

KOGUSOKU GRADING SYLLABUS

6th KYU (White Belt)

Tai Sabaki	– Body movement.
Tenkan Ashi	– Step pivot.
Zempo Kaiten Ukemi	– Forward Roll
Ko Ho Tendo Ukemi	– Backwards Roll
Shiko	- Knee Walking

5th KYU (Yellow Belt)

The nine basic techniques known as the Kihon-No Waza of Aikido from Mune Tori.
(One handed grasp to the centre of the chest).

Shiho Nage
Kote Gaeshi
Irimi Nage
Kaiten Nage
Tenchi Nage
Ikkyo
Nikkyo
Sankyo
Yonkyo

4th KYU (Orange Belt)

Ai Hanmi Kata Tori	(Right to Right or Left to Left Wrist Grasp)	Shiho Nage
Gyaku Hanmi	(Right to Left or Left to Right Wrist Grasp)	Kote Gaeshi
Mune Tori	(One Handed grasp to the centre of the chest)	Irimi Nage
Hiji Tori	(Grasp to the elbow)	Kaiten Nage
Ryote Tori	(Two hands grasp two hands)	Tenchi Nage
Ushiro Ryote Tori	(Two hands grasp from behind)	Ikkyo
Ryote Mochi	(Two hands grasp one)	Nikkyo
Yokomen Uchi	(Strike to the side of the head)	Sankyo
Shomen Uchi	(Strike to the top of the head)	Yonkyo
Kata Tori	(Grasp to the shoulder)	Ikkyo
Kata Tori	(Grasp to the shoulder)	Nikkyo
A Hanmi Kata Tori	(Right to Right or Left to Left Wrist Grasp)	Koshi Nage

Tanto Tori (Knife Taking)

Mune Tsuki	(Thrust to the centre of the chest)	Kote Gaeshi
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Uke is expected to carry out appropriate break fall from above Tanto Tori technique.

KOGUSOKU GRADING SYLLABUS

3rd KYU (Green Belt)

A selection of techniques from the previous gradings

Mune Tsuki	Kote Gaeshi
Mune Tsuki	Irimi Nage
Mune Tsuki	Kaiten Nage (Uchi & Soto)
Mune Tsuki	Tenchi Nage
Ushiro Ryote Tori	Shiho Nage
Ushiro Ryote Tori	Ikkyo
Ushiro Ryote Tori	Sanyo
Ai Hanmi Katate Tori	Ude Garami
Ai Hanmi Katate Tori	Ura Nage
Gyaku Hanmi Katate Tori	Nikkyo
Gyaku Hanmi Katate Tori	Yonkyo
Ryote Tori	Sumi Otoshi
Kata Tori	Yonkyo
Kata Tori	Sankyo
Yokomen Uchi	Ushiro Kiri Otoshi
2 x various Attacks	Koshi Nage

Tanto Tori (Knife Taking)

Mune Tsuki	Ude Garami
Mune Tsuki	Ude Kimi Nage (Irimi & Tenkan)

Jo Waza (Stick Techniques)

Jo Waza	Shiho Nage
Jo Waza	Kote Gaeshi
Jo Waza	Irimi Nage

Bokken Tori (Sword Taking)

Bokken Tori	Shiho Nage	(Tori to name attack)
Bokken Tori	Kote Gaeshi	(Tori to name attack)
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Hanmi Handachi Waza (One standing & One kneeling)

Shomen Uchi	Kote Gaeshi
Gyaku Hanmi	Shiho Nage

Suwari Waza (Both kneeling)

Ryote Tori	Kokyo Ho
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Jo Kata (Pre-arranged set of moves) 7 Count Jo Kata

KOGUSOKU GRADING SYLLABUS

2nd KYU (Blue Belt)

A selection of techniques from the previous gradings

The nine basic techniques known as the Kihon-No Waza of Aikido from Shomen Uchi (Strike to the centre of the head).

Mune Tsuki	Sankyo (Uchi & Soto)
Mune Tsuki	Ude Kimi Osae
Yokomen Uchi	Shiho Nage (Irimi & Tenkan)
Yokomen Uchi	Koshi Nage
Yokomen Uchi	Tenchi Nage (Irimi & Tenkan)
Yokomen Uchi	Sumi Otoshi
Ryote Mochi	Nikyo (Both Hands)
Ryote Tori	Juji Garami Nage
Ushiro Ryote Tori	Juji Garami Nage
Ushiro Ryote Tori	Sokumen Irimi Nage
Shomen Uchi	Kokyo Nage (3 different ways)
Yokomen Uchi	Kokyo Nage (3 different ways)
Shomen Uchi	Kaiten Nage (Uchi & Soto)
Yoko Gedan Tsuki	Ude Garami
Shomen Uchi	Ude Garami
Shomen Uchi	Koshi Nage
Mune Tsuki	Koshi Nage
Ryote Tori	Koshi Nage

Tanto Tori (Knife Taking)

Mune Tsuki	Kaiten Nage
Shomen Uchi	Sumi Otoshi
Yokomen Uchi	Shiho Nage

Jo Waza (Stick Techniques)

Jo Waza	Kaiten Nage
Jo Waza	Tenchi Nage
Jo Waza	Ikkyo

Bokken Tori (Sword Taking)

Bokken Tori	Irimi Nage	(Tori to name attack)
Bokken Tori	Ude Kimi Nage	(Tori to name attack)

Hanmi Handachi Waza (One standing & One kneeling)

Yokomen Uchi	Kote Gaeshi
Ai Hanmi	Shiho Nage
Ryote Tori	Kokyo Nage

Suwari Waza (Both Kneeling)

Ai Hanmi	Shiho Nage
Ai Hanmi	Kote Gaeshi
Ai Hanmi	Irimi Nage
Gyaku Hanmi	Kaiten Nage
Gyaku Hanmi	Tenchi Nage

Jo Kata (Pre-arranged set of moves) 13 Count Jo Kata

Randori against 1 attacker (30%)

KOGUSOKU GRADING SYLLABUS

1st KYU (Brown Belt)

A selection of techniques from the previous gradings

Ryote Tori	Kote Gaeshi
Ushiro Katate Eri Tori	Irimi Nage
Ushiro Katate Eri Tori	Aiki Otoshi
Yokomen Uchi	Aiki Otoshi
Mune Tsuki	Ude Kimi Osae
Shomen Uchi	Ude Kimi Osae
Yokomen Uchi	Ude Kimi Osae
Ai Hanmi	Hiji Kimi Osae
Gyaku Hanmi	Hiji Kimi Osae
Ushiro Ryo Hiji Tori	Shiho Nage
Ushiro Ryo Hiji Tori	Kote Gaeshi
Sode Tori Yokomen Uchi	Ude Garami (Both Hands)
Yokomen Uchi	Ushiro Kiri Otoshi

Tanto Tori (Knife Taking)

Mune Tsuki	Sankyo (Uchi & Soto)
Shomen Uchi	Aiki Kokyo Nage
Yokomen Uchi	Ude Kimi Osae
Yokomen Uchi	Ude Kimi Nage (Irimi & Tenkan)

Jo Waza (Stick Techniques)

Jo Waza	Nikkyo
Jo Waza	Sankyo
Jo Waza	Yonkya

Jo Tori (Stick Taking)

Various attacks	Various Techniques	x 5
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Bokken Waza (Sword Techniques)

Nine Basic techniques from Ai Hanmi

Hanmi Handachi Waza (One standing & One kneeling)

Shomen Uchi	Irimi Nage
Ai Hanmi	Kote Gaeshi
Ryote Tori	Nikkyo

Suwari Waza (Both Kneeling)

Shomen Uchi	Ikkyo
Shomen Uchi	Nikkyo
Shomen Uchi	Sankyo
Shomen Uchi	Yonkya
Yokomen Uchi	Gokyo (Tanto)

Jo Kata (Pre-arranged set of moves) 31 Count Jo Kata

Randori against 2 attackers