

Brighton Aikikai - Grading Syllabus (as FFAAA)

GOKYU

Tachi waza	
Ai Hammi katate dori	Ikkyo - Shiho nage - Irimi nage
Katate dori	Shiho nage - Tenchi nage
Shomen uchi	Ikkyo - Irimi nage
Suvari waza	
Ryote dori	Shikko (sitting) - Kokyu ho

YONKYU

Tachi waza	
Katate dori	Ikkyo - Nikyo - Kote gaeshi - Irimi nage - Uchi kaiten nage - Kokyu nage - Ude kime nage - Sokumen Irimi nage
Kata dori	Ikkyo - Nikyo
Ai Hammi katate dori	Nikyo - Sankyo - Kote gaeshi - Ude kime nage
Shomen uchi	Kote gaeshi
Yokomen uchi	Shiho nage - Ude kime nage
Ryote dori	Tenchi nage
Ushiro Ryote dori	Sankyo
Suvari waza	
Ai Hammi katate dori	Ikkyo - Irimi nage
Shomen uchi	Ikkyo - Irimi nage

SANKYU

Tachi waza	
Katate Ryote dori	Ikkyo - Nikyo - Kote gaeshi - Ude kime nage - Kokyu ho
Ryote dori	Ikkyo - Shiho nage
Ushiro Ryote dori	Ikkyo - Nikyo - Kote gaeshi - Shiho nage - Irimi nage- Ude kime nage
Yokomen uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Kote gaeshi - Irimi nage
Shomen uchi	Nikyo - Sankyo - Yonkyo
Kokyu nage	Various forms of attack
Suvari waza	
Katate dori	Ikkyo - Nikyo
Kata dori	Ikkyo - Nikyo
Shomen uchi	Ikkyo - Sankyo - Yonkyo - Kote gaeshi
Hanmi Handachi waza	
Katate dori	Shiho nage - Uchi kaiten nage

Shomen uchi	Irimi nage
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NIKYU

Tachi waza	
Kata dori men uchi	Ikkyo - Nikyo - Sankyo - Kote gaeshi - Shiho nage - Irimi nage
Ushiro Ryo Kata dori	Ikkyo - Nikyo - Sankyo - Sokumen Irimi nage
Kata dori	Sankyo - Yonkyo
Katate dori	Sankyo - Yonkyo - Sumi otoshi - Aiki otoshi - Koshi nage
Shomen uchi	Shiho nage - Soto kaiten nage - Uchi kaiten nage
Yokomen uchi	Gokyo
Ryote dori	Kote gaeshi - Irimi nage
Ai Hammi katate dori	Koshi nage
Katate Ryote dori	Irimi nage
Ushiro Ryote dori	Juji garami - Sokumen Irimi nage
Chudan tsuki	Ikkyo - Irimi nage
Jodan tsuki	Hiji kime osae
Ushiro Ryo hiji dori	Ikkyo
Mae Ryo kata dori	Sokumen Irimi nage
Kokyu nage	Various forms of attack
Suwari waza	
Ryo Kata dori	Ikkyo - Nikyo
Yokomen uchi	Ikkyo - Nikyo - Sankyo - Yonkyo - Gokyo - Irimi nage
Kata dori	Sankyo
Katate dori	Kote gaeshi - Irimi nage
Hanmi Handachi waza	
Shomen uchi	Kote gaeshi
Ryote dori	Shiho nage
Kata dori	Soto kaiten nage

IKKYU

Tachi waza	
Ushiro eri dori	Kote gaeshi - Shiho nage
Jodan tsuki	Ikkyo - Nikyo - Sankyo - Shiho nage - Irimi nage - Kaiten nage
Chudan tsuki	Nikyo - Sankyo - Kote gaeshi - Kaiten nage
Shomen uchi	Gokyo
Muna dori	Shiho nage
Ushiro Katate dori kubi shime	Kote gaeshi - Shiho nage

Katate Ryote dori :	Juji Garami
Various situations:	Ikkyo - Nikyo - Sankyo - Yonkyo - Kaiten nage - Sumi otoshi
Various strikes and grips:	Koshi nage - Sokumen Irimi nage
All applications of:	
Ude kime nage from the possibility of Shiho nage	
Hiji kime osae from the possibility of Ikkyo and Nikyo ura	
Suwari waza	
Yokomen uchi	Kote gaeshi
Shomen uchi	Gokyo
Hanmi Handachi waza	
Shomen uchi	Ikkyo - Nikyo - Gokyo
Katate dori	Nikyo
Plus all possible techniques in Suwari waza and Hanmi Handachi waza	

Shodan: as for Ikkyu plus jiyuwaza (one attacker) against all forms of attack

Nidan: Randori with two attackers plus Jo & Tanto dori

Sandan: as for Nidan plus Randori with 3 attackers

Yondan: as for Sandan plus Aikiken & Aikijo

Minimum practice time between grades:

- **Gokyu :** 2 months
- **Yonkyu :** 3 months
- **Sankyu :** 6 months
- **Nikyu :** 7 months
- **Ikkyu :** 8 months
- **Shodan :** 1 year
- **Nidan :** 2 years
- **Sandan :** 3 years
- **Yondan :** 4 years

Note:

These periods should be regarded as the absolute minimum time between grades and could only be achieved by a normal student training daily and intensively. For the majority of people, a period of 2-3 times longer should be envisaged.

“There is no beginning to enlightenment, nor end to practice” - Dogen

