



| SYLLABUS COVERAGE INDICATION | PRE-REQUISITES | BASICS | IKKYO | NIKYO | SANKYO | YONKYO | GOKYO | IRIMINAGE | SHIHONAGE | KOKYUNAGE | TECHINAGE | KOTEIGASHI | KAITENNAGE | JUJINAGE | JUJIGARAMI | KOSHINAGE | JYUWAZA | JO WAZA | KEN WAZA | TANTO WAZA | | | | | | |
|------------------------------|--|---|--|---|---|---|---------------|--|---|-------------------------------|---|---|-------------------------------------|-------------------------------|--------------------|-------------------------------|--|---|---|--------------------------------------|-------------------|--|--------------|--|---|--|
| BLUE (6TH KYU) | · Minimum 3 months and at least 20 regular training sessions · Applicants who obtained 7th Kyu or 8th Kyu (Purple or Green) in last Adult Grading + regular training in between | · Breakfalls · Movements · Attacks · Suwariwaza · Koryuho | · Katatedori · Shomenuchi | — | — | — | — | · Katatedori · Shomenuchi | · Katatedori Aihanmi | · Katatedori · Gyakuhanmi | — | — | — | — | — | — | · Katatedori · Gyakuhanmi | — | — | — | | | | | | |
| BLUE-GOLD (5TH KYU) | · Minimum 24 regular training sessions after obtaining 6th Kyu (Blue) · Applicants who obtained 6th Kyu (Blue-Silver) in last Adult Grading + regular training in between | — | · Suwariwaza · Katatedori · Suwariwaza · Shomenuchi | · Katadori | — | — | — | · Suwariwaza · Katatedori · Suwariwaza · Shomenuchi | · Katatedori · Gyakuhanmi · Yokomenuchi | · Katatedori Aihanmi | · Ryotedori | — | — | · Katatedori Aihanmi | — | — | · Katatedori Aihanmi | — | — | — | | | | | | |
| BROWN (4TH KYU) | · Minimum 32 regular training sessions after obtaining 5th Kyu (Blue-Gold) | — | — | · Suwariwaza · Katadori · Tachiwaza + · Suwariwaza · Shomenuchi | · Suwariwaza · Katadori · Tachiwaza + · Suwariwaza · Shomenuchi | · Suwariwaza · Katadori · Tachiwaza + · Suwariwaza · Shomenuchi | — | · Tsuki | · Ryotedori | · Ryotedori | — | · Katatedori · Shomenuchi · Tsuki | · Katatedori (Uchi + Soto) | · Ryotedori | — | — | · Ryotedori | — | — | — | | | | | | |
| BROWN-GOLD (3RD KYU) | · Minimum 6 months and at least 36 regular training sessions after obtaining 4th Kyu (Brown) · Applicants who obtained 4th Kyu (Brown-Silver) in Adult Grading + regular training in between | — | · Tachiwaza + · Suwariwaza · Katadori | — | · Tachiwaza + · Suwariwaza · Katadori | · Tachiwaza + · Suwariwaza · Katadori | · Yokomenuchi | — | · Hanmihandachi · Katatedori · Gyakuhanmi | · Yokomenuchi · Shomenuchi | — | — | · Shomenuchi | · Yokomenuchi · Shomenuchi | — | — | · Morotedori | — | — | · Defence against · Tanto attacks | | | | | | |
| BLACK (2ND KYU) | · Minimum 6 months and at least 56 regular training sessions after obtaining 3rd Kyu (Brown-Gold) | — | · Yokomenuchi · Ushiro Ryotedori | · Yokomenuchi · Ushiro Ryotedori | · Yokomenuchi · Ushiro Ryotedori | · Yokomenuchi · Ushiro Ryotedori | — | — | · Hanmihandachi · Ryotedori · Hanmihandachi · Morotedori | · Tsuki | · Tsuki | — | · Tsuki | — | · Morotedori | · Katatedori | · Shomenuchi · Yokomenuchi · Tsuki · Ushiro Attacks | · 7 Jo Suburi | · 7 Ken Suburi · Defence against · Bokken attacks | — | | | | | | |
| BLACK-GOLD (1ST KYU) | · Minimum 9 months and at least 62 regular training sessions after obtaining 2nd Kyu (Black) · Applicants who obtained 2nd Kyu (Black-Silver) in last Adult Grading + regular training in between | — | — | — | — | — | · Shomenuchi | · Yokomenuchi · Ushiro Ryotedori | · Shomenuchi · Ushiro Ryotedori | · Ushiro Ryotedori | · Yokomenuchi · Shomenuchi · Ushiro Ryotedori | · Yokomenuchi · Ushiro Ryotedori | · Yokomenuchi · Ushiro Ryotedori | · Ushiro Ryotedori | · Ushiro Ryotedori | · Yokomenuchi · Shomenuchi | · Hanmihandachi · 2 Attackers | · 31 Jo Kata · Defence against · Jo attacks | — | — | | | | | | |
| JUNIOR DAN | · For 14 years old (by year) & below with local certification · Minimum 9 months & at least 62 regular training sessions after obtaining 1st Kyu | · Unarmed techniques in Tachiwaza, Suwariwaza & Hanmihandachi. Take 20 Ukemis. Achieve a 3 points average on the scoring system. | | | | | | | | | | | | | | | | | | | | | | | | |
| 1ST DAN | · At least 15 years old (by year) & below with Aikido World Headquarters Certification · Minimum 9 months & at least 70 regular training sessions after obtaining 1st Kyu | · Unarmed techniques in Tachiwaza, Suwariwaza, Hanmihandachi for all form of strikes, thrusts, grasping of shoulders, elbows, collar, wrists and hands from front & rear. Take 30 Ukemis. Demonstrate unbendable arm. Achieve a 3 points average on the scoring system. | | | | | | | | | | | | | | | · 3 Attackers | | · Defence against 3 Attackers with Jo, Bokken & Tanto | | | | | | | |
| 2ND DAN | · With Aikido World Headquarters Certification · Minimum 18 months & at least 150 regular training sessions after obtaining 1st Dan | · Unarmed techniques similar to above. Defence against kicks. Take 30 Ukemis. Demonstrate relaxation and unable to be lifted by 1 person. Submit an article related subjects. Achieve a 6 points average on the scoring system. | | | | | | | | | | | | | | | · Candidate aged 50 & above (by year) are to take 20 Ukemis. | | · 4 Attackers | | · 24 Jo Kata | | — | | — | |
| 3RD DAN | · With Aikido World Headquarters Certification · Minimum 30 months & at least 240 regular training sessions after obtaining 2nd Dan | · Unarmed techniques similar to above. Take 30 Ukemis. Demonstrate relaxation and unable to be lifted by 2 persons. Submit an article on Aikido related subjects Achieve a 9 points average on the scoring system. | | | | | | | | | | | | | | | | | · 5 Attackers | | · 24 Jo Kunitachi | | · 5 Kumi Ken | | — | |
| 4TH DAN | · At least 26 years old (by year) with Aikido World Headquarters Certification · Minimum 42 months & at least 400 regular training sessions after obtaining 3rd Dan | · Unarmed, Kaeshi & Henka (Counter & Change) techniques. Take 30 Ukemis. Demonstrate understanding of Ki extension, relaxation and show stable seiza. Submit an article on Aikido related subjects. Achieve a 12 points average on the scoring system. | | | | | | | | | | | | | | | | | · 6 Attackers | | · 5 Kumi Jo | | — | | — | |

NOTES FOR APPLICANTS OF ADULTS' GRADING:

- Applicants must be Aikido Shinju-Kai members for at least 3 months without outstanding membership fees.
- Applicants must ensure they have fulfilled all pre-requisites at the time of submission.
- Application must be accompanied by :
 - Proof of training sessions and time period
 - Membership book (with current year membership fees paid)
 - Grading Fees
- Applications must be submitted two weeks before Grading.
There will be an additional administrative charge for late submissions.
- Applicants' participation in endorsed trainings seminars, camps or events will be taken into consideration for approval.
- All applicants aged 5 - 12 (by year) are to register for Children's Grading; applicants aged 13 years and above (by year) are to register for Adult's Grading. Applicants who have just turned 13 (by year) are required to fulfill the Adult's Grading pre-requisites for the next corresponding grade before submitting their application. Those who are currently 7th Kyu and below and fulfill the pre-requisites, can submit directly for 6th Kyu.
- Candidates awarded intermediate grades during their previous Adult's Grading can submit directly for the next Adult's Grading. Intermediate grades refer to : Green (8th Kyu), Purple (7th Kyu), Blue-Silver (6th Kyu), Brown-Silver (4th Kyu), Black-Silver (2nd Kyu).
- Candidates going for 1st Kyu and above are to refer to Uke selection Guidelines on the website for their selection of ukes.

YUDANSHA'S ADDITIONAL SCORING REQUIREMENTS:

To obtain a minimum 3 point average per year from any of the events, self-improvement and enrichment workshop organized by Aikido Shinju-Kai Headquarters.

- 1st Dan – 3 Points
- 2nd Dan – 6 Points
- 3rd Dan – 9 Points
- 4th Dan – 12 Points

- Any Aikido Shinju-Kai Headquarters organized Seminar / Events (1 Point)
- Any ASK sanctioned International Seminars / Events / Trips (2.5 Points)
- Any Aikido Shinju-Kai Headquarters organized workshops / Courses / Self-improvement programme (0.5 Point)

*Note: Points will be reset once the grader goes for his / her upgrading.

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Please check website www.aikidoshinjukai.com for any latest revision, or contact Aikido Shinju-Kai Headquarters at (+65) 6256 0111

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