

KAI SHIN KAI GRADING SYLLABUS



合氣道



	5th Kyu					4th Kyu			3rd Kyu			2nd Kyu			1st Kyu			Shodan																							
	I K K Y O	N I K K Y O	K O T E I G A E S H	I R I M I N A G E	S H I H O N A G E	S O K U M E N	K O K Y U N A G E	S U M I O T O S H I	T E N C H I N A G E	S A N K Y O	Y O N K Y O	M A I O T O S H I	H I J I S H I M E	G O K Y U	K A I T E N N A G E	K O S H I N A G E	A I K I O T O S H I	A I K I N A G E	J U J I G A R A M E	K A T A G A T A M E	U D E G A R A M I																				
5th Kyu	AI KATATE DORI																				S	S	SH	SH	SH	S															
4th Kyu	GYAKU KATATE DORI																				S	S	H	SH	H	SH	H							H							
	SHOMENUCHI																				S	S	SH	SH		H				S	S			S							
	YOKOMENUCHI																				S	S		S	H									S							
	CHUDAN TSUKI																																								
3rd Kyu	RYOTE DORI																				S	S		S						S											
	USHIRO RYOTE DORI																																								
	KATA DORI																				SH	SH								H		SH								S	
	USHIRO RYO KATA DORI																																								
2nd Kyu	KATA DORI SHOMENUCHI																																								
	MOROTE DORI																				S			S																	
	JODAN TSUKI																				S		H	SH									SH								
	HIJI DORI																				S	S				S															S
1st Kyu	USHIRO RYO Hiji DORI																																								
	MUNE DORI																						H																		
	RYO KATA / RYO MUNE DORI																																								
	MUNE DORI SHOMENUCHI																																								
Shodan	USHIRO ERI DORI																																								
	USHIRO KATATE KUBISHIME																																								
	MUNE DORI JODAN TSUKI																																								
	USHIRO MUNE DAKE SHIME																																								
CHUDAN GERI / GEDAN GERI																				FREE CHOICE OF DEFENCE (also from Hanmi - Handachi)																					

5th Kyu	SOLO & PARTNER EXERCISES	Ukemi	Tori-Fune	Shikko	Tai-Sabaki	Tai-no-Henko	Suwari-waza Kokyu-ho
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KEY :

= all techniques (as coloured per Kyu)

H @ 2nd Kyu also HANMI-HANDACHI

= NOT TESTED in gradings

S @ 3rd Kyu also SUWARI-WAZA