



合氣道

Bristol North Aikido Dojo

Grading Syllabus - 3rd Kyu

Member name:

Membership number:

Tachi Waza Techniques

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

Technique	Gyaku Hanmi Katate Dori Yonkyo	
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	Shomen Uchi Yonkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Shomen Uchi Gokyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Yokomen Uchi Ikkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Yokomen Uchi Kaiten Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Chudan Tsuki Uchi Kaiten Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

Technique	Katate Ryote Dori Kotegaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

Technique	Ushiro Ryote Dori Hiji Kime Osae	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

Suwari Waza Techniques

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

Technique	Shomen Uchi Sankyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Shomen Uchi Kotegaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Shomen Uchi Irimi Nage	
Meaning		
<u>Notes</u>	<u>Dates practiced</u>	

Grading Checklist

Tachi Waza Techniques

- Gyaku Hanmi Katate Dori Sankyo
- Gyaku Hanmi Katate Dori Yonkyo
- Gyaku Hanmi Katate Dori Uchi Kaiten Nage
- Shomen Uchi Yonkyo
- Shomen Uchi Gokyo
- Yokomen Uchi Ikkyo
- Yokomen Uchi Kaiten Sankyo
- Chudan Tsuki Uchi Kaiten Sankyo
- Chudan Tsuki Soto Kaiten Nage
- Jodan Tsuki Shiho Nage
- Jodan Tsuki Kotegaeshi
- Katate Ryote Dori Ikkyo
- Katate Ryote Dori Nikyo

- Katate Ryote Dori Kotegaeshi
- Ryote Dori Irimi Nage
- Ryote Dori Kokyo Nage
- Ushiro Ryote Dori Ikkyo
- Ushiro Ryote Dori Hiji Kime Osae
- Ushiro Ryote Dori Shiho Nage
- Ushiro Ryote Dori Kotegaeshi
- Ushiro Ryote Dori Irimi Nage

Suwari Waza Techniques

- Kata Dori Men Uchi Sankyo
- Shomen Uchi Sankyo
- Shomen Uchi Kotegaeshi
- Shomen Uchi Irimi Nage

Extra notes

Date

Notes
