



合氣道

Bristol North Aikido Dojo

Grading Syllabus - 1st Kyu

Member name:

Membership number:

Tachi Waza Techniques

Technique	Muna Dori Men Uchi Ikkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Muna Dori Men Uchi Nikyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Muna Dori Men Uchi Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Muna Dori Men Uchi Koshi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Jodan Tsuki Yonkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Jodan Tsuki Irimi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Jodan Tsuki Soto Kaiten Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Jodan Tsuki Koshi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Jodan Tsuki Ushiro Kiri Otoshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Katate Eri Dori Nikyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Katate Eri Dori Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Katate Eri Dori Irimi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Ryote Dori Yonkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Ryote Dori Koshi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Ryote Dori Kokyu Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Katate Dori Kubi Shimi Nikyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ushiro Katate Dori Kubi Shimi Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Hanmi Handachi Waza Techniques

Technique	Gyaku Hanmi Katate Dori Shiho Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Gyaku Hanmi Katate Dori Uchi Kaiten Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Gyaku Hanmi Katate Dori Ikkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ryote Dori Shiho Nage	
Meaning		
<u>Notes</u>	<u>Dates practiced</u>	

Suwari Waza Techniques

Technique	Kata Dori Men Uchi Kotegaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Kata Dori Men Uchi Irimi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Kata Dori Men Uchi Kokyu Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ryokata Dori Shiho Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Grading Checklist

Tachi Waza Techniques

- Muna Dori Men Uchi Ikkyo
- Muna Dori Men Uchi Nikyo
- Muna Dori Men Uchi Sankyo
- Muna Dori Men Uchi Koshi Nage
- Jodan Tsuki Yonkyo
- Jodan Tsuki Irimi Nage
- Jodan Tsuki Soto Kaiten Nage
- Jodan Tsuki Koshi Nage
- Jodan Tsuki Ushiro Kiri Otoshi
- Ushiro Katate Eri Dori Nikyo
- Ushiro Katate Eri Dori Sankyo
- Ushiro Katate Eri Dori Irimi Nage
- Ushiro Ryote Dori Yonkyo
- Ushiro Ryote Dori Koshi Nage

- Ushiro Ryote Dori Kokyū Nage

- Ushiro Katate Dori Kubi Shimi Nikyo

- Ushiro Katate Dori Kubi Shimi Sankyo

Hanmi Handachi Waza Techniques

- Gyaku Hanmi Katate Dori Shiho Nage

- Gyaku Hanmi Katate Dori Uchi Kaiten Nage

- Gyaku Hanmi Katate Dori Ikkyo

- Ryote Dori Shiho Nage

Suwari Waza Techniques

- Kata Dori Men Uchi Kotegaeshi

- Kata Dori Men Uchi Irimi Nage

- Kata Dori Men Uchi Kokyū Nage

- Ryokata Dori Shiho Nage

Extra notes

Date

Notes
