



Kuma Aikido

TRADITIONAL AIKIDO PRACTICE

Kyu Grading Syllabus

Proficiency is required in all techniques of a selected grade, plus all techniques from previous gradings. The techniques to be demonstrated (including stance, posture and attack) will be at the examiners discretion.

Technique	Kumadeshi	6th Kyu	5th Kyu	4th Kyu	3rd Kyu	2nd Kyu	1st Kyu
Tai Sabaki (Body Movements)	Tenkai Ashi Tsugi Ashi Ayumi Ashi Kaiten Ashi Irimi Tenkan Ushiro Tenkan Tsuki Shomen Uchi Yokomen Uchi	Jodan Tsuki Chudan Tsuki Gedan Tsuki Uchi Kaiten Soto Kaiten Solo Breakfalls Partnered Breakfalls Shikko	All previous techniques plus:	All previous techniques plus:	All previous techniques plus:	All previous techniques plus: Including variations: 'Ushiro' & 'Men Uchi'	All previous techniques plus: Including variations: 'Ushiro' & 'Men Uchi'
Ikkyo Nikkyo Sankyo Yonkyo Gokyo Rokkyo (Pins 1 through 6)		Katate-dori	Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Shiho Nage (Four Directional Throw)		Katate-dori	Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Irimi Nage (Entering Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Kote Gaeshi (Wrist Lock/Twist)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Uchi Kaiten Nage (Inside Rotation Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Soto Kaiten Nage (Outside Rotation Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Tenshi Nage (Heaven & Earth Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Sumi Otoshi (Corner Drop)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Koshi Nage (Hip Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Juji Garami Nage (Crossed Arm Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Ude Garami Nage (Entangled Arm Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Hiji Kire Nage (Elbow Cut Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Kokyu Nage (Breath Throw)			Tsuki	Shomen Uchi Yokomen Uchi	Kata-dori Ryote-dori	Katate-dori Kata-dori Sode-dori	Morote-dori Mune-dori Kubi-dori
Aiki Otoshi (Aiki Drop)					Ryote-dori	Sode-dori	Mune-dori Kubi-dori
Randori (Free Style Multiple Uke)			Tsuki	Shomen Uchi (x1) Yokomen Uchi (x1)	Various (x1)	Various (x2)	Various (x3)
Weapons Grading							
Jo Dori (Defence Against Staff)	Waki Gamae	Ikkyo	Nikkyo Sankyo	Yonkyo Gokyo	Sumi Otoshi Kaiten Nage	Juji Nage Irimi Nage	Hiji Kire Nage Kokyu Ho
Tachi Dori (Defence Against Sword)	Waki Gamae	Ikkyo	Nikkyo Sankyo	Yonkyo Gokyo	Sumi Otoshi Kaiten Nage	Juji Nage Irimi Nage	Hiji Kire Nage Kokyu Ho
Aiki-Jo (Staff Exercises)	Jo Suburi (1-5)	Jo Suburi (1-10)	Jo Suburi (1-15)	Jo Suburi (1-20)	31 Jo Kata (1-10) Sansho: 1 Victory	31 Jo Kata (1-20) Sansho: 2 Victories	31 Jo Kata (1-31) Sansho: 3 Victories
Aiki-Ken (Sword Exercises)	Bokken Suburi (1-3)	Bokken Suburi (1-4)	Bokken Suburi (1-7)	Iaido Kata (No. 1)	Iaido Kata (1-4)	Iaido Kata (1-8)	Iaido Kata (1-13)