



合氣道

Bristol North Aikido Dojo

Grading Syllabus - 5th Kyu

Member name:

Membership number:

Basic concepts

Technique	Tachi Waza	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Suwari Waza	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Tachi Waza Techniques

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

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

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

Technique	Gyaku Hanmi Katate Sumi Otoshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

Technique	Ai Hanmi Katate Dori Irimi Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

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

Suwari Waza Techniques

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

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

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

Grading Checklist

Basic concepts

- Tachi Waza
- Suwari Waza

Tachi Waza Techniques

- Gyaku Hanmi Katate Dori Tai No Henka
- Gyaku Hanmi Katate Dori Ikkyo
- Gyaku Hanmi Katate Dori Shiho Nage
- Gyaku Hanmi Katate Sumi Otoshi
- Gyaku Hanmi Katate Dori Tenchi Nage
- Gyaku Hanmi Katate Dori Ude Kime Nage
- Gyaku Hanmi Katate Dori Uchi Kaiten Nage
- Ai Hanmi Katate Dori Tai No Henka
- Ai Hanmi Katate Dori Kotegaeshi
- Ai Hanmi Katate Dori Irimi Nage
- Ai Hanmi Katate Dori Shiho Nage
- Ai Hanmi Katate Dori Ikkyo
- Shomen Uchi Ikkyo
- Shomen Uchi Nikkyo
- Shomen Uchi Kotegaeshi
- Chudan Tsuki Kotegaeshi
- Chudan Tsuki Irimi Nage

Suwari Waza Techniques

- Shomen Uchi Ikkyo
- Kata Dori Menuchi Ikkyo
- Ryote Dori Kokyuho

Extra notes

Date

Notes
