



British Aikido Federation

Senior Grading Syllabus Part 2 (1st kyu to 4th Dan)

Grade:	Ikkyu 1 st kyu	Shodan 1 st Dan	Nidan 2 nd Dan	Sandan 3 rd Dan	Yondan 4 th Dan
Prerequisite: [Times given are <i>minimum</i> based on regular training]	100 sessions post 2 nd kyu	2 years post 1 st kyu	3 years post 1 st Dan	4 years post 2 nd Dan	5 years post 3 rd Dan
Attack					
Shomen-uchi	All basic techniques plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Jiyu-waza	All basic techniques, all forms Nage-waza, all forms Kansetsu-waza Kaishi-waza plus Advanced Jiyu-waza
Yokomen-uchi					
Tsuki					
Katate-dori (Taking wrist) (Aihanmi & Gyakuhanmi)					
Ryote-mochi-ryote-dori (Two hands to two wrists)					
Morote-dori (Two hands to one wrist)					
Kata-dori (Taking at shoulder)					
Ushiro-waza (From rear) [Ushiro-ryote-mochi-ryote- dori / Ryokata-dori / Eri- dori]					
Weapons [Tanto / Bokken / Jo]	Tanto-dori	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage	Tanto-dori Tachi-dori Jo-dori Jo-kokyu-nage
Multiple attack			Ninin-dori Futari-gake plus Jiyu-waza	Ninin-dori / Sannin-dori Futari-gake plus Jiyu-waza	Ninin-dori / Sannin-dori Futari-gake plus Jiyu-waza
Essay [Title optional but must be Aikido related]	Not required	Essay required [To be submitted 6 months prior to grading]	Essay required [To be submitted 6 months prior to grading]	Not required	Not required
Notes: All techniques to be shown Irimi & Tenkan	T = Tachi-waza [both standing] S = Suwari-waza [both sitting] H = Hanmi-handachi [one standing one sitting]				

IMPORTANT NOTE

All applications for Shodan to Yondan gradings must be made 6 months in advance of Summer School. **A current BAF Shido-in must countersign all applications.** This form to be read in conjunction with the BAF **Requirements of Etiquette for Prospective and Existing Dan Grades** document. Grades above 4th Dan are awarded on merit only.