



# British Aikido Federation

## Senior Grading Syllabus Part 2 (1<sup>st</sup> kyu to 4<sup>th</sup> Dan)

Grade:	Ikkyu 1 <sup>st</sup> kyu	Shodan 1 <sup>st</sup> Dan	Nidan 2 <sup>nd</sup> Dan	Sandan 3 <sup>rd</sup> Dan	Yondan 4 <sup>th</sup> Dan
<b>Prerequisite:</b> [Times given are <i>minimum</i> based on regular training]	100 practises post 2 <sup>nd</sup> kyu	2 years post 1 <sup>st</sup> kyu	3 years post 1 <sup>st</sup> Dan	4 years post 2 <sup>nd</sup> Dan	5 years post 3 <sup>rd</sup> Dan
<b>Attack</b>					
Shomen-uchi	All basic techniques plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Advanced Jiyu-waza
Yokomen-uchi					
Tsuki					
Katate-dori (Taking wrist) (Aihanmi & Gyakuhanmi)					
Ryote-mochi-ryote-dori (Two hands to two wrists)					
Morote-dori (Two hands to one wrist)					
Kata-dori (Taking at shoulder)					
Ushiro-waza (From rear) [Ushiro-ryote-mochi-ryote- dori / Ryokata-dori / Eri- dori]					
Weapons [ Tanto / Bokken / Jo ]	Tanto-dori	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage
Multiple attack			Ninin-dori Futari-gake plus Jiyu-waza	Ninin-dori / Sannin-dori Futari-gake plus Jiyu-waza	Ninin-dori / Sannin-dori Futari-gake plus Jiyu-waza
Essay [Title optional but must be Aikido related]	Not required	Essay required [To be submitted 6 months prior to grading]	Essay required [To be submitted 6 months prior to grading]	Not required	Not required
<b>Notes:</b> All techniques to be shown Irimi & Tenkan      T = Tachi-waza [both standing]      S = Suwari-waza [both sitting]      H = Hanmi-handachi [one standing one sitting]					

### IMPORTANT NOTE

All applications for Shodan to Yondan gradings must be made 6 months in advance of Summer School. **A current BAF Shido-in must countersign all applications.** This form to be read in conjunction with the BAF *Requirements of Etiquette for Prospective and Existing Dan Grades* document. Grades above 4<sup>th</sup> Dan are awarded on merit only.