

ZHEN-QI SHU Aikido (Kids) grading syllabus						2015						
Exam for Grade of:	Prerequisites for Exam	Rolling	Katate-dori	Movements	Tenchinage	Ikkyo	Iriminage	Shihonage	Kokyunage	Strike	Kokyuho	
16 kyu Red	3 months of practice	Rolling F/B	Ai-Gyaku hanmi	Turning I/Tenkan		Rocking, Back Fall, Left & Right Sides Fall, Rowing Execice Knee Walk					Sitting	
15 kyu Red-gold	3 months of practice	Rolling F/B	Ai-Gyaku hanmi	Turning I/Tenkan	Ryotedori	Rocking, Back Fall, Left & Right Sides Fall, Rowing Execice Knee Walk					Sitting	
14 kyu Yellow	3 months of practice	Rolling F/B	Ai-Gyaku hanmi	Turning I/Tenkan	Ryotedori	Rocking, Back Fall, Left & Right Sides Fall, Rowing Execice. Ai-hanmi					Sitting	
13 kyu Orange	3 months of practice	Rolling F/B	Ai-Gyaku hanmi	Turning I/Tenkan	Ryotedori	Rocking, Back Fall, Left & Right Sides Fall, Rowing Execice Ai-Hanmi	Ai-hanmi				Sitting	
12 kyu Green	3 months of practice	Rolling F/B	Ai-Gyaku hanmi	Turning I/Tenkan	Ryotedori	Ai-Hanmi Shomenuchi	Ai-hanmi	Ai-hanmi	Gyaku-hanmi	Shomen-uchi & Yokomen-uchi	Sitting	
11 kyu Gn-gold	3 months of practice	All the above included plus rolling over the obstacles				Ai-hanmi Shomenuchi	Ai-hanmi Shomenuchi	Ai-hanmi	Gyaku-hanmi	Yokomen-uchi	Sitting	
10 kyu Purple	3 months of practice	All the above included plus rolling over the obstacles				Ai-hanmi Shomenuchi	Ai-hanmi Shomenuchi	Ai-hanmi Gyaku-hanmi	Gyaku-hanmi	Yokomen-uchi	Sitting	
9 kyu Pp-gold	4 months of practice	All the above included plus rolling over the obstacles				Ai-hanmi Shomenuchi	Ai-hanmi Shomenuchi	Ai-hanmi Gyaku-hanmi	Mototedori	Tsuki	Sitting	
8 kyu Blue	4 months of practice	To follow the Adults Grading Syllabus										