

**TAKEMUSU AIKIDO KYOKAI  
NEDERLAND**

**GRADING SYLLABUS**

**6 kyu – 4 Dan**



**TRADITIONALAIKIDO.EU  
TAKN.NL**

# Takemusu Aikido Grading Syllabus.

## **Introduction.**

Ranks are divided into 6 kyu ranks (white belt) and 10 dan ranks (black belt). The hakama is worn from 3rd kyu onwards.

There is no fixed protocol for the attainment of grades in Aikido. Instructors should consider each student individually and at the kyu level award grade either through testing or through recommendation as appropriate in each case.

At the dan level tests are required up to and including yondan and are usually carried out with external examiners in attendance with one's own teacher. Dan ranks are Aikikai (Hombu Dojo, Tokyo Japan) recognised.

For testing and grading costs please consult with the instructors.

For a translation of the basic technical terminology, please check the glossary in the *Aikido Compendium*.

## **Testing rational and objectives.**

The syllabus can be understood as both a 'roadmap' to acquiring the basic techniques and as a check on one's level of progress in the understanding and embodiment of the Principles of Aikido. Technique and Principle should be understood as two inextricably intertwined aspects with Technique being the outer form and Principle the inner dynamic that gives life and meaning to the practice.

The grades can broadly be divided into three main areas with different emphasis and learning objectives.

### **6-4 kyu.**

The emphasis is on developing ukemi (as being the basis for awase) and footwork (grounding) with a clear distinction between omote (frontal) and ura (back) directions in the techniques.

Various attacks at the 'grasping' level should be understood along with the basic roles of uke and nage in practice as being an 'agreement' or kata format.

The objective here is to lay down a good foundation at the 'kihon' (basic) level of technique while simultaneously emphasising ukemi (understood as not only 'receiving' the ground in falling but also as 'receiving' the attack as nage and 'receiving' the techniques as uke).

### **3-1 kyu**

The emphasis, building on the above, goes on to include body integrity and centering, awase (blending or harmonizing with) and kokyu (whole body power).

By 1st kyu a clear distinction between the basic levels of kihon (basic static forms of practice) and nagare (dynamic flowing forms) levels of technique and practice should be established.

The objective is to develop a basic grasp of the Techniques and Principles of Aikido, both at the level of bodily use and at the relational level in preparation for Shodan.

### **Shodan and beyond.**

The Shodan test is the standard test Saito Morihiro Sensei would give in the Iwama Dojo in Japan during my stay there from 1986 to 1993. Shodan literally translates as 'first step' or 'first level' and thus what is required here is a solid and basic understanding of the essential principles and of their expression in the basic techniques. This understanding should be seen as giving a basic *orientation* to one's practice and understanding as to what defines Aikido.

This orientation / understanding should include the following *essential* elements.

- ***Uke-nage*** format of training as employed in Aikido (kata as agreement no competition) .
- ***Levels*** within the techniques : static, semi-flowing, flowing.
- ***Awase*** : 'blending' with a clear distinction of when one is 'colliding'.
- ***Kokyu*** : 'whole body power' with a clear distinction of when one is 'forcing'.
- ***Intention.*** To understand and bring into daily practice that Aikido is not a means whereby opponents are defeated but that it is a martial art whose aim is the restoration of harmony beyond the opposites of winning or losing. The ultimate aim of training as a martial artist in Aikido is not to be a great fighter, but to not have to fight at all. This is not attained by avoiding conflict but by

*meeting it fully and going through, and thus beyond it.*

A minimal understanding of the above aspects forms the essential basis upon which further development in Aikido depends. The emphasis beyond Shodan (as well as through the kyu grades) is on both expanding one's knowledge of the technical repertoire as well as deepening one's grasp and feeling of the Principles underlying the art.

**Morihiro Saito Sensei** emphasised throughout his teaching three main areas:

- 1. Weapon training and it's relationship to empty handed technique (riai)**
- 2. A clear distinction between the various levels of technique.**
- 3. Aikido as Budo.**

These three elements essentially characterise the Aikido he transmitted from O Sensei during the course of his life and should be borne in mind and researched by the practitioners of this line of Aikido.

## **KYU GRADE SYLLABUS**

### **6th kyu**

**mae ukemi**  
**ushiro ukemi**

**tai sabaki**

**tai no henko**  
**morote dori kokyu ho**  
**suwari waza kokyu ho**

**Ken    ken kamae > 1st ken suburi**

**Jo      tsuki kamae > choku tsuki**

## **5th kyu**

**6th kyu +**

**tai no henko ki no nagare**

**gyaku hanmi katate dori ikkyo omote waza kihon  
gyaku hanmi katate dori ikkyo ura waza kihon**

**ai hanmi katate dori (kosa dori) kote gaeshi kihon**

**ken suburi 1, 2, 3**

**Jo suburi: 1-5**

## **4th kyu**

**6, 5 kyu +**

**gyaku hanmi katate dori nikkyo omote waza kihon  
gyaku hanmi katate dori nikkyo ura waza kihon**

**gyaku hanmi katate dori shiho nage omote waza kihon  
gyaku hanmi katate dori shiho nage ura waza kihon**

**ken: suburi 1, 2, 3, 4, 5**

**Jo 6 count kata**



# 1st kyu

tai no henko  
morote dori kokyu ho  
suwari waza kokyu ho

ikkyo                                      omote / ura from yokomen uchi  
nikkyo  
sankyo  
yonkyo  
gokkyo                                      (ura form only)

shiho hage                                      three of each from freely chosen attacks  
kote gaeshi  
irimi nage  
kokyu nage  
koshi nage  
ushiro waza

buki dori (ken / jo / tanken)    three techniques of each

jiyu waza against one opponent

ken    suburi 1-7  
         migi / hidari awase

jo    suburi 1-20  
      31 jo kata

# DAN GRADE SYLLABUS

## shodan

tai no henko  
morote dori kokyu ho  
suwari waza kokyu ho

ikkyo                      suwari waza from yokomen uchi omote / ura  
nikkyo  
sankyo  
yonkyo  
gokkyo                      (ura form only)

hanmi handachi              three techniques

shiho nage                      three of each from varied attacks  
kote gaeshi  
irimi nage  
kokyu nage  
koshi nage  
ushiro waza

buki dori (ken / jo / tanken)    three techniques of each

jiyu waza against two opponents

ken              suburi 1-7  
                    happo giri  
                    migi / hidari awase  
                    go no awase / shichi no awase

jo              suburi 1-20  
                    happo tsuki  
                    31 jo kata  
                    13 jo kata

# nidan

tai no henko  
morote dori kokyu ho  
suwari waza kokyu ho

ikkyo                      tachi waza from varied attacks  
nikkyo  
sankyo  
yonkyo  
gokkyo  
rokyo

hanmi handachi        three techniques

shiho nage              tachi waza from varied attacks  
kote gaeshi  
irimi nage  
kokyu nage  
koshi nage  
kaiten nage  
ushiro waza

jiyu waza against two opponents without weapons (taijutsu)  
and with weapons (bukidori)

ken              suburi 1-7  
                  happo giri  
                  migi / hidari awase  
                  go no awase / shichi no awase  
                  kumitachi 1-5

jo                suburi 1-20  
                  happo tsuki  
                  31 jo kata  
                  31 kumijo

## **sandan**

**tai no henko (three levels)**  
**morote dori kokjyu ho (4 variations)**  
**suwari waza kokyu ho (4 variations)**

**osae waza : ki no nagare jiyu waza**

**nage waza: ki no nagare jiyu waza**

**ushiro waza: varied techniques kihon and ki no nagare**

**bukidori: three opponent jiyu waza**  
**jo mochi nage: two opponent jiyu waza**

**10 kumijo**

**13 kata no awase**

## **yondan**

**kihon waza – kinonagare waza**

**ninnin dori waza**

**henka waza**

**kaeshi waza**

**ki musubi no tachi**  
**7 kentaijo**

**Lewis Bernaldo de Quiros.**  
**Takemusu Aikido Kyokai Nederland.**

**5 June 2009**