

ISLAND AIKIDO – SHINBUKAN DOJO

Grading Overview

Since Aikido is a non-competitive martial art, gradings give students a significant opportunity to focus on and refine particular techniques. Test fees are to be paid prior to grading and all training (monthly) fees must be up-to-date.

Grading Schedule and Fees:

Kyu	Belt	Fee	Minimum No. of Classes	Weeks
9 th	White		Beginner	
8 th	Yellow	\$10	10	4 – 12
7 th	Orange	\$15	10	6 – 12
6 th	Orange	\$15	15	6 – 12
5 th	Green	\$25	25	8 – 20
4 th	Green	\$25	30	8 – 20
3 rd	Brown	\$35	50	8 – 24
2 nd	Brown	\$50	50	8 – 24
1 st	Brown	\$50	50	12 – 24
Dan				Years
1st	Black	Set by SIAF	150	0.5 – 1
2nd	Black	Set by SIAF	200	1
3rd	Black	Set by SIAF	350	2
4th	Black	Set by SIAF	500	3
5th	Black	Set by SIAF	600	4

Notes:

1. Please keep a record of class attendance and test dates, since this information is required to take a grading. (The club endeavours to assist in collecting this information but it is the responsibility of the student to keep his/her own records.)
2. The numbers of classes and weeks between gradings suggested in the table are guidelines only. Please allow yourself the time necessary for your personal rate of learning. The study of Aikido and enjoyment in training is more important than your rank.
3. Students who reach the rank of 1st dan (black belt) are encouraged to register as instructors with the SIAF.

ISLAND AIKIDO – SHINBUKAN DOJO

8th Kyu – Yellow Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SEIZA-HO** [video](#)
Correct way to sit
3. **REI-HO** [video](#)
Etiquette and the correct way to bow
4. **SHIKKO-HO (optional)** [video](#)
Knee-walking
5. **TAI NO HENKI ICHI** [video](#)
Cross step in body change (solo)
Step-in movement when pulled
6. **TAI NO HENKO NI** [video](#)
95 degree pivot (solo)
Turning movement when pushed
7. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
Forward movement when pulled
8. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
Shifting weight movement
9. **HYAKU HACHI JU DO KAITEN** [video](#)
180 degree pivot body change (solo)
Full turn movement when pushed
10. **SHUMATSU-DOSA ICHI** [video](#)
After-class exercise #1 (solo)
Forward movement when pulled
11. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
Pivoting movement when pushed

ISLAND AIKIDO – SHINBUKAN DOJO

7th Kyu – Orange Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **TAI NO HENKI ICHI** [video](#)
Cross step in body change (solo)
3. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
4. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
5. **SHUMATSU-DOSA ICHI** [video](#)
After-class exercise #1 (solo)
6. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
7. **KOHO UKEMI ICHI**
Back breakfall without hitting
8. **KOHO UKEMI NI** [video](#)
Back breakfall with hitting
9. **SHOMENUCHI IKKAJO OSAE ICHI** [video](#)
Front strike first control pin #1
10. **SHOMENUCHI IKKAJO OSAE NI** [video](#)
Front strike first control pin #2
11. **KATATE MOCHI SHIHONAGE OSAE ICHI** [video](#)
One wrist grasp all direction pin #1 (like after class exercise #1)
12. **KATATE MOCHI SHIHONAGE OSAE NI** [video](#)
One wrist grasp all direction pin #2 (like after class exercise #2)

ISLAND AIKIDO – SHINBUKAN DOJO

6th Kyu – Orange Belt

2. **KAMAE** [video](#)
Basic stance, right and left sides
3. **HYAKU HACHI JU DO KAITEN** [video](#)
180 degree pivot body change (solo)
4. **FUMIKOMI HYAKU HACHI JU DO KAITEN**
Cross-step 180 degree pivot body change (solo)
5. **SHUMATSU-DOSA NI** [video](#)
After-class exercise #2 (solo)
6. **KOHO UKEMI ICHI TO NI** [video](#)
Back breakfalls without and with hitting
7. **ZENPO KAITEN UKEMI ICHI** [video](#) (at 5:20)
Forward breakfall #1 (without hitting)
8. **ZENPO KAITEN UKEMI NI** [video](#) (at 5:32)
Forward breakfall #2 (with hitting)
9. **KATATE MOCHI NIKAJO OSAE ICHI** [video](#)
One wrist grasp second control pin #1
10. **KATATE MOCHI NIKAJO OSAE NI** [video](#)
One wrist grasp second control pin #2
11. **SHOMENUCHI SHOMEN IRIMINAGE ICHI** [video](#)
Front strike front step in throw #1
12. **SHOMENUCHI SHOMEN IRIMINAGE NI** [video](#)
Front strike front step in throw #2
13. **SHITE WAZA (Ippon mei)**
(One previous technique)

ISLAND AIKIDO – SHINBUKAN DOJO

5th Kyu – Green Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SHIKKO-HO** [video](#)
Knee-walking
3. **KOHO UKEMI ICHI TO NI** [video](#)
Back breakfalls without and with hitting
4. **ZENPO KAITEN UKEMI ICHI, NI, SAN** [video](#) (at 5:20)
Forward breakfalls #1, #2 and #3
5. **HIRIKI NO YOSEI ICHI** [video](#)
Elbow power #1 (solo)
6. **HIRIKI NO YOSEI NI** [video](#)
Elbow power #2 (solo)
7. **KATATE MOCHI HIJATE KOKYUNAGE ICHI** [video](#)
One wrist grasp elbow breath throw #1
8. **KATATE MOCHI HIJATE KOKYUNAGE NI** [video](#)
One wrist grasp elbow breath throw #2
9. **RYOTE MOCHI TENCHINAGE ICHI** [video](#)
Both wrists grasp heaven and earth throw #1
10. **SHOMENUCHI SANKAJO OSAE ICHI** [video](#)
Front strike third control pin #1
11. **SHOMENUCHI SANKAJO OSAE NI** [video](#)
Front strike third control pin #2
12. **KATATE MOCHI SOKUMEN IRIMINAGE ICHI** [video](#)
One wrist grasp side step in throw #1
13. **KATATE MOCHI SOKUMEN IRIMINAGE NI** [video](#)
One wrist grasp side step in throw #2
14. **SHITE WAZA (Ippon mei)**
(One previous technique)

ISLAND AIKIDO – SHINBUKAN DOJO

4th Kyu – Green Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SHIKKO-HO** [video](#)
Knee-walking
3. **ZENPO KAITEN UKEMI ICHI, NI, SAN** [video](#) (at 5:20)
Forward breakfalls #1, #2 and #3
4. **UKEMI YON**
Side breakfall – with hitting
5. **HIRIKI NO YOSEI ICHI (SOTAE DOSA)** [video](#)
Elbow power #1 (with partner)
6. **HIRIKI NO YOSEI NI (SOTAE DOSA)** [video](#)
Elbow power #2 (with partner)
7. **YOKOMENUCHI SHIHONAGE OSAE ICHI** [video](#)
Side strike all direction pin #1
8. **YOKOMENUCHI SHIHONAGE OSAE NI** [video](#)
Side strike all direction pin #2
9. **RYOTE MOCHI TENCHINAGE NI** [video](#)
Both wrists grasp heaven and earth throw #2
10. **SHOMENUCHI YONKAJO OSAE ICHI** [video](#)
Front strike fourth control pin #1
11. **SHOMENUCHI YONKAJO OSAE NI** [video](#)
Front strike fourth control pin #2
12. **MUNE MOCHI HIJI SHIME ICHI** [video](#)
Chest grasp elbow lock #1
13. **MUNE MOCHI HIJI SHIME NI** [video](#)
Chest grasp elbow lock #2
14. **SHITE WAZA (Ippon mei)**
(One previous technique)

ISLAND AIKIDO – SHINBUKAN DOJO

3rd Kyu – Brown Belt

1. **KAMAE** [video](#)
Basic stance, right and left sides
2. **SHUMATSU-DOSA ICHI TO NI (SOTAE DOSA)** [video](#)
After-class exercise #1 and #2 (with partner)
3. **BUKI WAZA – TAI NO HENKO ICHI TO NI** [video](#)
Bokken technique – Cross-step-in body change and 95 degree pivot
4. **ZENPO KAITEN UKEMI SAN** [video](#)
Forward breakfall #3
5. **HIYAKU UKEMI (SOTAE DOSA)** [video](#)
Jumping front breakfall (with partner)
6. **SHOMENUCHI HIJATE KOKYU NAGE ICHI** [video](#)
Front strike elbow breath throw #1
7. **SHOMENUCHI HIJATE KOKYU NAGE NI** [video](#)
Front strike elbow breath throw #2
8. **KATATE MOCHI IKKAJO OSAE ICHI** [video](#)
One wrist grasp first control pin #1
9. **KATATE MOCHI IKKAJO OSAE NI** [video](#)
One wrist grasp first control pin #2
10. **SHOMEN TSUKI KOTEGAESHI NAGE OSAE ICHI** [video](#)
Body punch reverse hand throw and pin #1
11. **SHOMEN TSUKI KOTEGAESHI NAGE OSAE NI** [video](#)
Body punch reverse hand throw and pin #2
12. **SHITE WAZA (Ippon mei)**
One previous technique appointed by instructor
13. **KATATE MOCHI JIYU WAZA**
Freestyle training from one wrist grasp – assigned pattern

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ISLAND AIKIDO – SHINBUKAN DOJO

3rd Kyu – Assigned pattern for Jiyu Waza (freestyle) from one wrist grasp

1. Left: Elbow breath throw #2 (hijiate kokyu nage ni)
2. Right: Elbow breath throw #2 (hijiate kokyu nage ni)
3. Left: avoid
4. Right: avoid
5. Left: First control throw (ikkajo nage) from cross-step pivot
6. Right: First control throw (ikkajo nage) from cross-step pivot
7. Left: avoid
8. Right: avoid
9. Left: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
10. Right: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
11. Left: avoid
12. Right: avoid
13. Left: Step in, face thrust (irimi tsuki)
14. Right: Step in, face thrust (irimi tsuki)
15. Left: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot
16. Right: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot

ISLAND AIKIDO – SHINBUKAN DOJO

2rd Kyu – Brown Belt

1. **KAMAE**
Basic stance, right and left sides
2. **TAI NO HENKO ICHI TO NI (SOTAE DOSA)**
Cross-step-in body change and 95 degree pivot (with partner)
3. **BUKI WAZA – SHUMATSU-DOSA ICHI TO NI** [video](#)
Bokken technique – After-class exercise #1 and #2
4. **ZENPO KAITEN UKEMI SAN** [video](#)
Forward breakfall #3
5. **HIYAKU UKEMI (SOTAE DOSA)** [video](#)
Jumping front breakfall (with partner)
6. **SHOMENUCHI YONKAJO OSAE ICHI** [video](#)
Front strike fourth control pin #1
7. **SHOMENUCHI YONKAJO OSAE NI** [video](#)
Front strike fourth control pin #2
8. **SHOMENUCHI SANKAJO OSAE ICHI** [video](#)
Front strike third control pin #1
9. **SHOMENUCHI SANKAJO OSAE NI** [video](#)
Front strike third control pin #2
10. **KATA MOCHI NIKAJI OSAE ICHI** [video](#)
Shoulder grasp second control pin #1
11. **KATA MOCHI NIKAJI OSAE NI** [video](#)
Shoulder grasp second control pin #2
12. **SHITE WAZA (Nippon mei)**
Two previous techniques appointed by instructor
13. **SHOMEN TSUKI JIYU WAZA**
Freestyle training from body punch – assigned pattern
14. **SHOMEN UCHI JIYU WAZA**
Freestyle training from front strike (open technique selection)

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ISLAND AIKIDO – SHINBUKAN DOJO

2nd Kyu – Assigned pattern for Jiyu Waza (freestyle) from body punch

1. Left: Elbow breath throw #2 (hijiate kokyu nage ni)
2. Right: Elbow breath throw #2 (hijiate kokyu nage ni)
3. Left: avoid
4. Right: avoid
5. Left: First control throw (ikkajo nage) from cross-step pivot
6. Right: First control throw (ikkajo nage) from cross-step pivot
7. Left: avoid
8. Right: avoid
9. Left: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
10. Right: Front step-in throw #2 (shomen iriminage ni) from cross-step pivot
11. Left: avoid
12. Right: avoid
13. Left: Step in, face thrust (irimi tsuki)
14. Right: Step in, face thrust (irimi tsuki)
15. Left: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot
16. Right: Side step-in throw #2 (sokomen iriminage ni) from cross-step pivot

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1st Kyu – Brown Belt

1. **KAMAE**
Basic stance, right and left sides
2. **BUKI WAZA – KIHON DOSA RENZOKU** [video](#)
United basic movements with bokken
3. **HIRIKI NO YOSEI ICHI TO NI SOTAE DOSA**
Elbow power #1 and #2 with partner
4. **ZENPO KAITEN UKEMI SAN**
Front breakfall #3
5. **HYAKU UKEMI**
Jumping front breakfall (solo)
6. **SUWARI WAZA RYOTEMOCHI KOKYU HO ICHI** [video](#)
Both sitting both wrist grasp breath method #1
7. **SUWARI WAZA RYOTEMOCHI KOKYU HO NI** [video](#)
Both sitting both wrist grasp breath method #2
8. **KATA MOCHI IKKAJO OSAE ICHI** [video](#)
Shoulder grasp first control pin #1
9. **KATA MOCHI IKKAJO OSAE NI** [video](#)
Shoulder grasp first control pin #2
10. **SHOMEN UCHI KOTEGAESHI NAGE OSAE ICHI** [video](#)
Front strike reverse hand throw and pin #1
11. **SHOMEN UCHI KOTEGAESHI NAGE OSAE NI** [video](#)
Front strike reverse hand throw and pin #2
12. **KATATE MOCHI YONKAJO OSAE ICHI** [video](#)
One wrist grasp fourth control pin #1
13. **KATATE MOCHI YONKAJO OSAE NI** [video](#)
One wrist grasp fourth control pin #2
14. **SHITE WAZA (Nippon mei)**
Two previous techniques appointed by examiner
15. **SHOMEN TSUKI JIYU WAZA**
Freestyle training from front punch