

British Birankai British Aikikai - Junior Grading Guidelines

The grids below act as *general* guidance for instructors and students and are not set in stone. Techniques and exercises are asked for, at the instructor's discretion, but will contain a minimum of the expectations below.

GRADE	FREE STANDING	AI HANMI	GYAKU HANMI	RYOTE DORI	KATA DORI	MOROTE DORI	SHOMEN UCHI	YOKOMENUCHI	TSUKI	SUWARI WAZA SHOMEN
1 red stripe	Posture Tenkiashi Ukemi Shikko Tenkan (FF) Irimi tenkan BF irimi tenkan									
2 red stripes	Tsukiashi Irimiashi Ayumiashi	FF irimi BF irimi	Tenkan FF irimi BF irimi							
3 red stripes	Shomenuchi Yokomenuchi Tsuki	Uchikaiten	Uchikaiten Break the grip Sotokaiten							
6th Kyu – Red belt		Ikkyo	Kaiten Irimi soku / sokumen Uchikaiten nage	Sitting kokkyu ho						
6th Kyu + 1 yellow stripe		Uchikaiten nage	Ushiro tenkan Sumiotoshi Tenchinage							
6th Kyu + 2 yellow stripes		Iriminage	Kokkyu nage Sotokaiten nage							
6th Kyu + 3 yellow stripes		Kotegaeshi	Kotegaeshi Iriminage							

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5 th Kyu – Yellow belt	Tie belt Show jodan, chudan, gedan Ukemi over back	Shihonage (no grip)	Ikkyo Shihonage				Ikkyo	Ikkyo		
5 th Kyu + 1 orange stripe		Kokkyu nage x 3	Kokkyu nage x 3	Kokkyu nage Ikkyo			Kotegaeshi Iriminage			
5 th Kyu + 2 orange stripes		Kokkyu ho	Kokkyu ho	Kokkyu ho Uchikaiten nage		Kokkyu ho	Kokkyu ho			
5 th Kyu + 3 orange stripes				Sumiotoshi Tenchinage				Sumiotoshi Tenchinage Uchikaiten nage		
4 th Kyu – Orange belt						Kokkyu nage				Ikkyo Iriminage Kotegaeshi
4 th Kyu + 1 green stripe		Sotokaiten nage	Koshinage / Ogoshi	Kotegaeshi Iriminage			Kaiten nage			Kaiten nage Kokkyu ho
4 th Kyu + 2 green stripes				USHIRO Ikkyo			Uchikaiten nage Sumiotoshi Tenchinage			
4 th Kyu + 3 green stripes				USHIRO Kokkyu nage				Iriminage Kotegaeshi Kokkyu ho		

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From 3rd Kyu, Juniors are expected to demonstrate all the basic techniques with taisabaki (More body movement, eg: ushiro tenkan)

GRADE	HANMI HANDACHI	AI HANMI	GYAKU HANMI	RYOTE DORI	KATA DORI	MOROTE DORI	SHOMEN UCHI	YOKOMEN UCHI	TSUKI	SUWARI WAZA SHOMEN
3rd Kyu – Green belt	Uchikaiten nage Sumiotoshi Tenchinage	Sumiotoshi Tenchinage Kokkyu nage (var)	Kokkyu nage variations.							
3rd Kyu + 1 blue stripe	Ikkyo Kokkyu nage x 2	Nikkyo	Nikkyo		Ikkyo	Ikkyo			Ikkyo	
3rd Kyu + 2 blue stripes	Kokkyu nage x 4		Iriminage x 3	Iriminage x 3			Kokkyu nage	Kokkyu nage		
3rd Kyu + 3 blue stripes	Sotokaiten nage	Iriminage x 3 Jujinage	Jujinage		Kokkyu ho				Kokkyu ho	
2nd Kyu – Blue Belt		Sankyo KUBI JIME Ikkyo Kokkyu nage	Kaiten nage Sankyo	Nikkyo USHIRO Kaiten nage Nikkyo			Nikkyo	Nikkyo		Nikkyo

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GRADE	SUWARI WAZA			HANMI HANDACHI WAZA			TACHI WZA						
	SHOMEN	YOKOMEN	KATA	GYAKYU HANMI	SHOMEN	YOKOMEN	HANMI	KATA	MOROTE DORI	SHOMEN	YOKO - MEN	TSUKI	RYOTE DORI
2nd Kyu 1 brown stripe	Kokkyu nage		Nikkyo	Nikkyo				Nikkyo	Nikkyo			Kotegaeshi Jujinage	Shihonage
2nd Kyu 2 brown stripes				Iriminage Shihonage	Iriminage Kotegaeshi Kaiten nage		AI HANMI Yonkyo		Iriminage Jujinage Kotegaeshi			Sumiotoshi Tenchinage	
2nd Kyu 3 brown stripes		Iriminage Kotegaeshi						Kotegaeshi Iriminage Shihonage		Shihonage	Shihonage Jujinage		
1st Kyu – Brown Belt	Gokkyo					Kotegaeshi Shihonage							USHIRO Kotegaeshi Iriminage Jujinage

GRADE	VARIOUS	ERI DORI	KATA SHOMEN	MUNE DACHI JIME	WEAPONS		
					TANTO	TACHI DORI	JO DORI
1st Kyu + 1 black stripe	TECHNIQUES		Ikkyo – jodan (TW) Kokkyunage Iriminage		Kotegaeshi Sumiotoshi Ikkyo – basic	Kokkyunage x 2 Live side Dead side	Kokkyu nage x 3 live side dead side tenkan
1st Kyu + 2 black stripes	FROM	Ikkyo	Shihonage Kotegaeshi Koshinage	Ikkyo Kokkyunage	Shihonage Tenchinage	Kotegaeshi Kokkyu ho	Kokkyu ho Sotokaiten kokkyu nage
1st Kyu + 3 black stripes	PREVIOUS	Iriminage	Ikkyo – jodan, chudan, gedan + suwari waza		Sankyō Ikkyo – Ushiro tenkan	Kokkyu nage variation Shihonage	Kokkyu nage variation Ikkyo
1st Kyu + 4 black stripes	<ul style="list-style-type: none"> • ANY TECHNIQUE FROM ANY ATTACK AND VARIATIONS • FUTARI DORI - KOKKYU NAGES, KOKKYU HO, IRIMINAGE, NIKKYO • ‘3 MAN’ MULTIPLE ATTACK 						

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Weapons Progression

GRADE	BOKKEN (Aged 10yrs)	JO (Aged 12yrs)
6 th Kyu + 1	Shihogiri	
6 th Kyu + 2	Happogiri	
6 th Kyu + 3	Shomenuchi (jigata)	
5 th Kyu	Shomenuchi – move across tatami	Show kesa, shomen, tsuki
5 th Kyu + 1	Tsuki – as above	First 5 suburi
5 th Kyu + 2	Kida gaeshi – as above	
5 th Kyu + 3		First 10 suburi
4 th Kyu	First 4 of 8 suburi	
4 th Kyu + 1		First 15 suburi
4 th Kyu + 2	First 6 of 8 suburi	
4 th Kyu + 3		All 20 suburi
3 rd Kyu	All 8 suburi	

GRADE	BOKKEN	JO	PARTNER – BOKKEN (Aged 12yrs)	PARTNER – JO (Aged 12yrs)
3 rd Kyu + 1			Shomen uchikomi	4 of kesa
3 rd Kyu + 2			Renzuko uchikomi	8 of kesa
3 rd Kyu + 3			Tsuki uchikomi	12 of kesa
2 nd Kyu	Suwari waza 1-4 suburi			4 of tsuki
2 nd Kyu + 1				8 of tsuki
2 nd Kyu + 2				12 of tsuki
2 nd Kyu + 3				4 of shomen
1 st Kyu	Suwari waza 5-8 suburi			8 of shomen
1 st Kyu + 1			Kiriotoshi – jodan (basic)	12 of shomen
1 st Kyu + 2			Kiriotoshi – gedan (basic)	Any of 36 basics
1 st Kyu + 3	Mixture of 8 suburi	Any 20 suburi	Kiriotoshi – chudan (basic)	Any of 36 basics