



合氣道

Bristol North Aikido Dojo

Grading Syllabus - Shodan

Member name:

Membership number:

Suwari Waza Techniques

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

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

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

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

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

Technique	Ai Hanmi Katate Dori Hiji Kime Osae	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

Technique	Shomen Uchi Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

Hanmi Handachi Waza Techniques

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

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

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 Gokyo	
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 Dori Uchi Kaiten Nage	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

Technique	Shomen Uchi Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

Tachi Waza Techniques

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

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

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

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

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

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

Technique	Ai Hanmi Katate Dori Hiji Kime Osae	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Ai Hanmi Katate Dori Kote Gaeshi	
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 Ten Chi Nage	
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	Shomen Uchi Ikkyo	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

Technique	Shomen Uchi Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Shomen Uchi Sumi Otoshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

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

Technique	Jodan Tsuki Hiji Kime Osae	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

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

Technique	Chudan Tsuki Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

Technique	Chudan Tsuki Sumi Otoshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

Technique	Kata Dori Men Uchi Tai No Henka	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

Technique	Kata Dori Men Uchi Hiji Kime Osae	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

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

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

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

Technique	Ushiro Ryote Dori Yonkyo	
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 Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

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

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

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

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

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

Technique	Ushiro Ryo Kata Dori Kote Gaeshi	
Meaning		
<u>Notes</u>		<u>Dates practiced</u>

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

Grading Checklist

Suwari Waza

- Ai Hanmi Katate Dori Ikkyo
- Ai Hanmi Katate Dori Nikyo
- Ai Hanmi Katate Dori Sankyo
- Ai Hanmi Katate Dori Yonkyo
- Ai Hanmi Katate Dori Gokyo
- Ai Hanmi Katate Dori Hiji Kime Osae
- Ai Hanmi Katate Dori Kote Gaeshi
- Ai Hanmi Katate Dori Irimi Nage
- Shomen Uchi Ikkyo
- Shomen Uchi Nikyo
- Shomen Uchi Sankyo
- Shomen Uchi Yonkyo
- Shomen Uchi Gokyo
- Shomen Uchi Hiji Kime Osae
- Shomen Uchi Kote Gaeshi
- Shomen Uchi Irimi Nage

Hanmi Handachi Waza

- Gyaku Hanmi Katate Dori Ikkyo
- Gyaku Hanmi Katate Dori Nikyo
- Gyaku Hanmi Katate Dori Sankyo
- Gyaku Hanmi Katate Dori Yonkyo
- Gyaku Hanmi Katate Dori Gokyo
- Gyaku Hanmi Katate Dori Shiho Nage
- Gyaku Hanmi Katate Dori Uchi Kaiten Nage
- Gyaku Hanmi Katate Dori Soto Kaiten Nage
- Gyaku Hanmi Katate Tenchi Nage
- Shomen Uchi Kote Gaeshi
- Shomen Uchi Irimi Nage

Tachi Waza

- Ai Hanmi Katate Dori Tai No Henka
- Ai Hanmi Katate Dori Ikkyo
- Ai Hanmi Katate Dori Nikyo
- Ai Hanmi Katate Dori Sankyo
- Ai Hanmi Katate Dori Yonkyo
- Ai Hanmi Katate Dori Gokyo
- Ai Hanmi Katate Dori Hiji Kime Osae
- Ai Hanmi Katate Dori Kote Gaeshi
- Ai Hanmi Katate Dori Sumi Otoshi
- Ai Hanmi Katate Dori Ten Chi Nage
- Ai Hanmi Katate Dori Irimi Nage
- Ai Hanmi Katate Dori Shiho Nage
- Shomen Uchi Ikkyo
- Shomen Uchi Nikyo
- Shomen Uchi Sankyo
- Shomen Uchi Yonkyo
- Shomen Uchi Gokyo
- Shomen Uchi Hiji Kime Osae
- Shomen Uchi Kote Gaeshi
- Shomen Uchi Sumi Otoshi
- Shomen Uchi Ten Chi Nage
- Shomen Uchi Irimi Nage
- Shomen Uchi Shiho Nage
- Jodan Tsuki Ikkyo
- Jodan Tsuki Nikyo
- Jodan Tsuki Sankyo
- Jodan Tsuki Yonkyo
- Jodan Tsuki Hiji Kime Osae
- Jodan Tsuki Irimi Nage
- Jodan Tsuki Uchi Kaiten Nage
- Jodan Tsuki Soto Kaiten Nage
- Jodan Tsuki Shiho Nage
- Chudan Tsuki Ikkyo
- Chudan Tsuki Nikyo
- Chudan Tsuki Sankyo
- Chudan Tsuki Yonkyo
- Chudan Tsuki Hiji Kime Osae
- Chudan Tsuki Kote Gaeshi
- Chudan Tsuki Sumi Otoshi
- Chudan Tsuki Ten Chi Nage
- Chudan Tsuki Irimi Nage
- Kata Dori Men Uchi Tai No Henka
- Kata Dori Men Uchi Ikkyo
- Kata Dori Men Uchi Nikyo
- Kata Dori Men Uchi Sankyo
- Kata Dori Men Uchi Yonkyo
- Kata Dori Men Uchi Gokyo
- Kata Dori Men Uchi Hiji Kime Osae
- Kata Dori Men Uchi Kote Gaeshi

- Kata Dori Men Uchi Irimi Nage
 - Kata Dori Men Uchi Shiho Nage
 - Kata Dori Men Uchi Koshi Nage
 - Muna Dori Men Uchi Ikkyo
 - Muna Dori Men Uchi Nikyo
 - Muna Dori Men Uchi Sankyo
 - Muna Dori Men Uchi Yonkyo
 - Ushiro Ryote Dori Ikkyo
 - Ushiro Ryote Dori Nikyo
 - Ushiro Ryote Dori Sankyo
 - Ushiro Ryote Dori Yonkyo
 - Ushiro Ryote Dori Hiji Kime Osae
- Ushiro Ryote Dori Kote Gaeshi
 - Ushiro Ryote Dori Irimi Nage
 - Ushiro Ryo Kata Dori Ikkyo
 - Ushiro Ryo Kata Dori Nikyo
 - Ushiro Ryo Kata Dori Sankyo
 - Ushiro Ryo Kata Dori Yonkyo
 - Ushiro Ryo Kata Dori Hiji Kime Osae
 - Ushiro Ryo Kata Dori Kote Gaeshi
 - Ushiro Ryo Kata Dori Irimi Nage

Extra notes

Date

Notes
