

For the students who are grading for brown belt or above, grading panel will randomly call any technique from the teaching syllabus.



(Revised April 2019)

Time Frame Requirement

Minimum 8 months of training

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		BROWN	BROWN SILVER	BROWN GOLD	
BASICS	KNEE WORK		Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko	
	FOOT WORK		Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	
	MAE UKEMI	Forward Break Fall	Mae Ukemi over one peer Roll Slam	Mae Ukemi over one peer Roll Slam	
	USHIRO UKEMI	Backward Break Fall	Rocking Ushiro Ukemi Shihonage Rocking	Rocking Ushiro Ukemi Shihonage Rocking	
	UKEMI (As a Uke)		Able to attack & follow well. Able to breakfall correctly. Able to connect with partner.	Able to attack & follow well. Able to breakfall correctly. Able to connect with partner.	
TECHNIQUES	IKKYO	First Lock	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori Morotedori Ushiro Ryotedori	
	NIKKYO	Second Lock	Katadori Omote & Ura (Tachiwaza + Suwariwaza)	Katadori Omote & Ura (Tachiwaza + Suwariwaza)	
	SANKYO	Third Lock	Shomenuchi	Shomenuchi	
	YONKYO	Forth Lock	Shomenuchi Omote - No need to bring the elbow up before cutting down)	Shomenuchi Yokomenuchi	
	GOKYO	Fifth Lock			
	KOTEGAESHI	Wrist Lock Throw	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori Tsuki (Hungry Swimming)	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori Tsuki Morotedori Ushiro Ryotedori	
	IRIMINAGE	Entering Throw	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori Tsuki (Hungry swimming)	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Yokomenuchi Ryotedori Tsuki Shomenuchi (Hanmi handachi + Tachiwaza)	
	KOKYUNAGE	Breath Throw	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ryotedori Yokomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ryotedori Yokomenuchi Tsuki	
	SHIHONAGE	Four Direction Throw	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori - omote and ura, both do irimi tenkan Yokomenuchi (Omote & Ura) - Omote do irimi tenkan - Ura will do side step	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori Yokomenuchi Katatedori Gyakuhanmi (Hanmi handachi + Tachiwaza) Ryotedori Yokomenuchi	
	KAITENAGE	Rotary Throw	Katatedori Gyakuhanmi Uchi & Soto	Katatedori Aihanmi Katatedori Gyakuhanmi	
	JUJINAGE	Cross Arm Throw	Katatedori Aihanmi Yokomenuchi (irimi tenkan)	Katatedori Aihanmi Ryotedori (irimi tenkan, use shihonage style) Yokomenuchi	Katatedori Aihanmi Ryotedori Yokomenuchi
	JUJIGARAMI				Morotedori (Tenkan)
	TENCHINAGE	Heaven & Earth Throw	Ryotedori (Omote & Ura)	Ryotedori	Ryotedori Tsuki
	KOSHINAGE	Hip Throw			
	JYUWAZA	Free Exercise	At least 5 Throw Techniques against Aihanmi, Gyakuhanmi, Ryotedori, Shomenuchi, Yokomenuchi	At least 5 Throw Techniques against Aihanmi, Gyakuhanmi, Ryotedori, Shomenuchi, Yokomenuchi	At least 5 Throw Techniques against Aihanmi, Gyakuhanmi, Ryotedori, Shomenuchi, Yokomenuchi
	KOKYUHO	Breath Exercise	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish
WEAPON (taught in class but will not be tested in aikiForest children grading)				Tanto disarm	

Note: Highlighted in Peach: Students are expected to have achieved good competency