



United Kingdom Aikikai Teaching & Grading syllabus 2025

Items in **bold** are MANDATORY elements for the grading
and **must achieve a good standard**

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General notes:

- *Should be demonstrated back and forward foot
- All techniques demonstrated as Tachi-waza (standing) and in ura (rear) and omote (front) forms unless otherwise stated
- *Techniques in italics are Hombu syllabus listings*
- All items are for teaching
- This syllabus is for Adult students



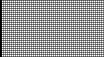
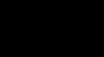
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Background and explanation

The concept is to ensure that the gradings include the progressive elements building up to Shodan.

- The mandatory content for the grading is defined in the "Grading MANDATORY" column of the syllabus.
- Selective element, as required, from the whole syllabus up to and including the tested grade.
- Examinations should be organised around the "Grading MANDATORY" content, plus the selective content. E.g. the selective content should be used to build up to and compliment the MANDATORY content.
- **Each grading must consist of both "Mandatory" and "Selective" elements. As a guide, approximately 50% of the time for each.**

CONCEPT OF THE REVISED SYLLABUS FOR THE MINIMUM GRADING ELEMENTS ONLY									
Grade	ELEMENT CATEGORY								
	Solo Exercise (Tandoku-Dosa)	Partner Practice (Sotai-Dosa) & Techniques						Weapons Defence (Buki-Dori)	Weapons Training (Buki-Waza)
6th Kyu	█	█							
5th Kyu	█	█							
4th Kyu	█	█							
3rd Kyu	█	█							
2nd Kyu	█	█					█		
1st Kyu	█	█					█		
Shodan	█	█					█		

 Selective element as required from the whole syllabus up to and including the tested grade.
 Mandatory content for the grading as defined in the "Grading Mandatory" column of the syllabus.

NOTE: The concept is to ensure that the gradings include the progressive elements building up to Shodan.

Minimum 3 Months after beginning of training

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
<p>SOLO EXERCISES (Tandoku-Dosa)</p> <p>Ukemi (forward and backward rolls) Shikko (knee walking) Tenkan (rotating step) Kaiten (rotating) Irimi-Tenkan (entering and rotating step)* Shomen-uchi (front strike) Yokomen-uchi (side strike) Chudan-Tsuki (centre punch)</p>	<p>Tsugi-ashi (glide step front foot) Ayumi-ashi (glide step back foot alternating) Torifune (rowing exercise) Shiho-giri (4 direction cutting exercise)</p>
<p>PARTNER PRACTICE (Sotai-Dosa)</p>	<p><u>Suwari-waza (both seated)</u> Ai-hanmi-Ikkyo, Kokyu-ho (breathing method)</p>
<p><u>Tachi-waza (both standing)</u> <u>Ai-Hanmi-Katate-dori</u> (one hand grasp, mutual stance)</p> <p>Irimi (entering) * Ikkyo (1st technique)</p>	<p>Tenkan Kaiten Uchi-Kaiten (inside rotating) Irimi-nage (entering throw)</p>
<p><u>Gyaku-Hanmi-Katate-dori</u> (one hand grasp, opposite stance)</p> <p>Irimi * Kaiten Uchi-Kaiten (rotating under) Ikkyo</p>	<p>Ushiro-Tenkan (rotating step back foot) Soto-Kaiten (rotating outside) Tenkan (rotating step) Shiho-nage (4 direction throw)</p> <p>Kokyu-ho (breathing method)</p>



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5th kyu

Minimum 50 hours training after 6th kyu
Test can also include any of the previous requirements

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
SOLO EXERCISES	Shiho-giri (4 direction cutting exercise) Shomen and yokomen happo-giri (8 direction cut) 7 suburi with bokken (Saito)
PARTNER PRACTICE	<u>Suwari-waza</u> Kata-dori (one hand shoulder grasp) Ikkyo, Nikyo
<u>Tachi-waza</u> <u>Ai-Hanmi-Katate-dori</u> Shiho-nage Ikkyo <i>Irimi-nage</i>	Kote-Gaeshi (wrist out turn) Nikyo (2 nd technique)
<u>Gyaku-Hanmi-Katate-dori</u> Ikkyo <i>Shiho-nage</i>	Sumi-otoshi (corner drop) for backward ukemi practice Tenchi-nage (heaven and earth throw) Uchi-Kaiten-nage (inside rotary throw) Nikyo
<u>Shomen-uchi</u> (front strike) <i>Ikkyo</i>	Nikyo
<u>Yokomen-uchi</u> (side strike) Ikkyo Shiho-nage	Nikyo
<u>Morote-dori</u> (two hand grab one arm) Ikkyo	Nikyo Shiho-nage

Minimum 50 hours training after 5th kyu
Test can also include any of the previous requirements

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
SOLO EXERCISES	1 st 10 jo suburi (Saito)
PARTNER PRACTICE <u>Suwari-waza</u> <u>Ai-Hanmi-Katate-dori</u> Sankyo (3 rd technique) Kote-Gaeshi	Yonkyo (4 th technique) Uchi-Kaiten-nage
Shomen-uchi Sankyo	Yonkyo
<u>Tachi-waza</u> <u>Ai-Hanmi-Katate-dori</u> * Soto-Kaiten-nage (outside rotary throw) Sumi-otoshi (corner drop)	* basic Kokyu-nage (breath throw) from these forms
<u>Gyaku-Hanmi-Katate-dori</u> * Sankyo Yonkyo Irimi-nage, Kote-Gaeshi	Sumi-otoshi
<u>Kata-dori</u> Ikkyo Kote-Gaeshi Shiho-nage	Sankyo, Yonkyo Uchi-Kaiten-nage
<u>Shomen-uchi</u> Kote-Gaeshi	Uchi-Kaiten-Sankyo
<u>Yokomen-uchi</u> Nikyo Irimi-nage	Ikkyo, Sankyo Ude-Kime-nage (cross shaped arm throw)



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4th kyu

Minimum 50 hours training after 5th kyu
Test can also include any of the previous requirements

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4th kyu continued:

GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
<u>Tsuki</u> Ikkyo Uchi-Kaiten-Sankyo Kote-Gaeshi	Nikyo, Sankyo, Yonkyo Sumi-otoshi
<u>Morote-dori</u> Shiho-nage	Ude-Kime-nage Kokyu-nage
<u>Ryote-mochi-Ryote-dori</u> * (two hands grab two hands) Ikkyo Tenchi-nage Shiho-nage	Nikyo, Sankyo, Yonkyo, Rokkyo Kokyu-ho, Kokyu-nage



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3rd kyu

Minimum 60 hours training after 4th kyu
Test can also include any of the previous requirements

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
SOLO EXERCISES	20 jo suburi (Saito) 8 suburi with bokken (Chiba) Shiho-giri bokken exercises
PARTNER PRACTICE <u>Suwari-waza</u> <u>Shomen-uchi</u> Soto-Kaiten-nage	Shiho-nage
<u>Hanmi-Handachi-waza</u> <u>Gyaku hanmi</u> Nikyo Irimi-nage	Sankyo, Yonkyo Kote-Gaeshi
<u>Tachi-waza</u> <u>Ai-hanmi-Katate-dori *</u> Uchi-Irimi-Tenkan: Shiho-nage Kote-Gaeshi	*Advanced Kokyu-nage from all these forms Ude-Kime-nage
<u>Gyaku-hanmi *</u> Ikkyo	
<u>Shomen-uchi *</u> Gokyo Sumi-otoshi	
<u>Yokomen-uchi *</u> Gokyo Irimi-nage – jodan Kote-Gaeshi - jodan	Irimi-nage - chudan gedan Kote-Gaeshi – chudan, gedan
<u>Tsuki (jodan and chudan *)</u> (punch to head and centre) Ikkyo Rokkyo	Nikyo Sankyo Gokyo

Minimum 60 hours training after 4th kyu
Test can also include any of the previous requirements

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3rd kyu continued:

GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
<u>Morote-dori</u> * Ikkyo Irimi-nage Kote-Gaeshi	Nikyo Sankyo Yonkyo Ude-Kime-nage
<u>Ryote-mochi-Ryote-dori</u> * Irimi-nage Kote-Gaeshi	
<u>Ushiro-waza</u> * (attacks to the rear) Ryote-mochi-Ryote-dori and Ryo-Kata-dori: Ikkyo Nikyo Shiho-nage	Sankyo Rokkyo Kote-Gaeshi Ude-Kime-nage Kaiten-nage
<u>Mune-Dakishime:</u> * (chest hug)	Shiho-nage Kote-Gaeshi
	Mae-Geri (front kick) Chudan Irimi-nage and Kokyu-nage
	Buki-Waza (Weapons partner techniques) Bokken-Awase (Saito) Kiri-otoshi (Chiba) Bokken-Renzoku-Uchi-komi 5 forms



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2nd kyu

Minimum 60 hours training after 3rd kyu
Test can also include any of the previous requirements

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
SOLO EXERCISES	Jo Kata – 9 count & 13 count, 31 count
PARTNER PRACTICE <u>Suwari-waza</u> <u>Tsuki</u> <i>Ikkyo, Irimi-nage, Kote-Gaeshi</i>	Nikyo, Sankyo Soto-Kaiten-nage
<u>Hanmi-Handachi-waza</u> <u>Shomen-uchi</u> <i>Nikyo, Sankyo, Irimi-nage</i> <i>Kote-Gaeshi</i>	Ikkyo, Yonkyo Sumi-otoshi
<u>Yokomen-uchi</u> <i>Shiho-nage, Kote-Gaeshi</i>	Uchi-Kaiten-Kata-Gatame
<u>Tachi-waza</u> <u>Ai-Hanmi-Katate-dori</u> <i>Ude-Garame-nage</i>	Koshi-nage
<u>Gyaku-Hanmi-Katate-dori</u> <i>Koshi-nage</i>	Ude-Garame-nage
<u>Kata-dori-Shomen-uchi</u> <i>Ikkyo</i> <i>Kote-Gaeshi</i>	<i>Nikyo</i> <i>Sankyo</i>
<u>Shomen-uchi</u> Select from previous	
<u>Yokomen-uchi</u> Select from previous	
<u>Tsuki</u> Select from previous	
<u>Ushiro-waza</u> <i>Katate-dori-kubi-shime</i> (wrist grip & neck choke): <i>Ikkyo, Kote-Gaeshi</i> <i>Shiho-nage</i>	Nikyo Ude-Garame-nage
<u>Buki-Dori</u> (Weapon taking) <i>Tanto-dori</i>	Jo-tori, Jo-nage, Tachi-dori
	Buki-Waza Kiri-Gaeshi 4 forms (Chiba) Jo-Awase (Saito)



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1st kyu

Minimum 60 hours training after 2nd kyu
Test can also include any of the previous requirements

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
SOLO EXERCISES	Optional Jo Kata – 22 count, San no (4 direction)
PARTNER PRACTICE	
<u>Suwari-waza</u> Select from previous	
<u>Hanmi-Handachi-waza</u> Select from previous	
<u>Tachi-waza</u> Others <u>Kata-dori-men-tsuki</u> (shoulder grasp and front strike) Ikkyo Kote-Gaeshi Irimi-nage	Jiyu-waza in certain forms Nikyo Sankyo
<u>Shomen-uchi</u> Uchi-Irimi-Tenkan: Shiho-nage Kote-Gaeshi	Ude-Garame-nage
<u>Yokomen-uchi</u> Koshi-nage	
<u>Ushiro-waza</u> Ryo-Kata-dori: Ikkyo Kote-Gaeshi	Nikyo Kaiten-nage
<u>Buki-Dori</u> Jo-tori, Tachi-dori	Tanto-Dori, Jo-nage
	Buki-Waza 36 Jo movements (Chiba)
	Others Futari-gake, Futari-dori



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Shodan

**Completion of all UKA application criteria.
18 months after award of 1st Kyu and minimum 200
hours of training.**

**Test can also include any of the previous
requirements.**

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GRADING MANDATORY	OTHER FOR TEACHING and SELECTIVE FOR GRADING
Interview with a Technical Committee member prior to grading	
Suwari-waza, Hanmi-Handachi-waza, Tachi-waza Same as 1 st Kyu	Jiyu-waza and Henka-waza from all forms
<u>Tachi-waza</u> Tanto-dori Jo-tori Jo-nage Tachi-dori Futari-gake	Futari-dori
	Buki-Waza Optional – Sancho 1 (Chiba), Kumi-tachi (Saito), Kumi-jo (Saito)



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GRADING ETIQUETTE

During a class or as specific grading session, the Instructor/Examiner will announce that a grading session is about to start.

All students will line-up as per a normal class start and the formal bow to O'Sensei and all students will be made to open the session.

Candidates should be ready with easy access to weapons which maybe required during the grading.

All other students should be prepared to act as Ukes during the grading if required.

Students not grading should also sit in Seiza or crossed legged while the grading is in process and must be in Seiza at the beginning and end of each grade being examined.

At the start of each grade examination, the Examiner will call out the name of the Candidate. The Candidate must reply with "Hai" and stand up. Then the Candidate will walk forward to the centre of the tatami in front of the Examiner. The Candidate should walk in straight lines but not diagonally, to the centre position. So, if you are starting in the centre then just walk forward. If you are starting from the right or left of the students then walk forward, turn left or right and walk to the centre.

The Examiner and Candidate(s) will bow to start the grading. If an Uke is required they will be called up. Before starting, the Candidate(s) and Uke(s) must bow to each other.

At the end of the grading, the Candidate(s) and Uke(s) will bow to the Examiner then the Candidate(s) and Uke(s) will bow to each other. All Ukes used in the grading will participate in the closing bow of each grade examination. The Candidate(s) and Uke(s) return to the student line-up.

When all the examinations have concluded, the Examiner will close the session with a formal bow to O'Sensei and all students.

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