



AKI ACT

JUNIOR GRADING SYLLABUS

SEVENTH KYU (Orange Belt).....	2
Suwari Waza Ikkyo.....	2
Katate Tori Shiho Nage	2
Shomen with bokken	2
SIXTH KYU (Yellow Belt).....	2
Shomen Uchi Ikkyo	2
Shomen Uchi Irimi Nage.....	2
Katate Tori Irimi Nage	2
Tsuki with Jo.....	2
FIFTH KYU (Green Belt).....	2
Ryote Tori Tenchi Nage.....	2
Katate Tori Kokyu Nage	2
Yokomen Uchi Shiho Nage.....	2
Yokomen with bokken	2
Ukemi x 10	2
FOURTH KYU (Blue Belt)	3
Suwari Waza & Shomen Uchi Nikkyo	3
Tsuki Kate Gaeshi.....	3
Kata Tori Nikkyo	3
Yokomen with Jo	3
Ukemi x 15	3
THIRD KYU (Red Belt).....	3
Suwari Waza & Shomen Uchi Sankyo	3
Ryote Tori Shiho Nage	3
Katate Tori Kaiten Nage	3
Moving between attacks with Jo & Bokken.....	3
Kokyu Nage with Jo	3
Tsuki Kote Gaeshi - Uke holding Tanto.....	3
Ukemi x 20	3
SECOND KYU (Purple Belt).....	3
Suwari Waza & Shomen Uchi Yonkyo	3
Shomen Uchi Kokyu Nage (inside & outside versions).....	3
Ushiro Ryote Tori Kokyu Nage & Koshi Nage.....	3
Shomen Uchi Kokyu Nage - Jo & Bokken - 1 Uke at a time.....	3
Jiyu Waza (one uke)	3
Ukemi	3
FIRST KYU (Brown Belt).....	4
Katate Tori Ikkyo to Yonkyo.....	4
Yokomen Uchi Irimi Nage & Kaiten Nage.....	4
Hanmi Hantachi Kokyu Nage & Shiho Nage.....	4
Ryo Kata Tori Kokyu Nage	4
Jiyu Waza (two unarmed uke)	4
Jiyu Waza (one armed uke)	4
Ukemi	4



AKI ACT

JUNIOR GRADING SYLLABUS

SEVENTH KYU (Orange Belt)

Ashi Sabaki (footwork)
Tai No Henka (body changes)
Tsugi Ashi (basic stance/step)
Tenkai Ashi (pivot on feet)
Tenkan Ashi (pivot back-step)
Kaiten Ashi (forward step pivot)

Shikko (knee walking)

Suwari Waza Ikkyo
Katate Tori Shiho Nage

Shomen with bokken

SIXTH KYU (Yellow Belt)

Shomen Uchi Ikkyo
Shomen Uchi Irimi Nage
Katate Tori Irimi Nage

Tsuki with Jo

Plus techniques from previous grades
All techniques presented in **left and right hand versions**

FIFTH KYU (Green Belt)

Ryote Tori Tenchi Nage
Katate Tori Kokyu Nage
Yokomen Uchi Shiho Nage

Yokomen with bokken

Plus techniques from previous grades
All techniques presented in **irimi** and **tenkan** versions where applicable

Ukemi x 10



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FOURTH KYU (Blue Belt)

Suwari Waza & Shomen Uchi Nikkyo
Tsuki Kate Gaeshi
Kata Tori Nikkyo

Yokomen with Jo

Plus any techniques from previous grades.
Correct pins must be shown where applicable.

Ukemi x 15

THIRD KYU (Red Belt)

Suwari Waza & Shomen Uchi Sankyo
Ryote Tori Shiho Nage
Katate Tori Kaiten Nage

Moving between attacks with Jo & Bokken
Kokyu Nage with Jo
Tsuki Kote Gaeshi - Uke holding Tanto

Plus any techniques from previous grades.
Correct names for all techniques must be known.

Ukemi x 20

SECOND KYU (Purple Belt)

Suwari Waza & Shomen Uchi Yonkyo
Shomen Uchi Kokyu Nage (inside & outside versions)
Ushiro Ryote Tori Kokyu Nage & Koshi Nage

Shomen Uchi Kokyu Nage - Jo & Bokken - 1 Uke at a time

Plus any techniques from previous grades.

Jiyu Waza (one uke)
Ukemi

Previous training and attitude must be taken into consideration.



AKI ACT

JUNIOR GRADING SYLLABUS

FIRST KYU (Brown Belt)

Katate Tori Ikkyo to Yonkyo
Yokomen Uchi Irimi Nage & Kaiten Nage
Hanmi Hantachi Kokyu Nage & Shiho Nage
Ryo Kata Tori Kokyu Nage

Plus any techniques from previous grades.

Jiyu Waza (two unarmed uke)
Jiyu Waza (one armed uke)
Ukemi

Previous co-operation & harmonisation with partners must be taken into consideration.