



Aiki Kai Australia - Childrens Grading Syllabus

September 2023

Junior 6 - 9 years of age

GRADE	UKEMI	SHIKKO	TAI SABAKI	IRIMI NAGE	TENCHI NAGE	KOKYU NAGE	KOTE GAESHI	IKKYO	KOKYU HO	NI NIN GAKE
11th Kyu <i>Red w white stripe belt</i> Min. 10 days & 10 weeks wait	Kneeling Forward & Backward	Forward	Hanmi (L&R) Tenkan (solo), Irimi-tenkan (solo)						Suwari waza	Shomenuchi avoidance
10th Kyu <i>Yellow w white stripe belt</i> Min. 15 days & 3mths wait	Kneeling Forward & Backward	Forward & Backward	Tenkan (solo), Irimi-tenkan (solo), Tai no henko	Katatedori ai-hanmi				Katatedori ai-hanmi	Suwari waza	Shomenuchi & Tsuki avoidance
9th Kyu <i>Orange w white stripe belt</i> Min. 20 days & 4mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tenkan (solo), Irimi-tenkan (solo), Tai no henko	Katatedori ai-hanmi Shomenuchi			Katatedori ai-hanmi	Katatedori ai-hanmi * Shomenuchi * + Sw *	Suwari waza	Shomenuchi & Tsuki avoidance Shomenuchi iriminage
8th Kyu <i>Green w white stripe belt</i> Min. 25 days & 5mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tai no henko Grip release - Katatedori ai/gyaku-hanmi	Katatedori ai-hanmi Shomenuchi + Sw	Riyotedori 1 way	Katatedori gyaku-hanmi (tenkan)	Katatedori ai-hanmi	Katatedori ai-hanmi * Shomenuchi * + SW *	Suwari waza	Shomenuchi & Tsuki avoidance Shomenuchi iriminage
Waiting period is from the last grading date / * = omote & ura versions required / Sw = Suwariwaza / Items in bold denote a new technique added for that grade										

• Instructors should maintain a higher level of attention to how joint manipulation techniques are performed during a Junior class on joints which are possibly not fully formed.



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September 2023

Junior - Intermediate 10 - 14 years of age (to be completed before moving to the Advanced grades)

GRADE	UKEMI	SHIKKO	TAI SABAKI	IRIMI NAGE	TENCHI NAGE	KOKYU NAGE	KOTE GAESHI	SHIHO NAGE	IKKYO	KOKYU HO	SAN NIN GAKE
11th Kyu <i>Red belt</i> Min.10 days & 10 weeks wait	Kneeling Forward & Backward	Forward & Backward	Hanmi (L&R) Tenkan (solo), Irimi-tenkan (solo)						Katatedori ai-hanmi	Suwari waza	Shomenuchi avoidance
10th Kyu <i>Yellow belt</i> Min.15 days & 3mths wait	Kneeling Forward & Backward	Forward & Backward	Tenkan (solo), Irimi-tenkan (solo), Tai no henko	Katatedori ai-hanmi					Katatedori ai-hanmi Shomenuchi	Suwari waza	Shomenuchi & Tsuki avoidance
9th Kyu <i>Orange belt</i> Min. 20 days & 4mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tenkan (solo), Irimi-tenkan (solo), Tai no henko	Katatedori ai-hanmi Shomenuchi	Riyotedori 1 way		Katatedori ai-hanmi		Katatedori ai-hanmi * Shomenuchi * + Sw *	Suwari waza	Shomenuchi & Tsuki avoidance Shomenuchi iriminage
8th Kyu <i>Green belt</i> Min. 25 days & 5mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tai no henko Grip release - Katatedori ai/gyaku-hanmi	Katatedori ai-hanmi Shomenuchi + Sw	Riyotedori 2 ways	Katatedori gyaku-hanmi (tenkan)	Katatedori ai-hanmi		Katatedori ai-hanmi * Shomenuchi * + Sw *	Suwari waza	Shomenuchi & Tsuki avoidance Shomenuchi iriminage Katatedori gyaku-hanmi kokyunage
7th Kyu <i>Blue belt</i> Min.30 days & 5mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tai no henko Grip release - Katatedori ai/gyaku-hanmi	Katatedori ai-hanmi Shomenuchi + Sw	Riyotedori 2 ways	Katatedori gyaku-hanmi (tenkan)	Katatedori ai-hanmi	Katatedori gyaku-hanmi *	Katatedori ai-hanmi * Shomenuchi * + Sw *	Suwari waza	Shomenuchi & Tsuki avoidance, Shomenuchi iriminage, Katatedori gyaku-hanmi kokyunage
6th Kyu <i>Brown belt</i> Min.35 days & 6 mths wait	Standing Forward & Backward	Forward, Backward & Turning	Tai no henko, Grip releases - Katatedori ai/gyaku-hanmi Irimi, tenkan, tenkai back stretches	Katatedori ai-hanmi Shomenuchi + Sw	Riyotedori 2 ways	Katatedori gyaku-hanmi (tenkan, uchi & soto)	Katatedori ai/gyaku-hanmi	Katatedori gyaku-hanmi *	Katatedori ai-hanmi * gyaku-hanmi * Shomenuchi * + Sw *	Suwari waza	Any technique in syllabus

Waiting period is from the last grading date / * = omote & ura versions required / Sw = Suwariwaza / Items in bold denote a new technique added for that grade

• Instructors should maintain a higher level of attention to how joint manipulation techniques are performed during a Junior class on joints which are possibly not fully formed.



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September 2023

Junior - **Advanced** 10 - 14 years of age (after completing Intermediate grades)

	5th Kyu White belt w brown stripe Min. 50 training days	4th Kyu White belt w brown stripe Min. 60 training days	3rd Kyu White belt w brown stripe Min. 70 training days	2nd Kyu White belt w brown stripe Min. 80 training days
UKEMI	Standing Forward & Backward			
SHIKKO	Forward, Backward & Turning			
TAI SABAKI	Tai no henko, Grip releases - Katatedori ai/gyaku-hanmi Irimi, tenkan, tenkai back stretches			
IRIMI NAGE	Katatedori ai-hanmi Shomenuchi ai-hanmi + Sw		Shomenuchi + Sw Tsuki Yokomenuchi 3 ways	Shomenuchi Tsuki Katatedori gyaku-hanmi (jodan)
SHIHO NAGE	Katatedori gyaku-hanmi *	Katatedori gyaku-hanmi * Yokomenuchi*	Katatedori gyaku-hanmi * Yokomenuchi * Riyotedori *	Katatedori gyaku-hanmi * Yokomenuchi * Riyotedori * Hanmi handachi Katatedori
TENCHI NAGE	Riyotedori 2 ways			
KOTE GAESHI	Katatedori ai/gyaku-hanmi Tsuki	Katatedori ai/gyaku-hanmi <i>Tsuki</i>	Tsuki Shomenuchi Yokomenuchi	Tsuki Shomenuchi Katatedori gyaku-hanmi gedan
KAITEN NAGE			Katatedori gyaku-hanmi uchi & soto tenkan	
KOSHI NAGE			Katatedori gyaku-hanmi	Shomenuchi
KOKYU NAGE	Katatedori gyaku-hanmi (tenkan, uchi & soto) Ryokatadori	Katatedori gyaku-hanmi (tenkan, uchi & soto) Ryokatadori		Shomenuchi 3 ways Yokomenuchi 3 ways
IKKYO	Katatedori ai-hanmi * Katatedori gyaku-hanmi * Shomenuchi * + Sw *	Shomenuchi * + Sw * Katadori *	Shomenuchi * + Sw * Katadori *	Shomenuchi * + Sw * Katadori * + Sw * Ushiro Riyotedori omote
NIKYO		Katadori * Shomenuchi *	Shomenuchi + Sw * Katadori *	Shomenuchi * + Sw * Katadori* + Sw *
SANKYO		Ushiro kubishime	Shomenuchi * + Sw *	Shomenuchi * + Sw * Katadori * + Sw *
YONKYO				
GOKYO				Yokomenuchi Gyaku-yokomenuchi
KOKYU HO	Suwari waza			
SAN NIN GAKE	Any technique in syllabus			
Min = minimum training days * = omote & ura versions required Sw = Suwariwaza Items in bold denote a new technique added for that grade <i>Italics</i> = Technique is progressive for that grade				

Juniors doing the Advanced Syllabus, often may be training with adults. Everyone must pay extra attention when performing joint techniques with them as their joints may not yet be fully formed. Also, to show their status as Juniors to everyone, all Juniors from 5th Kyu through to 2nd Kyu, will wear a white belt with a brown stripe down the centre (available through our Online Shop). Once they turn 15 years old, they will participate at an 'adult' level, and will therefore wear a white belt, regardless of their grade.