



Aikido Development Society

A Member of The British Aikido Board
(The Governing Body for Aikido in Britain)

Syllabus Of Examination

5th Kyu (Yellow Belt). Minimum Training requirements 40 hours and 10 Weeks from starting.

1. Ukemi (Forward, Backward and Side Breakfalls).
2. Unsoku-Undo and Tanto- Kundo (Foot and Hand Movement).
3. Tagatana (Tsugi Ashi and Shotai).
4. Shikko (Knee Walking).
5. Kuzushi-No-Kata (Basic Six Movement).

KUZUSHI-NO-KATA

Attack.

1. Shomen-Uchi.
2. Migi-Yokomen-Uchi.
3. Hidari-Yokomen-Uchi.
4. Shomen-Uchi.
5. Shomen-Ate.
6. Shomrn-Ate.

Defence.

1. Irimi-Nage.
2. Ude-Gaeshi.
3. Ushiro-Ate.
4. Irim-Ude-Hineri.
5. Shiho-Nage.
6. Kote-Gaeshi (Reversed).





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4th Kyu (Orange Belt). Minimum Training requirements 65 hours and 14 Weeks since 5th Kyu.

1. Ukemi and Kote-Gaeshi Breakfalls (Pivot).
2. Unsoku-Undo and Tanto-Kundo.
3. Tagatana (Tsugi-Ashi-Ayomi-Ashi and Shotai).
4. Shikko.
5. Kuzushi-No-Kata.
6. Randori-No-Kata.

RANDORI-NO-KATA

(Atemi-Waza-Body Techniques).

1. Shomen-Ate.
2. Aigamae-Ate.
3. Gyaku-Gamae-Ate.
4. Gedan-Ate.
5. Ushiro-Ate.

(Hiji-Waza Elbow Techniques).

6. Oshi-Taoshi.
7. Ude-Gaeshi.
8. Hiki-Taoshi.
9. Ude-Hineri.
10. Waka-Gatame.

(Tekubi-Waza Wrist Techniques).

11. Kote-Hineri.
12. Kote-Gaeshi.
13. Tenkai-Kote-Hineri.
14. Shiho-Nage.

(Uki-Waza Floating Techniques).

15. Mae-Otoshi.
16. Sumi-Otoshi.
17. Hiki-Otoshi.

7. Kagari-Geiko.
8. Attitude Towards Aikido.



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3rd Kyu (Green Belt). Minimum Training requirements 65 hours and 4 months since 4th Kyu.

1. Ukemi (All Types).
2. Unsku-Undo and Tanto-Kundo.
3. Tagatana.
4. Shikko.
5. Kuzushi-No-Kata.
6. Randori-No-Kata.
7. Ure-Waza (Randori-No-Kata, 10 Counters).

URE-WAZA

Applied Techniques.

1. Shomen-Ate.
2. Aigamae-Ate.
3. Gyaku-Gamae-Ate.
4. Gedan-Ate.
5. Ushiro-Ate.
6. Oshi-Taoshi.
7. Hiki-Taoshi.
8. Kote-Gaeshi.
9. Tenkai-Kote-Hineri.
10. Shiho-Nage.

Counter Techniques.

- Waka-Gatame.
- Oshi-Taoshi.
- Gedan-Ate.
- Shomen-Ate.
- Tenkai-Kote-Hineri.
- Oshi-Taoshi.
- Tenkai-Kote-Hineri.
- Kote-Gaeshi.
- Reverse-Waka-Gatame.
- Shiho-Nage.

8. Renzoku-Waza (Continuous Movement).
9. Tanto-Tsuki (Knife Evasion).
10. Kegari-Geiko.
11. Follow Techniques as Demonstrated.
12. Attitude Towards Aikido.





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2nd Kyu (Blue Belt). Minimum Training requirements 100 hours and 6 months since 3rd Kyu.

1. Ukemi.
2. Unsoku-Undo and Tanto-Kundo.
3. Tagatana.
4. Shikko.
5. Kuzushi-No-Kata.
6. Randori-No-Kata.
7. Ure-Waza.
8. Gohon-No-Kuzushi (Main Five of Randori-No-Kata Balance Breaking).

GOHON-NO-KUZUSHI

1. Oshi-Taoshi.
 2. Hiki-Taoshi.
 3. Waka-Gatame.
 4. Shiho-Nage.
 5. Sumi-Otoshi.
9. Renzoku-Waza.
 10. Tanto-Tsuki.
 11. Happon-No-Kata (1-8 of Koryu-Dai-Yon).

HAPPON-NO-KATA

1. Migi-Katate-Dori.
 2. Hidari-Katate-Dori.
 3. Migi-Katate-Dori.
 4. Hidari-Katate-Dori.
 5. Migi-Katate-Dori.
 6. Hidari-Katate-Dori.
 7. Ushiro-Pyoto-Dori.
 8. Mokote-Dori.
12. Tanto-Randori-No-Kata.
 13. Kegari-Geiko.
 14. Follow Techniques as Demonstrated.
 15. Attitude Towards Aikido.



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1st Kyu (Brown Belt). Minimum Training requirements 160 hours and 9 months since 2nd Kyu.

1. Ukemi.
2. Unsoku-Undo and Tanto-Kundo.
3. Tagatana.
4. Shikko.
5. Kuzushi-No-Kata.
6. Randori-No-Kata.
7. Ure-Waza.
8. Gohon-No-Kuzushi.
9. Renzoku-Waza.
10. Tanto-Tsuki.
11. Happon-No-Kata (1-16 of Koryu-Dai-Yon).

HAPPON-NO-KATA

9. Migi-Katate-Dori.
 10. Hidari-Katate-Dori.
 11. Migi-Katate-Dori.
 12. Hidari-Katate-Dori.
 13. Migi-Katate-Dori.
 14. Hitari-Katate-Dori.
 15. Ushiro-Pyoto-Dori.
 16. Morote-Dori.
12. Koryu-Dai-San. (1-16).

KORYU-DAI-SAN

(Surawi-Waza, Kneeling Techniques).

Attack.

1. Shomen-Ate.
2. Yokomen-Uchi.
3. Choku-Tsuki.
4. Ryote-Dori.
5. Ushi-Ro-Ryote-Muna-Dori.
6. Katate-Dori.
7. Kata-Dori.
8. Muna-Dori.

Defence.

- Irimi-Nage.
Gyaku-Gamae-Ate.
Kote-Gaeshi.
Kata-Otoshi.
Tenkai-Kote-Hineri.
Shiho-Nage.
Hiza-Ate.
Mae-Otoshi.

(Tachi-Waza, Standing Techniques).

9. Muna-Dori.
10. Katate-Dori.

- Gyaku-Gamae-Ate.
Tenkai-Ude-Hineri



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(Kaitan-Nage).

11. Kata-Dori.
12. Katate-Dori.
13. Ryote-Kata-Dori.
14. Ushiro-Ryote-Dori.
15. Ushiro-Ryote-Kata-Dori.
16. Kata-Dori.

- Gyaku-Gamae-Ate.
- Ushiro-Otoshi.
- Tenkai-Mae-Otoshi.
- Mae-Otoshi.
- Tenkai-Kote-Hineri.
- Hiza-Ate-kata-Gatame.

13. Tanto-Randori (Free Style).
14. Kegari-Geiko.
15. Ninan-Dori (Optional).
16. Follow Techniques as Demonstrated.
17. Attitude Towards Aikido.
18. Instructors Course.

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1st Dan (Black Belt). Minimum Training requirements 200 hours and 12 months since 2nd Kyu.

1. Ukemi.
2. Unsoku-Undo and Tanto-Kundo.
3. Tagatana.
4. Shikko (Four Directions).
5. Kuzushi-No-Kata.
6. Randori-No-Kata.
7. Ure-Waza.
8. Gohon-No-Kuzushi.
9. Happon-No-Kata (1-27 Koryu-Dai-Yon).

HAPPON-NO-KATA

17. Migi-Gyaku-Gamae-Ate.
 18. Hidari-Gyaku-Gamae-Ate.
 19. Uchinage or Uchi-Kaiten-Nage.
 20. Sukui-Nage.
 21. Ushiro-Waza-Kote Gaeshi.
 22. Jyuji-Garami-Nage.
 23. Tentai-Oshi-Taoshi.
 24. Tentai-Hiji-Garami.
 25. Tentai-Sukui-Nage.
 26. Ryote-Mochi-Uki-Otoshi.
 27. Tentai-Kote-Kugiki.
10. Koryu-Dai-San. (1-24).

KORYU-DAI-SAN

(Tanto-Waza, Knife Techniques).

Attack.

17. Shomen-Uchi.
18. Migi-Yokomen-Uchi.
19. Hidari-Yokomen-Uchi.
20. Tanto-Tsuki.
21. Gedan-Yokomen-Uchi.
22. Gyaku-Gedan-Yokomen-Uchi.
23. Tanto-Tsuki.
24. Yokomen.

Defence.

- Ushiro-Ate.
- Gyaku-Gamae-Ate.
- Tenkan-Nage.
- Ushiro-Ate.
- Kata-Gatame.
- Kote-Gaeshi.
- Tenkai-Kote-Hineri.
- Hiza-Ate-Kata-Gatame.

11. Renzoku-Waza.
12. Tanto-Randori.
13. Ninan-Dori.
14. Kegari-Geiko.
15. Suburi-Waza (Sword Cuts, Posture Movement).
16. Follow Techniques as Demonstrated.
17. Attitude Towards Aikido.



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2nd Dan (Black Belt). Minimum Training requirements 300 hours and 18 months since 1st Dan.

1. Ukemi.
2. Unsoku-Undo and Tanto-Kundo.
3. Tagatana.
4. Shikko (Four Directions).
5. Kuzushi-No-Kata.
6. Randori-No-Kata.
7. Ure-Waza.
8. Gohon-No-Kuzushi.
9. Koryu-Dai-Yon (All)
10. Koryu-Dai-San (All)
11. Renzoku-Waza.
12. Tanto-Randori.
13. Ninan-Dori.
14. Kegari-Geiko.
15. Suburi-Waza (Sword Cuts, Posture Movement).
16. Follow Techniques as Demonstrated.
17. Attitude Towards Aikido.





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3rd Dan (Black Belt). Minimum Training requirements 400 hours and 24 months since 2nd Dan.

1. Perform any of the previous syllabus if requested.
2. Demonstrate any Koryu Kata not previously demonstrated in a grading.
3. Develop a new kata with a minimum of 15 techniques.
4. Create written documentation of own kata and submit prior to grading.
5. Submit photographic or video footage of kata prior to grading.
6. Demonstrate own kata to a level suitable to the grading panel.
7. Teach at least 3 of the techniques from own kata.
8. Attitude Towards Aikido.

4th Dan (Black Belt). Minimum Training requirements 36 months since 3rd Dan.

1. Perform any of the previous syllabus if requested.
2. Demonstrate any Koryu Kata not previously demonstrated in a grading.
3. Develop a new kata with a minimum of 15 techniques.
4. Create written documentation of own kata and submit prior to grading.
5. Submit photographic or video footage of kata prior to grading.
6. Demonstrate own kata to a level suitable to the grading panel.
7. Teach at least 3 of the techniques from own kata.
8. Attitude Towards Aikido.

5th Dan (Black Belt). Minimum Training requirements 36 months since 4th Dan.

1. Perform any of the previous syllabus if requested.
2. Demonstrate any Koryu Kata not previously demonstrated in a grading.
3. Develop a new kata with a minimum of 15 techniques.
4. Create written documentation of own kata and submit prior to grading.
5. Submit photographic or video footage of kata prior to grading.
6. Demonstrate own kata to a level suitable to the grading panel.
7. Teach at least 3 of the techniques from own kata.
8. Attitude Towards Aikido.