ZHEN-QI SHU AIKIDO Adult Grading Syllabus (JAPAN HOMBU GRADING SYSTEM) 2015

Exam for Grade of:	Prerequisits for Exam	1教 *Ikkyo*	2教 *Nikyo*	3教 4教 *Sankyo Yonkyo*	5教 *Gokyo*	四方掉 *Shihonage*	入身掉 *Iriminage*	返手掉 *Kotegaeshi*	旋轉掉 *Kaitennage*	天地掉 *Tenchinage*	十字掉 *Jujinage*	十字絞 *Jujigarami*	過腰掉 *Kosinage*
8h Kyu Blue	30 days of practice	Katatedori Shomenuchi				Katatedori	Katatedori Shomenuchi			Ryotedori			
7th Kyu Blue-G.	40 days of practice after obtaining 8kyu	Katatedori Shomenuchi (Omote & Ura)	Katadori			Katatedori Yokomenuchi (Omote & Ura)	Katatedori Shomenuchi	Katatedori		do			
6th Kyu Brown	50 days of practice after obtaining 7 kyu	Shomenuchi (sitting & standing)			Yokomen-uchi	Ryotedori Yokomenuchi (Omote & Ura)	Tsuki Yokomen-uchi	Tsuki Katatedori Shomenuchi	Katatedori (in & out)	do	Katatedori	katatedori	
5th Kyu Brown-G	60 days of practice after obtaining 6 kyu	Katatedori & Shomenuchi (sitting & standing)			Yokomen-uchi	Katatedori Ryotedori (Hanmihandachi)	Tsuki Ushiro Ryotedori Morotedori	Tsuki Yokomenuchi Ryotedori	Shomenuchi Katatedori (in & out)	do	Yokomen-uchi Katatedori	Morotedori Ushiro Ryotedori	Katatedori Morotedori
4th Kyu Brown-G2	70 days of practice after obtaining 5 kyu	Yokomenuchi Ushiro Ryotedori Shomenuchi Katatedori (Omote & Ura ; sitting &standing)			Yokomen-uchi / Tsuki Shomenuchi	Morotedori (Hanmihandachi)	Shomenuchi Katatedori (Ushiro Ryotedoru)	Tsuki Shomenuchi	Tsuki Shomenuchi	do	Katatedori Yokomen-uchi	Katatedori Morotedori	Katatedori Yokomen-
3rd Kyu Junior-B	80 days of practice after obtaining 4 kyu	(Omote & Ura; Sitting & Standing) (24 steps Jo Kata)			do	(Hanmihandachi) (Ushiro Ryotedori)		do	Yokomen-	do	Yokomen	Ushiro Ryo	Ushiro Ryo
2nd Kyu Black	90 days of practice after. obtaining 3 kyu	Unarm techniques (sitting, sitting vs.standing) for all forms of grasping shouders, elbow, collars, wrists and hand plus all techniques from the rear. (Bokken kata & 24 & 31 steps Jo Kata)											
1st Kyu Black-G	100 days of practice after. obtaining 2 kyu			(Same as above with defence against 2 attackers & defence against Tanto, Bokken & Jo)									
Sho Dan 初段	Minimum 1 year after 1kyu with 180 days of practice			(Same as above with defence against 2 or 3 attackers & defence against Tanto, Bokken & Jo)									