



Aiki Kai (Australia)

Junior Grading Syllabus

December 2009



11th Kyu		10th Kyu		9th Kyu		8th Kyu	
<i>Time requirement / Belt colour</i>	10 hours (2.5 months) / Red (with stripe for Minor level)	16 hours (4 months) / Yellow (with stripe for Minor level)	24 hours (6 months) / Orange (with stripe for Minor level)	36 hours (9 months) / Green (with stripe for Minor level)			
Minors Age: 5 - 9 years	Questions (group): What is dojo etiquette/What is a Gi and why should it be clean/What is Nage/What is Uke/What is ukemi/hanmi Everyday Rewards Card - 9344510781860? Individual demonstration: Formal bow Left/right hanmi Tenkan Irimi-tenkan ho Ukemi mae & ushiro (front & to rear) Shikko With partner: Kata tori ikkyo O/U Suwari waza kokyu ho	Group: Ukemi / Shikko / Irimi-tenkan ho Plus individual demonstration: Kokyu ryoku ho Funekogi With partner: Katate tori tenkan ho - gyaku Morote tori tenkan ho Katate tori ikkyo ai hanmi O/U Katate tori irimi nage ai hanmi Suwari waza kokyu ho	Group: Ukemi - striking the mat - front & back / Shikko / Irimi-tenkan ho Plus with partner: Katate tori kokyu ho gyaku hanmi Katate tori kotegaeshi ai hanmi Ryote tori tenchi nage O/U	Group: Ukemi (all) / Shikko / Irimi-tenkan ho Plus with partner: Shomen uchi irimi nage ai hanmi Shomen uchi ikkyo ai hanmi O/U Katate tori kokyu nage gyaku hanmi Tsuki kote gaeshi Morote tori kokyu ho (2 ways)			
Plus for Adolescents: 10 - 15 years	Katate tori irimi nage ai hanmi Katate tori ikkyo ai hanmi O/U	Plus: Katate tori kotegaeshi ai hanmi Ryote tori tenchi nage O/U	Plus: Shomen uchi irimi nage ai hanmi Shomen uchi ikkyo ai hanmi O/U	Plus: Katate tori shiho nage ai hanmi O/U Katate tori kaiten nage uchi & soto Suwari waza shomen uchi ikkyo O/U Suwari waza shomen uchi irimi nage Ni nin gake - shomen uchi irimi nage			
7th Kyu		6th Kyu					
<i>Time requirement / Belt colour</i>	36 hours (9 months) / Blue (with stripe for Minor level)	30 hours (12 months) / Brown (with stripe for Minor level)					
Minors Age: 5 - 9 years	Group: Ukemi (all) / Shikko / Irimi-tenkan ho Plus with partner: Katate tori shiho nage ai hanmi O/U Katate tori kaiten nage uchi & soto Suwari waza shomen uchi ikkyo O/U Suwari waza shomen uchi irimi nage Ni nin gake - shomen uchi irimi nage	Group: Ukemi (all) / Shikko / Irimi-tenkan ho 7 movement jo kata Plus with partner: Yokomen uchi shiho nage O/U Shomen uchi nikkyo O/U Tachi & Suwari waza Shomen uchi sankyo O/U Tachi & Suwari waza Ni nin gake - shomen uchi irimi nage & tsuki kotegaeshi					
Plus for Adolescents: 10 - 15 years	Plus: Yokomen uchi shiho nage O/U Shomen uchi nikkyo O/U Tachi & Suwari waza Shomen uchi sankyo O/U Tachi & Suwari waza Ni nin gake - shomen uchi irimi nage & tsuki kotegaeshi	Plus: Ushiro riyote tori kotegaeshi Hanmi handachi katate tori kaiten nage uchi & soto Riyo kata tori kokyu nage - 2 ways San nin gake - Shomen/Yokomen/Tsuki					O/U = omote & ura