



White Rose

AIKIDO

GRADING SYLLABUS

January 2014

Basic Terminology



GENERAL TERMS

Aikidoka	- One who practises Aikido
Dojo	- Training Hall
Kamiza	- Focal point of the dojo (lit. place where the spirit sits)
Tatami	- Training mats
Gi	- Training suit
Obi	- Belt
Hakama	- Traditional pleated trousers
Sensei	- Teacher, instructor (one who goes before)
Dan	- Black belt level rank
Kyu	- Lower levels in ranking system
Sempai	- Senior level student
Onegai shimasu	- Please teach me
Domo arigato gozaimashita	- Thank you very much
Rei	- Bow
Keiko	- Practise
Hajime	- Begin
Yame	- Stop
Mate	- Wait
Mokuso	- Meditate
Taijutsu	- Body arts
Tori	- Person carrying out the technique
Uke	- Person receiving the technique
Tegatana	- Hand blade
Giri	- Cut
Ken	- Japanese sword
Tanto	- Wooden knife
Bokken	- Wooden sword
Jo	- Wooden staff
Suburi	- Solo cutting exercise
Kata	- Formal practice of preset forms

MOVEMENTS & POSTURES

Tai sabaki	- Evasive body movement
Te sabaki	- Hand movement
Irimi	- Entering
Tenkan	- Turning
Omote	- Moving to the front of the attacker
Ura	- Moving to the rear of the attacker
Suri ashi	- Oblique entering movement
Tai no henko	- Body blending exercise
Ukemi	- Breakfalls (art of receiving)
Mae ukemi	- Forward roll
Ushiro ukemi	- Roll to the rear
Shikko	- Moving on the knees
Kamae	- Posture
Ai hanmi	- Mutual oblique stance
Gyaku hanmi	- Opposite oblique stance
Migi hanmi	- Right stance
Hidari hanmi	- Left stance
Shizentai	- Natural posture
Seiza	- Sitting posture
Hasso no kamae	- Shoulder level posture (with a weapon)

CONCEPTS & PRINCIPLES

Ai	- Harmony
Ki	- Energy/life force/spirit
Do	- The way
Reigi	- Etiquette
Zanshin	- Unbroken awareness and concentration
Maai	- Combative distance
Awase	- Blending
Hara	- Physical and spiritual centre
Seika tanden	- Centre, one point



ATTACKS

Katate dori	- One wrist held
Sode dori	- Sleeve hold
Kata dori	- Shoulder hold
Eri dori	- Collar hold
Mune dori	- Front chest grab
Ryote dori	- Two hands take both wrists
Ryotemochi	- Two hands take one wrist
Morote dori	- One wrist held by two hands
Kubishime	- Strangle
Ushiro ryote dori	- Both hands held from the rear
Ushiro kubishime	- Choke from the rear, while holding one wrist
Shomen uchi	- Strike to the top of the head
Yokemen uchi	- Strike to the side of the head
Chudan tsuki	- Punch to the stomach
Jodan Tsuki	- Punch to the head
Mae geri	- Front kick
Randori	- Multiple attack
Uchi	- Strike
Tsuki	- Thrust
Dori	- Grab
Geri	- Kick
Jodan	- High level
Chudan	- Mid level
Gedan	- Lower level

NUMBERS

Ichi	- One
Ni	- Two
San	- Three
Shi	- Four
Go	- Five
Rokku	- Six
Shichi	- Seven
Hachi	- Eight
Ku	- Nine
Jyu	- Ten

TECHNIQUES

Kihon waza	- Basic techniques
Osae waza	- Pinning techniques
Katame waza	- Immobilisation techniques
Nage waza	- Projection techniques
Kansetsu waza	- Joint locking techniques
Atemi waza	- Striking techniques
Suwari waza	- Sitting techniques
Tachi waza	- Standing techniques
Hanmi handachi waza	- Techniques with tori sitting and uke standing
Henka waza	- Varied techniques
Kaeshi waza	- Counter techniques
Ikkyo	- 1st application
Nikkyo	- 2nd application
Sankyo	- 3rd application
Yonkyo	- 4th application
Gokyo	- 5th application
Rokkyo	- 6th application
Shiho nage	- Four directions throw
Kite gaeshi	- Outer wrist turn
Shomen Irimi nage	- Front approach entering throw
Sokumen irimi nage	- Reverse entering throw
Tenchi nage	- Heaven and earth throw
Soto Kaiten nage	- Outside rotary throw
Uchi kaiten nage	- Inside rotary throw
Sumi otoshi	- Corner drop
Juji nage	- Cross arm throw
Jujigarami	- Arm entanglement
Udekimi nage	- Arm pin throw
Hiji jime	- Elbow lock
Aiki nage	- Aiki throw
Koshi nage	- Hip throw
Kokyu nage	- Breath power throw
Kokyu ho	- Breath power exercise
Jo dori	- Techniques applied against attacks with jo
Tanto dori	- Techniques applied against knife attacks
Tachi dori	- Techniques applied against attacks with a bokken



1-20 JO SUBURI

1. CHOKU TSUKI
2. GAESHI TSUKI
3. USHIRO TSUKI
4. TSUKI GEDAN GAESHI
5. TSUKI JODAN GAESHI UCHI
6. SHOMEN UCHIKOMI
7. RENZOKU UCHIKOMI
8. MENUCHI GEDAN GAESHI
9. MENUCHI USHIRO TSUKI
10. GYAKU YOKOMEN UCHI USHIRO TSUKI
11. KATATE GEDAN GAESHI
12. KATATE TOMA UCHI
13. KATATE HACHI NO JI GAESHI
14. HASSO GAESHI UCHI
15. HASSO GAESHI TSUKI
16. HASSO GAESHI USHIRO TSUKI
17. HASSO GAESHI USHIRO UCHI
18. HASSO GAESHI USHIRO BARAI
19. HIDARI NAGARE GAESHI UCHI
20. MIGI NAGARE GAESHI TSUKI