

Nishikaze Aikido Society of America – Aikido Grading System

Rank	Days	Kaitennage	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shihonage	Iriminage	Kotegaeshi	Tenchinage	Jiyuwaza	Koshinage	Kokyu	Ukemi *	Other
6 th Kyu	20	GH uchikaiten	GH ura					GH omote						Kokyu dosa	Front & back roll	Ritsurei Zarei Tenkan
5 th Kyu	20	GH KT	GH omote GH KT omote & ura	GH	GH			GH ura	GH	GH	Ryotedori			GH kokyuhu (back stretch) GH kokyunage (3 tech's)	Rolling break fall	Shikko forward
4 th Kyu	40	AH	AH omote & ura	AH	AH			AH omote & ura	AH	AH		GH		Morotedori kokyuhu (back stretch)		Shikko backward & turning Ushiro (3 tech's)
3 rd Kyu	50	Tsuki	Shomenuchi omote & ura	Shomenuchi	Shomenuchi		GH	Shomenuchi	Shomenuchi	Shomenuchi		AH	ryotedori 2 tech's	GH or AH Kokyunage (5 tech's)	Kotegaeshi break fall	Ken makkogiri, kesagiri
2 nd Kyu	50	Shomenuchi	Yokomenuchi (omote & ura)	Yokomenuchi	Yokomenuchi	Shomenuchi	Yokomenuchi	Yokomenuchi (omote)	Yokomenuchi	Yokomenuchi		Ryokatadori	Ushiro ryotedori (2 tech's)	Shomenuchi kokyunage (5 tech's)		Jo: tsuki, honteuchi gyakuteuchi
1 st Kyu	60		Tsuki Shomenuchi suwari waza	Tsuki Shomenuchi suwari waza	Tsuki Yokomenuchi suwari waza	Yokomenuchi		Tsuki omote	Tsuki	Tsuki		Shomenuchi	5 tech's from any attack	Yokomenuchi kokyunage (5 tech's)	Koshinage break fall	Sandanuchi (ken tai ken) Randori (3 opp's)
1 st Dan	60	Same as above plus... Unarmed techniques from tachi waza, suwariwaza, hanmi handachi for all Gyakuhanmi, Aihanmi, ryotedori, katadori, sodedori, katadorimenuchi, shomenuchi, yokomenuchi, tsuki, ushiro ryotedori, ushiro kubishime														
2 nd Dan	1 yr 200 days	Same as above plus... Tantodori Futarigake														
3 rd Dan	2 yrs 300 days	Same as above plus.... Tachidori Jodori Taninzugake														
4 th Dan	3 yrs 400 days	Same as above plus.... Jiyuwaza for all attacks & techniques														

GH = gyakuhanmi AH = aihanmi KT = ken no tebiki (kendori) JT = jo no tebiki (jodori) KK = ken tai ken KJ = ken tai jo

* Ukemi requirements shall be with consideration to age and physical condition of the student