

合  
道  
道

**NATIONAL AIKIDO FEDERATION  
3<sup>RD</sup> KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : \_\_\_\_\_

NAF MEMBERSHIP NUMBER : \_\_\_\_\_

## 3<sup>RD</sup> KYU GRADING SYLLABUS

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



### SUWARI WAZA – KNEELING TECHNIQUES

KATA DORI, SANKYO  
SHOULDER GRAB, THIRD CONTROL.

SHOMEN UCHI, SANKYO  
OVERHEAD CUT TO HEAD, THIRD CONTROL

SHOMEN UCHI, KOTEGAESHI  
OVERHEAD CUT TO HEAD, WRIST TURN

SHOMEN UCHI, IRIMI NAGE  
OVERHEAD CUT TO HEAD, ENTERING THROW

**Notes:**

### TACHI WAZA – STANDING TECHNIQUES

GYAKU HANMI KATATE DORI, SANKYO  
OPPOSITE STANCE (LEFT TO RIGHT), WRIST GRAB, THIRD CONTROL.

GYAKU HANMI KATATE DORI, YONKYO  
OPPOSITE STANCE (LEFT TO RIGHT), WRIST GRAB, FOURTH CONTROL.

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

SHOMEN UCHI, YONKYO  
OVERHEAD CUT TO HEAD, FOURTH CONTROL

SHOMEN UCHI, GOKYO  
OVERHEAD CUT TO HEAD, FIFTH CONTROL

YOKOMEN UCHI, IKKYO  
OVERHEAD CUT TO NEXT, FIRST CONTROL

YOKOMEN UCHI, UCHI KAITEN SANKYO  
OVERHEAD CUT TO NEXT, INSIDE ROTARY THIRD CONTROL

**Notes:**

## 3<sup>RD</sup> KYU GRADING SYLLABUS

### TACHI WAZA – STANDING TECHNIQUES CONTINUED

CHUDAN TSUKI, UCHI KAITEN SANKYO  
PUNCH TO MID-SECTION, INSIDE ROTARY THIRD CONTROL

CHUDAN TSUKI, SOTO KAITEN NAGE  
PUNCH TO MID-SECTION, OUTSIDE ROTARY THROW

JODAN TSUKI, SHIHO NAGE  
PUNCH TO HEAD, FOUR DIRECTION THROW

JODAN TSUKI, KOTEGAESHI  
PUNCH TO HEAD, WRIST TURN

KATATE RYOTE DORI, IKKYO  
BOTH HANDS HOLDING ONE WRIST, FIRST CONTROL

KATATE RYOTE DORI, NIKKYO  
BOTH HANDS HOLDING ONE WRIST, SECOND CONTROL

KATATE RYOTE DORI, KOTEGAESHI  
BOTH HANDS HOLDING ONE WRIST, WRIST TURN

RYOTE DORI, IRIMI NAGE  
BOTH HANDS HOLDING BOTH WRISTS, ENTERING THROW

RYOTE DORI, KOKYU NAGE  
BOTH HANDS HOLDING BOTH WRISTS, BREATH THROW

USHIRO RYOTE DORI, IKKYO  
FROM BEHIND, BOTH HANDS HOLDING BOTH WRISTS, FIRST CONTROL

USHIRO RYOTE DORI, HIJIKIMEOSAE  
FROM BEHIND, BOTH HANDS HOLDING BOTH WRISTS, SIXTH CONTROL

USHIRO RYOTE DORI, SHIHO NAGE  
FROM BEHIND, BOTH HANDS HOLDING BOTH WRISTS, FOUR DIRECTION THROW

USHIRO RYOTE DORI, KOTEGAESHI  
FROM BEHIND, BOTH HANDS HOLDING BOTH WRISTS, WRIST TURN

USHIRO RYOTE DORI, IRIMI NAGE  
FROM BEHIND, BOTH HANDS HOLDING BOTH WRISTS, ENTERING THROW

#### Notes:

