

Revised April 2019

Junior BLACK	Junior BLACK SILVER	Junior BLACK GOLD	Junior DAN
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Time Frame Requirement	Minimum 8 months of training	Minimum 8 months of training	Minimum 8 months of training	Minimum 8 months of training
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BASICS	KNEE WORK	Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko	Shikko with Irimi Tenkan Back Shikko
	FOOT WORK	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan	Irimi Tenkan Tenkan
	MAE UKEMI	<i>Forward Break Fall</i> Mae Ukemi over Big Obstacle Roll Slam	Mae Ukemi over Big Obstacle Roll Slam	Mae Ukemi over Big Obstacle Roll Slam	Mae Ukemi over Big Obstacle Roll Slam
	USHIRO UKEMI	<i>Backward Break Fall</i> Rocking Ushiro Ukemi Shihonage Rocking	Rocking Ushiro Ukemi Shihonage Rocking	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.	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. TO RECEIVE 20 CONTINUOUS UKEMI AT THE END OF THE GRADING
TECHNIQUES	IKKYO	<i>First Lock</i> Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi Tsuki Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi Tsuki Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi Tsuki Morotedori
	NIKKYO	<i>Second Lock</i> Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Tachiwaza + Suwariwaza) *Ushiro Ryotedori Yokomenuchi	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Tachiwaza + Suwariwaza) *Ushiro Ryotedori Yokomenuchi	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Tachiwaza + Suwariwaza) *Ushiro Ryotedori Yokomenuchi Morotedori	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Tachiwaza + Suwariwaza) *Ushiro Ryotedori Yokomenuchi Morotedori
	SANKYO	<i>Third Lock</i> Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi	Shomenuchi (Suwariwaza + Tachiwaza) Katadori (Suwariwaza + Tachiwaza) *Ushiro Ryotedori Yokomenuchi Morotedori
	YONKYO	<i>Forth Lock</i> Shomenuchi (Tachiwaza + Suwariwaza) Katadori (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi	Shomenuchi (Tachiwaza + Suwariwaza) Katadori (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi	Shomenuchi (Tachiwaza + Suwariwaza) Katadori (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi	Shomenuchi (Tachiwaza + Suwariwaza) Katadori (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi Morotedori
	GOKYO	<i>Fifth Lock</i> Yokomenuchi	Yokomenuchi Shomenuchi	Yokomenuchi Shomenuchi	Yokomenuchi Shomenuchi Tanto disarm
	KOTEGAESHI	<i>Wrist Lock Throw</i> Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Hanmihandachi +Tachiwaza) Tsuki Execute with finishing lock	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Hanmihandachi +Tachiwaza) Ushiro Ryotedori Tsuki Execute with finishing lock	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Hanmihandachi + Tachiwaza) Ushiro Ryotedori Yokomenuchi Tsuki *Morotedori Execute with finishing lock	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Hanmihandachi + Tachiwaza) Ushiro Ryotedori Yokomenuchi Tsuki *Morotedori Tanto disarm Execute with finishing lock
	IRIMINAGE	<i>Entering Throw</i> Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Tsuki	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Tsuki	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi Tsuki *Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Yokomenuchi Tsuki *Morotedori Bokken disarm
	KOKYUNAGE	<i>Breath Throw</i> Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ryotedori Yokomenuchi Tsuki	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Ryotedori Yokomenuchi Tsuki	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Ryotedori Yokomenuchi Tsuki *Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi (Suwariwaza + Tachiwaza) Ushiro Ryotedori Ryotedori Yokomenuchi Tsuki *Morotedori Bokken disarm

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Time Frame Requirement		Minimum 8 months of training	Minimum 8 months of training	Minimum 8 months of training	Minimum 8 months of training
SHIHONAGE	Four Direction Throw	Katatedori Aihanmi Katatedori Gyakuhanmi (Hanmihandachi + Tachiwaza) Ryotedori (Hanmi handachi + Tachiwaza) Yokomenuchi Hanmihandachi Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi (Hanmihandachi + Tachiwaza) Ryotedori (Hanmi handachi + Tachiwaza) Yokomenuchi Hanmihandachi Morotedori Ushiro Ryotedori	Katatedori Aihanmi Katatedori Gyakuhanmi (Hanmihandachi + Tachiwaza) Ryotedori (Hanmi handachi + Tachiwaza) Yokomenuchi Hanmihandachi Morotedori *Shomenuchi Ushiro Ryotedori	Katatedori Aihanmi Katatedori Gyakuhanmi (Hanmihandachi + Tachiwaza) Ryotedori (Hanmi handachi + Tachiwaza) Yokomenuchi Hanmihandachi Morotedori *Shomenuchi Ushiro Ryotedori Bokken disarm
KAITENAGE	Rotary Throw	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi Tsuki	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi Tsuki Ushiro Ryotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi Tsuki *Ushiro Ryotedori *Yokomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi Tsuki *Ushiro Ryotedori *Yokomenuchi
JUJINAGE	Cross Arm Throw	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi *Ushiro Ryotedori	Katatedori Aihanmi Ryotedori Yokomenuchi Shomenuchi *Ushiro Ryotedori
JUJIGARAMI	Cross Arm Throw	Morotedori	Morotedori	Morotedori *Ushiro Ryotedori	Morotedori *Ushiro Ryotedori
TENCHINAGE	Heaven & Earth Throw	Ryotedori Tsuki	Ryotedori Shomenuchi Tsuki	Ryotedori Shomenuchi Tsuki *Ushiro Ryotedori *Yokomenuchi	Ryotedori Shomenuchi Tsuki *Ushiro Ryotedori *Yokomenuchi
KOSHINAGE	Hip Throw	Katatedori Aihanmi Katatedori Gyakuhanmi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi *Yokomenuchi	Katatedori Aihanmi Katatedori Gyakuhanmi Shomenuchi *Yokomenuchi
JIYUWAZA	Free Exercise	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Tsuki Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Tsuki Morotedori	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Tsuki Morotedori Hanmihantachi to be able to handle 2 attackers	Katatedori Aihanmi Katatedori Gyakuhanmi Ryotedori Yokomenuchi Shomenuchi Ushiro Tsuki Morotedori Hanmihantachi to be able to handle 2 attackers
WEAPON (taught in class but will not be tested in aikiForest children grading)		7 Ken Suburi 7 Jo Suburi Defence against Bokken & Tanto attack	7 Ken Suburi 7 Jo Suburi Defence against Bokken & Tanto attack	7 Ken Suburi 7 Jo Suburi 31 Jo Kata Defence against Jo, Bokken & Tanto	7 Ken Suburi 7 Jo Suburi 31 Jo Kata Defence against Jo, Bokken & Tanto WILL BE TESTED FOR TANTO AND BOKEN DISARM (as indicated under specific techniques listed above)
KOKYUHO	Breath Exercise	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish	Suwariwaza Ryotedori Keiza Finish

TECHNIQUES