BRITISH AIKIKAI GRADING GUIDELINES

	KATATE DORI GYAKU HANMI	KATATE DORI AI HANMI	RYOTE DORI	MOROTE DORI	KATA DORI MUNE/SODE	SHOMEN UCHI	YOKOMEN UCHI	TSUKI	USHIRO RYOTE DORI	USHIRO KATA DORI	USHIRO KUBI SHIME	Mics Other
ROKKYU	KAITEN	SUWARI WAZA &	SUWARI WAZA:									TAISABAKI:
(40 Hours)	TENKAN	TACHI WAZA:	KOKYU HO									IRIMI
	UCHI- KAITEN	IKKYO										TENKAN
	IKKYO	TACHI WAZA:										IRIMI-TENKAN
	SHIHO NAGE	IRIMI NAGE										TSUGI-ASHI
												IRIMI-ASHI
												SHIKKO
												UKEMI
												8-Direction:
												SHOMEN
												YOKOMEN
												TSUKI
GOKYU	IKKYO	IKKYO	SUWARI WAZA:		IKKYO	SUWARI WAZA &						
(50 Hours)	SHIHO NAGE		KOKYU NAGE			TACHI WAZA:						
	KAITEN NAGE:					IKKYO						
	(UCHI & SOTO)											
YONKYU	IRIMI NAGE	IRIMI NAGE	SHIHO NAGE	KOKYU NAGE	NIKYO	SUWARI WAZA &						
(80 Hours)	NIKYO	NIKYO	TENCHI NAGE		SANKYO	TACHI WAZA:						
	SANKYO	SANKYO	KOKYU NAGE			NIKYO						
	KOTE GAESHI	KOTE GAESHI	HANMI HANDACHI:			SANKYO						
	KOKYU NAGE	KAITEN NAGE	SHIHO NAGE									
		(SOTO)										
		SHIHO NAGE										
SANKYU	HANMI HANDACHI:	JUJI NAGE	IRIMI NAGE	IKKYO	YONKYO	SUWARI WAZA &	SUWARI WAZA:	IKKYO	KOKYU NAGE	KATATE ERI DORI:		
(100 Hours)	SHIHO NAGE	YONKYO	KOTE GAESHI	NIKYO	SHIHO NAGE	TACHI WAZA:	KOKYU NAGE	NIKYO		IKKYO		
	KAITEN NAGE	SUMI OTOSHI	KOSHI NAGE	IRIMI NAGE	KOTE GAESHI	YONKYO	TACHI WAZA:	SANKYO		RYO KATA DORI:		
	(UCHI & SOTO)	KOSHI NAGE		KOKYU NAGE		IRIMI NAGE	IKKYO	KOTE GAESHI		KOKYU NAGE		
	SUMI OTOSHI					KOTE GAESHI	NIKYO					
	KOSHI NAGE					KAITEN NAGE	SANKYO					
						(SOTO)	YONKYO					
						SHIHO NAGE	IRIMI NAGE					
							KOTE GAESHI					
							JUJI NAGE					
NIKYU	HANMI HANDACHI:		SUWARI WAZA:	IKKYO	UCHI KAITEN:	SUWARI WAZA &	SUWARI WAZA:	IRIMI NAGE	IKKYO	KATATE ERI DORI:		
(150 Hours)	UCHI KAITEN		KOKYU HO	NIKYO	KATA GATAME	TACHI WAZA:	IKKYO	SUMI OTOSHI	NIKYO	IRIMI NAGE		
	-KATA GATAME			IRIMI NAGE	SOTO KAITEN:	SUMI OTOSHI	NIKYO	GOKYO	SANKYO	RYO KATA DORI:		
	SOTO KAITEN			KOTE GAESHI	KATA GATAME	GOKYO	SANKYO	KOSHI NAGE	YONKYO	IKKYO		
	-KATA GATAME			JUJI NAGE		KOSHI NAGE	YONKYO			NIKYO		
	KOKYU NAGE						IRIMI NAGE			SANKYO		
							KOTE GAESHI			YONKYO		
IKKYU	KOKYU NAGE		KOKYU NAGE:	UDE GARAMI	SUWARI WAZA &	HANMI HANDACHI:	HANMI HANDACHI:	SUWARI WAZA:	KAITEN NAGE	KOTE GAESHI		
(200 Hours)			VARIATIONS	SHIHO NAGE	TACHI WAZA:	IRIMI NAGE	SHIHO NAGE	IKKYO	SHIHO NAGE	SHIHO NAGE		
			SUWARI WAZA		ROKKYO	KOTE GAESHI	KOTE GAESHI	IRIMI NAGE	KOTE GAESHI	UDE GARAMI		
					KOKYU NAGE	KAITEN NAGE		KOTE GAESHI	IRIMI NAGE			
						(SOTO)			JUJI NAGE			
SHODAN	VARIATIONS	VARIATIONS	SUWARI WAZA:	KOSHI NAGE	SUWARI WAZA &	TACHI WAZA:	TACHI WAZA:	ROKKYO	UDE GARAMI	HANMI HANDACHI	IKKYO	TANTO DORI
(300 Hours)			VARIATIONS		TACHI WAZA	VARIATIONS	VARIATIONS		KOSHI NAGE	RYO KATA DORI:	NIKYO	JO DORI
					KATA DORI					IKKYO to	SANKYO	FUTARI DORI
					SHOMEN UCHI:					YONKYO	UDE GARAMI	SANNIN RANDORI
					IKKYO to					KOTE GAESHI	KOTE GAESHI	
					YONKYO					SHIHO NAGE		WRITTEN ESSAY
					SHIHO NAGE							ATTEND 2 MAJOR
					KOTE GAESHI							COURSES
					IRIMI NAGE							
NIDAN	HANMI HANDACHI:		HANMI HANDACHI:	TACHI WAZA:	TACHI WAZA	HANMI HANDACHI:	HANMI HANDACHI:	TACHI WAZA:	KOKYU NAGE:	KOKYU NAGE:	KOKYU NAGE:	JO AWASE WAZA
(400 Hours)	VARIATIONS		VARIATIONS	VARIATIONS	KATA DORI	KOKYU NAGE	KOKYU NAGE	VARIATIONS	VARIATIONS	VARIATIONS	VARIATIONS	BOKKEN FORMS
					SHOMEN UCHI:	VARIATIONS	VARIATIONS					YONIN RANDORI
					IKKYO to							
					YONKYO							WRITTEN ESSAY
					SHIHO NAGE							ATTEND 2 MAJOR
					KOTE GAESHI							COURSES
					IRIMI NAGE							
SANDAN	KOKYU NAGE				TACHI WAZA:	SUWARI WAZA &	FREE STYLE	FREE STYLE	FREE STYLE	FREE STYLE	FREE STYLE	TANTO WAZA
(500 Hours)	KI NO NAGARE				RYO KATA DORI:	TACHI WAZA &						FREE STYLE
					VARIATIONS	HANMI HANDACHI:						
						VARIATIONS						WRITTEN ESSAY
												ATTEND 2 MAJOR
												COURSES