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**NATIONAL AIKIDO FEDERATION
1ST KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : _____

NAF MEMBERSHIP NUMBER : _____

1ST KYU GRADING SYLLABUS

All techniques are to be shown in their Ura (behind) and Omote (in front) variations.



SUWARI WAZA – KNEELING TECHNIQUES

KATA DORI MENUCHI, KOTEGAESHI
SHOULDER GRASP, STRIKE TO HEAD, WRIST TURN.

KATA DORI MENUCHI, IRIMI NAGE
SHOULDER GRASP, STRIKE TO HEAD, ENTERING THROW.

KATA DORI MENUCHI, KOKYU NAGE
SHOULDER GRASP, STRIKE TO HEAD, BREATH THROW.

RYO KATA DORI, SHIHO NAGE
BOTH HANDS HOLDING BOTH SHOULDERS, FOUR DIRECTION THROW.

Notes:

HANMI HANDACHI WAZA – UKE STANDING, KNEELING TECHNIQUES

GYAKU HANMI KATATE DORI, SHIHO NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, FOUR DIRECTION THROW.

GYAKU HANMI KATATE DORI, UCHI KAITEN NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, INSIDE ROTARY THROW.

GYAKU HANMI KATATE DORI, IKKYO
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, FIRST CONTROL.

RYOTE DORI, SHIHO NAGE
BOTH HANDS HOLDING BOTH WRISTS, FOUR DIRECTION THROW.

Notes:

1ST KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES

MUNA DORI MENUCHI, IKKYO
LAPEL GRASP, STRIKE TO HEAD, FIRST CONTROL.

MUNA DORI MENUCHI, NIKYO
LAPEL GRASP, STRIKE TO HEAD, SECOND CONTROL.

MUNA DORI MENUCHI, SANKYO
LAPEL GRASP, STRIKE TO HEAD, THIRD CONTROL.

MUNA DORI MENUCHI, KOSHI NAGE
LAPEL GRASP, STRIKE TO HEAD, HIP THROW.

JODAN TSUKI, YONKYO
PUNCH TO HEAD, FOURTH CONTROL.

JODAN TSUKI, IRIMI NAGE
PUNCH TO HEAD, ENTERING THROW.

JODAN TSUKI, SOTO KAITEN NAGE
PUNCH TO HEAD, OUTSIDE ROTARY THROW.

JODAN TSUKI, KOSHI NAGE
PUNCH TO HEAD, HIP THROW.

JODAN TSUKI, USHIRO KIRI OTOSHI
PUNCH TO HEAD, FORM BEHIND, OVERHEAD CUT TO SHOULDERS DROP.



Notes:

1ST KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES CONTINUED

USHIRO KATATE ERI DORI, NIKYO

FROM BEHIND, ONE HANDING HOLDING WRIST, ONE HAND HOLDING ELBOW,
SECOND CONTROL.

USHIRO KATATE ERI DORI, SANKYO

FROM BEHIND, ONE HANDING HOLDING WRIST, ONE HAND HOLDING ELBOW,
THIRD CONTROL.

USHIRO KATATE ERI DORI, IRIMI NAGE

FROM BEHIND, ONE HANDING HOLDING WRIST, ONE HAND HOLDING ELBOW,
ENTERING THROW.

USHIRO RYOTE DORI, YONKYO

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, FOURTH CONTROL

USHIRO RYOTE DORI, KOSHI NAGE

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, HIP THROW.

USHIRO RYOTE DORI, KOKYU NAGE

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, BREATH THROW

USHIRO KATATE DORI KUBI SHIMI, NIKYO

FROM BEHIND, HOLDING ONE WRIST AND CHOCKING NECK, SECOND CONTROL,

USHIRO KATATE DORI KUBI SHIMI, SANKYO

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, THIRD CONTROL.



Notes: