



Aikido & Ki Grading Syllabus

Aikido Grading Syllabus

Form	Ikkyo	Nikkyo	Sankyo	Yonkyo	Shionage	Tenchinage	Kaitennage	Kokyunage	Kotegaeshi
1st									
2nd									
3rd									
4th									
5th									
6th									
7th									
8th									
9th									
10th									
11th									
12th									
13th									
14th									
15th									
16th									

Yellow Belt

1st Ki Development test

7 arts from 1st form

Orange Belt

5 arts from 1st form with movement

5 arts 2nd form basic

5 arts 3rd form basic

Green belt

2nd Ki Development test

2 arts 1st form with movement

4 arts 2nd form with movement

4 arts 3rd form with movement

4 arts 4th form from basic

4 arts 5th form from basic movement



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Blue Belt

- 2 arts 1st form with movement
- 2 arts 2nd form with movement
- 2 arts 3rd form with movement
- 4 arts 4th form with movement
- 4 arts 5th form
- 4 arts 6th form
- 4 arts 7th form
- 3 arts kneeling

Brown Belt

3rd Ki development test

- 2 arts 1st form with movement
- 2 arts 2nd form with movement
- 2 arts 3rd form with movement
- 2 arts 4th form with movement
- 4 arts 5th form
- 4 arts 6th form
- 4 arts 7th form
- 4 arts 8th form
- 4 arts kneeling
- 2 wooden tanto techniques



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1st Dan Grading

4 arts 1st form with movement

4 arts 2nd form with movement

4 arts 3rd form with movement

4 arts 4th form with movement

4 arts 5th form

4 arts 6th form

4 arts 7th form

4 arts 8th form

4 arts kneeling

2 arts two partners holding

5 tanto techniques

Kokyu dosa

Breathing exercise

Bokken Kata No. 1

Randori or 4 man attack



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2nd Dan Grading

4 arts 9th form
4 arts 10th form
4 arts 11th form
4 arts 12th form
4 arts 13th form
4 arts 14th form
4 arts 15th form
4 arts 16th form

6 arts kneeling

3 arts two partners holding

5 arts bokken arts

Bokken kata No. 1
Jo kata No. 1

6 tanto techniques

Kokyu dosa
Breathing exercise

Randori or 5 man attack



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3rd Dan Grading

4 arts 1st form with movement
4 arts 2nd form with movement
4 arts 3rd form with movement
4 arts 4th form with movement
4 arts 5th form
4 arts 6th form
4 arts 7th form
4 arts 8th form
4 arts 9th form
4 arts 10th form
4 arts 11th form
4 arts 12th form
4 arts 13th form
4 arts 14th form
4 arts 15th form
4 arts 16th form

6 arts kneeling

3 arts two partners holding

8 tanto techniques

5 bokken arts

5 jo arts being attacked

5 jo arts holding jo

Bokken kata No. 1

Bokken kata No. 2

Jo kata No. 1

Jo kata No. 2

Kokyu dosa

Breathing exercise

Randori or 6 man attack



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Ki Examination Syllabus

1st Ki Examination (Shokyu)

- 1) Standing with mind and body unified
- 2) Unbendable arm
- 3) Unraiseable arm
- 4) Sitting in seisa
- 5) Rolling exercise
- 6) Shaking wrists
- 7) Rowing exercise
- 8) Ikkyo undo (raising hands to eye level)
- 9) Koyu dosa
- 10) Breathing exercise

2nd Ki Examination (Chukyu)

2nd Test

- 11) Standing with mind and body unified
- 12) Unbendable arm
- 13) Unraiseable arm
- 14) Sitting in seisa
- 15) Rolling exercise
- 16) Shaking wrists
- 17) Rowing exercise
- 18) Ikkyo undo (raising hands to eye level)

1st Test

- 19) Sitting cross legged being pushed from behind & being raised by one knee
- 20) Put out one hand when being pushed by the wrist
- 21) Bending backwards
- 22) Stooping
- 23) Unraiseable body
- 24) Ikkyo undo two ways
- 25) 8 ways
- 26) Crossing wrists at one point
- 27) Crossing wrists in front of face
- 28) Sideways exercise (sayo undo)
- 29) Koyu dosa
- 30) Breathing exercise



Aikido & Ki Grading Syllabus

3rd Ki Examination (Jokyū)

3rd Test

- 31) Standing with mind and body unified
- 32) Unbendable arm
- 33) Unraiseable arm
- 34) Sitting in seisa
- 35) Rolling exercise
- 36) Shaking wrists
- 37) Rowing exercise
- 38) Ikkyo undo (raising hands to eye level)

2nd Test

- 39) Sitting cross legged being pushed from behind & being raised by one knee
- 40) Put out one hand when being pushed by the wrist
- 41) Bending backwards
- 42) Stooping
- 43) Unraiseable body
- 44) Ikkyo undo two ways
- 45) 8 ways
- 46) Crossing wrists at one point
- 47) Crossing wrists in front of face
- 48) Sideways exercise (sayo undo)

1st Test

- 49) Leaning backwards (the wall)
- 50) Leaning forward (the bridge)
- 51) Put out one hand and raise one leg
- 52) Walking forward when being held
- 53) Sitting cross legged (tester pushes at the shoulders while the examinee holds examiners arms from underneath)
- 54) Swing arms and turning
- 55) Breathing exercise
- 56) Koyu dosa