时间证明
 - 会员册 (确保今年的会费已缴交)
 - 审查费

- 申请必须在审查前2个星期提交。迟交的申请须缴交额外行政费。
- 申请者参与获核准的集训, 研习班, 训练营或活动将被列入批准考虑的范围。
- 5-12岁(按年份)的申请者归儿童审查: 13岁以上的申请者归成人审查。刚满13岁(按年份)的申请者必须符合相关级别的成人审查条件才可提出申请。如目前级别是7级以下, 在符合成人审查条件后可直接申请6级的审查。
- 考生如果在成人审查时获居间的级别, 可直接申请下一次的成人审查。居间级别包括: 绿(8级), 紫(7级), 蓝银(6级), 咖啡银(4级), 黑银(2级)。
- 须考1级以上的考生需参考网站上的受身选择指南以便选择受身。