



合氣道

Bristol North Aikido Dojo

Grading Syllabus - 6th Kyu

Member name:

Membership number:

Basic skills

Technique	Ukemi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Shikko	
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 Shiho 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 Sumi Otoshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

Grading Checklist

Basic skills

- Ukemi
- Shikko

Tachi Waza Techniques

- Gyaku Hanmi Katate Dori Tai No Henka
- Gyaku Hanmi Katate Dori Shiho Nage
- Ai Hanmi Katate Dori Tai No Henka
- Ai Hanmi Katate Dori Kotegaeshi
- Ai Hanmi Katate Dori Irimi Nage
- Ai Hanmi Katate Dori Sumi Otoshi
- Ai Hanmi Katate Dori Tenchi Nage
- Ai Hanmi Katate Dori Ikkyo

Extra notes

Date

Notes
