



## GRADING SYLLABUS

January 2018

## **WHITE ROSE AIKIDO**

All examinations for kyu grades up to and including 2nd kyu will be taken at a pre-arranged venue and date. These examinations will be carried out by at least two recognised grading officers sanctioned by the association.

Examinations for the rank of 1st Kyu and above will be carried out by the association's senior grading officers.

Any student wishing to grade must be proposed by their dojo sensei at least four weeks prior to any grading. It would be beneficial for them to attend the previous course for observation.

No student will be accepted for assessment unless this procedure has been followed.

Any student who is not successful in passing their exam may be reconsidered for testing at the next association grading and not before.

Grading Fees will be levied at two rates.  
One for kyu grade and a higher fee for dan grade examinations.  
Please check the fee cost prior to examination.

**The techniques contained in this syllabus are a basic level requirement only, and students may be asked to demonstrate additional techniques during the grading.**

During the grading students will be assessed on the following:

**Knowledge of technique**

**Correctness of technique**

**Effectiveness of technique**

**Correct terminology**

**Posture**

**Ma ai**

**Flow and flexibility**

**Zanshin**

**Spirit**

**Ukemi**

**Manner and attitude**

**Commitment**

**IT IS THE STUDENT'S RESPONSIBILITY TO COME PREPARED  
FOR THEIR GRADING, BOTH PHYSICALLY AND MENTALLY!**

## **6TH KYU requirements**

Students will be expected to demonstrate the following:

<b>Ukemi:</b>	<b>Mae and ushiro</b>
<b>Tai sabaki:</b>	<b>Kaiten, Tenkan and Irimi Tenkan</b>
<b>Tai no henko</b>	
<b>Shikko</b>	

### **Tachi Waza:**

#### **Ai hanmi katate dori.**

The nine basic techniques should be correctly demonstrated on both sides.

#### **These are:**

Four immobilisations

**Ikkyo,  
Nikkyo,  
Sankyo  
Yonkyo,**

Five projections

**Shiho nage,  
Kote gaeshi,  
Irimi nage,  
Tenchi nage  
Kaiten nage (soto and uchi variations)**

The techniques will be demonstrated with the correct floor applications.

## **5TH KYU requirements**

**In addition** to knowing the requirements for previous gradings students will be expected to **demonstrate the following**

### **Tachi Waza:**

The nine basic techniques should be correctly demonstrated on both sides.

### **Gyaku hanmi katate dori**

Four immobilisations

**Ikkyo,  
Nikkyo,  
Sankyo  
Yonkyo,**

Five projections

**Shiho nage,  
Kote gaeshi,  
Irimi nage,  
Tenchi nage  
Kaiten nage (uchi variation)**

In addition

**Irimi nage – sokomen variation**

**Shomen uchi** attack.

**Ikkyo  
Kote gaeshi  
Irimi nage**

### **Suwari waza:**

**Shomen Uchi**

**Ikkyo  
Kote gaeshi  
Irimi nage**

The techniques will be demonstrated with the correct floor applications.

### **Weapons:**

**1 to 3 bokken suburi.**

#### **4TH KYU requirements**

**In addition** to knowing the requirements for previous gradings, students will be expected to demonstrate the following

##### **Tachi Waza:**

**Shomen uchi.**

Nikkyo,  
Sankyo  
Yonkyo,  
Shiho nage,  
Tenchi nage  
Kaiten nage (soto & uchi variations)  
Irimi nage – sokomen variation

**Yokomen uchi**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Shiho nage  
Irimi nage  
Irimi nage – sokomen variation

##### **Suwari waza:**

**Ai hanmi katate dori**    **Demonstrate at least 3 techniques**

##### **Weapons:**

1 to 5 jo suburi

### **3RD KYU requirements**

**In addition** to knowing the requirements for previous gradings, students will be expected to demonstrate the following **all showing good movement.**

#### **Tachi Waza:**

**Demonstrate a range of techniques from the following attacks:  
These must include specific defences where shown.**

**Chudan Tsuki**

**Sumi Otoshi  
Irimi Nage (Sokomen variation)**

**Jodan Tsuki**

**Yokomen Uchi**

**Gokkyo  
Rokkyo  
Sumi Otoshi**

**Shomen Uchi**

**Rokkyo  
Sumi Otoshi**

**Ai Hanmi katate dori  
Rokkyo**

**Gyaku Hanmi Katate Dori  
Rokkyo  
Kaiten Nage (soto variation)**

#### **Hanmi Handachi Waza**

**Ai Hanmi Katate Dori    Demonstrate at least 3 techniques**

#### **Weapons**

**All 7 bokken suburi  
1 to 10 jo suburi**

## **2<sup>ND</sup> KYU requirements**

**In addition** to knowing the requirements for previous gradings, students will be expected to demonstrate the following, **all showing good movement and blending with uke:**

### **Tachi Waza:**

#### **Morote Dori,**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Rokkyo  
Shiho Nage  
Irimi Nage (including sokomen variation)  
Juji Nage  
Sumi Otoshi  
Kaiten Nage (soto variation)

#### **Ryote Katate Dori**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Rokkyo  
Shiho Nage  
Irimi Nage (including sokomen variation)  
Juji Nage  
Sumi Otoshi  
Tenchi Nage  
Kote Gaeshi

#### **Ushiro Ryote Katate Dori**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Rokkyo  
Shiho Nage  
Irimi Nage (including sokomen variation)  
Juji Nage  
Juji Garami  
Sumi Otoshi  
Kote Gaeshi

#### **Kata Dori Shomen-uchi**

Ikkyo  
Nikkyo  
Sankyo  
Yonkyo  
Rokkyo  
Shiho Nage  
Irimi Nage (including sokomen variations)  
Kote Gaeshi

**Demonstrate a koshi nage variation from ai hanmi**

**Randori – tori will be expected to defend against a ryote dori attack from 2 ukes**

### **Weapons:**

**11 to 20 jo suburi**

**Tachi dori demonstrate a range of effective techniques from shomen uchi**

**Jo dori demonstrate a range of effective techniques from chudan tsuki**

## **1ST KYU requirements**

**In addition** to knowing the requirements for previous gradings, students will be expected to demonstrate the following; **all showing good spirit, movement and blending with uke:**

### **Tachi Waza:**

**Ai hanmi katate dori** – a variety of techniques, with correct form and felling and correct use of tegatana.

**Demonstrate a range of techniques from the following attacks:**

**Ushiro Kubi Shime**

**Ushiro Eri Dori**

**Ryote Mune Dori**

**Demonstrate a range of kokyu techniques from morote dori**

**Randori** – tori will be expected to defend against a ryote dori attack by up to 3 ukes

### **Hanmi Handachi Waza**

**Demonstrate a range of techniques from gyaku hanmi katate dori**

### **Weapons**

**13 Count Kata**

**Tachi dori** – demonstrate a range of effective techniques from shomen uchi & yokomen uchi

**Tanto dori** – demonstrate a range of effective techniques from chudan tsuki

## **Sho Dan requirements**

**In addition** to knowing the requirements for previous gradings students will be expected to demonstrate the following:

**These must show control, good spirit, good movement and blending**

### **Tachi Waza**

**Demonstrate a range of techniques from the following attacks:**

**Morote Dori  
Shomen Uchi  
Yokemen-uchi  
Ushiro Ryo Katate Dori**

### **Mae Geri Chudan**

**Demonstrate a range of effective techniques to the inside and outside of the attack. Defences to include irimi nage and kokyu nage**

**Randori – tori will be expected to defend against any attack by up to three ukes**

**Demonstrate a range of kokyu techniques from ai hanmi & gyaku hanmi katate dori**

### **Weapons**

#### **31 jo kata**

**Jo waza – demonstrate a range of effective techniques from shomen uchi and yokomen uchi**

**Tanto dori – demonstrate a range of effective techniques from shomen uchi, yokomen uchi and reverse yokomen uchi**

**Tachi dori and tanto dori – Tori will be given the option of defending from a live blade in either or both sets of defence.**