



合氣道

Bristol North Aikido Dojo

Grading Syllabus - 4th Kyu

Member name:

Membership number:

Tachi Waza Techniques

Technique	Gyaku Hanmi Katate Dori Tai No Henka	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ai Hanmi Katate Dori Tai No Henka	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ryote Dori Tai No Henka	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

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

Technique	Yokomen Uchi Ude Kime Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Chudan Tsuki Hiji Kime Osae (Rokkyu)	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Chudan Tsuki Ude Kime Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

Suwari Waza Techniques

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

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

Technique	Ryote Dori Kokyuhō	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Grading Checklist

Tachi Waza Techniques

- Gyaku Hanmi Katate Dori Tai No Henka
- Ai Hanmi Katate Dori Tai No Henka
- Ryote Dori Tai No Henka
- Gyaku Hanmi Katate Dori Nikyo
- Shomen Uchi Sankyo
- Shomen Uchi Uchi Kaiten Sankyo
- Yokomen Uchi Shiho Nage
- Yokomen Uchi Kotegaeshi
- Yokomen Uchi Irimi Nage
- Yokomen Uchi Tenchi Nage
- Yokomen Uchi Ude Kime Nage
- Chudan Tsuki Hiji Kime Osae (Rokkyu)
- Chudan Tsuki Ude Kime Nage
- Jodan Tsuki Ikkyo
- Ryote Dori Kotegaeshi
- Ryote Dori Ikkyo
- Ryote Dori Shiho Nage
- Ryote Dori Tenchi Nage
- Ryote Dori Ude Kime Nage

Suwari Waza Techniques

- Shomen Uchi Nikyo
- Kata Dori Men Uchi Nikyo
- Ryote Dori Kokyuhō

Extra notes

Date

Notes
