



# 合氣道

Bristol North Aikido Dojo

## Grading Syllabus - 2nd Kyu

Member name:

Membership number:

## Tachi Waza Techniques

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

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

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

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

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

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

<b>Technique</b>	Yokomen Uchi Nikyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Yokoen Uchi Sankyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Yokomen Uchi Yonkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Yokomen Uchi Gokyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Yokomen Uchi Koshi Nage	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Jodan Tsuki Nikyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Jodan Tsuki Sankyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

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

<b>Technique</b>	Ushiro Ryo Kata Dori Ikkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryo Kata Dori Nikyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryo Kata Dori Sankyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryo Kata Dori Kotegaeshi	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryo Kata Dori Irimi Nage	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Katate Dori Kubi Shime Ikkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryohiji Dori Kotegaeshi	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Ushiro Ryohiji Dori Irimi Nage	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

<b>Technique</b>	Maegeri Irimi Nage	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

## Suwari Waza Techniques

<b>Technique</b>	Shomen Uchi Yonkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>	<b><u>Dates practiced</u></b>	

<b>Technique</b>	Shomen Uchi Soto Kaiten Nage	
<b>Meaning</b>		
<b><u>Notes</u></b>	<b><u>Dates practiced</u></b>	

<b>Technique</b>	Jodan Tsuki Ikkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>	<b><u>Dates practiced</u></b>	

<b>Technique</b>	Ryo Kata Dori Ikkyo	
<b>Meaning</b>		
<b><u>Notes</u></b>		<b><u>Dates practiced</u></b>

## Grading Checklist

### Tachi Waza Techniques

- Kata Dori Men Uchi Ikkyo
- Kata Dori Men Uchi Shiho Nage
- Kata Dori Men Uchi Kotegaeshi
- Kata Dori Men Uchi Irimi Nage
- Kata Dori Men Uchi Koshi Nage
- Muna Dori Ikkyo
- Yokomen Uchi Nikyo
- Yokoen Uchi Sankyo
- Yokomen Uchi Yonkyo
- Yokomen Uchi Gokyo
- Yokomen Uchi Koshi Nage
- Jodan Tsuki Nikyo
- Jodan Tsuki Sankyo
- Ushiro Katate Eri Dori Ikkyo
- Ushiro Ryo Kata Dori Ikkyo

- Ushiro Ryo Kata Dori Nikyo
- Ushiro Ryo Kata Dori Sankyo
- Ushiro Ryo Kata Dori Kotegaeshi
- Ushiro Ryo Kata Dori Irimi Nage
- Ushiro Katate Dori Kubi Shime Ikkyo
- Ushiro Ryohiji Dori Kotegaeshi
- Ushiro Ryohiji Dori Irimi Nage
- Maegeri Irimi Nage

### Suwari Waza Techniques

- Shomen Uchi Yonkyo
- Shomen Uchi Soto Kaiten Nage
- Jodan Tsuki Ikkyo
- Ryo Kata Dori Ikkyo

## Extra notes

Date

Notes

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