

Takemusu Iwama Aikido GB Grading Syllabus

6th Kyu to 4th Dan

The following grading syllabus is designed to guide students through a continuous development from 6th Kyu to 4th Dan.

The times between grades are minimums since the last grade was achieved. Students will only be able to take a test at their Instructor's discretion.

Be sure you have the required number of practice days before applying for an examination.

Minimum age for Shodan is 15 years, 4th Dan 22 years.

An examination shall be taken at the dojo where you normally practice.

As a rule partners (uke) in an examination should be of the same rank.

Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".

6th Kyu (no coloured belt)

Students must have trained for a minimum of 2 months.

Technique	Attack	Direction/Options	Position
Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
Kokyu Ho	Morotedori		Tachiwaza
Ikkyo	Shomenuchi	Omote and Ura	Tachiwaza
Kotegaeshi	Kosadori		Tachiwaza
Ukemi		Mae & Ushiro	Suwariwaza
Shikko			
Kokyu Dosa	Ryotedori	Kihon	Suwariwaza

5th Kyu (yellow belt)

Students must have trained for a minimum of 2 months from 6th Kyu.

30 days of practice

Technique	Attack	Direction/Options	Position
Tai no henko	Katatedori	Kihon & Kinonagare	Tachiwaza
Kokyu Ho	Morotedori		Tachiwaza
Ikkyo	Shomenuchi	Omote & Ura	Tachi & Suwariwaza
	Katatedori	Omote & Ura	Tachiwaza
	Ryotedori	Omote & Ura	Tachiwaza
Nikkyo	Shomenuchi	Omote & Ura	Tachiwaza
	Katatedori	Omote & Ura	Tachiwaza
	Ryotedori	Omote & Ura	Tachiwaza
Kotegaeshi	Kosadori		Tachiwaza
	Tsuki		Tachiwaza
Shihonage	Katatedori	Omote & Ura	Tachiwaza
	Ryotedori	Omote & Ura	Tachiwaza
Irimi Nage	Shomenuchi		Tachiwaza
Ukemi		Mae & Ushiro	Tachiwaza
Kokyu Dosa	Ryotedori		Suwariwaza
Weapons			
Ken	Suburi	1 to 7	
	Happogiri	8 directions	
Jo	Suburi	1 to 10	

4th Kyu (orange belt)

Students must have trained for a minimum of 4 months since 5th Kyu

40 days of practice after obtaining 5th Kyu

Technique	Attack	Direction/Options	Position
Tai no henko	Katatedori		Kihon & Kinonagare
Kokyu Ho	Morotedori		Tachiwaza
	Katatedori		Tachiwaza
Ikkyo	Katatedori	Omote & Ura	Suwariwaza
	Ryotedori	Omote & Ura	Suwariwaza
	Katadori	Omote & Ura	Tachiwaza
	Kosadori	Omote & Ura	Tachiwaza
	Shomenuchi	Omote & Ura	Tachiwaza
Nikkyo	Shomenuchi	Omote & Ura	Suwariwaza
	Katadori	Omote & Ura	Tachiwaza
Sankyo	Shomenuchi	Omote & Ura	Tachiwaza
	Katatedori	Omote & Ura	Tachiwaza
	Ryotedori	Omote & Ura	Tachiwaza
Kotegaeshi	Shomenuchi		Tachiwaza
Shihonage	Ryotedori	Omote & Ura	Tachiwaza
	Shomenuchi	Omote & Ura	Tachiwaza
	Yokomenuchi	Omote & Ura	Tachiwaza
Iriminage	Shomenuchi		Tachiwaza
Kaitenage	Katate dori	Soto & Uchi Mawari	Tachiwaza
	Ryotedori	Soto & Uchi Mawari	Tachiwaza
Kokyu Nage	Kosadori		Tachiwaza
Kokyu Dosa	Ryotedori	Hands held on top &	Suwariwaza
Weapons			
Ken	Awase	Migi, Hidari, Go & Shichi	
Jo	Suburi	1 to 20	
	13 Kata	All	

3rd Kyu (green belt)

Students must have trained for a minimum of 6 months since 4th Kyu

50 days of practice after obtaining 4th Kyu

Technique	Attack	Direction/Options	Position
Ikkyo	Shomenuchi	Omote & Ura	Tachi & Suwariwaza
	Ryotedori	Omote & Ura	Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza
	Munadori	Omote & Ura	Tachiwaza
Nikkyo	Shomenuchi	Omote & Ura	Tachi & Suwariwaza
	Katatedori	Omote & Ura	Suwariwaza
	Ryotedori	Omote & Ura	Suwariwaza
	Kosadori	Omote & Ura	Tachiwaza
Sankyo	Munadori	Omote & Ura	Tachiwaza
	Shomenuchi	Omote & Ura	Tachi & Suwariwaza
	Katatedori	Omote & Ura	Suwariwaza
	Ryotedori	Omote & Ura	Suwariwaza
Yonkyo	Katadori	Omote & Ura	Tachiwaza
	Shomenuchi	Omote & Ura	Tachi & Suwariwaza
	Ryotedori	Omote & Ura	Tachiwaza
Kotegaeshi	Shomenuchi		Hanmihandachi
	Tsuki		Hanmihandachi
	Katatedori		Tachiwaza
Shihonage	Katatedori	Omote	Hanmihandachi
	Ryotedori	Omote	Hanmihandachi
	Yokomenuchi	Omote & Ura	Tachiwaza
Iriminage	Katatedori	Jodan, Chudan, Gedan	Tachiwaza
	Shomenuchi		Tachiwaza
	Ryotedori		Tachiwaza
	Tsuki		Tachiwaza
Kaitenage	Shomenuchi		Tachiwaza
	Tsuki		Tachiwaza
	Katatedori	Soto & Uchi Mawari	Hanmihandachi
	Ryotedori		Tachiwaza
Koshinage	Katatedori		Tachiwaza
	Ryotedori		Tachiwaza
	Tsuki		Tachiwaza
Tenchinage	Ryotedori		Tachiwaza
Kokyu Nage	Katatedori	X 3	Tachiwaza
Ukemi	Highfall (at the instructors discretion, depends on students age & ability)		
Kokyu Dosa	Ryotedori	Hands held full strength	Suwariwaza
Weapons			
Ken	Kumi tachi		1
	Ki musubi no tachi		
Jo	31 Kata	All	
	31 Kumijo	1-3, 4-6, 9-11	

2nd Kyu (blue belt)

Students must have trained for a minimum of 9 months since 3rd Kyu

50 days of practice after obtaining 3rd Kyu

Technique	Attack	Direction/Options	Position
Ikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Suwariwaza
	Morotedori	Omote & Ura	Tachiwaza
	Tsuki	Omote & Ura	Tachiwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Nikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza
	Morotedori	Omote & Ura	Tachiwaza
	Tsuki	Omote & Ura	Tachiwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Sankyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza
	Munedori	Omote & Ura	Tachiwaza
Yonkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Katatedori	Omote & Ura	Suwariwaza
	Ryotedori	Omote & Ura	Suwariwaza
	Katadori	Omote & Ura	Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza
Gokkyo	Yokomenuchi	Ura	Tachiwaza

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2nd Kyu (continued)

Kotegaeshi	Katadori		Tachiwaza
	Ushiro Ryotedori		Tachiwaza
Shihonage	Katadori	Omote & Ura	Tachiwaza
	Tsuki	Omote & Ura	Tachiwaza
	Katataedori	Omote & Ura	Hanmihandachi
Iriminage	Katadori		Tachiwaza
	Yokomenuchi		Tachiwaza
	Tsuki		Hanmihandachi
	Shomenuchi		Hanmihandachi
Kaitenage	Tsuki		Hanmihandachi
	Shomenuchi		Hanmihandachi
Tenchinage	Katatedori		Tachiwaza
	Ryotedori		Tachiwaza
Koshinage	Shomenuchi	X 2	Tachiwaza
	Ushiro Ryotedori		Tachiwaza
Kokyu Nage	Shomenuchi		Tachiwaza
	Katadori		Tachiwaza
	Morote dori		Tachiwaza
	Ushiro Ryotedori		Tachiwaza
Kokyu Dosa	Ryotedori	Hands pinned to the knees	Suwariwaza
Weapons			
Ken	Kumi Tachi	1 to 5	
Jo	31 Kumi Jo	13-17, 18-22, 23-27, 28-	
Tanto	Tsuki	Kotegaeshi	
	Yokomenuchi	Gokkyo	
	Knife held to centre of back		

1st Kyu (brown belt)

Students must have trained for a minimum of 12 months since 2nd Kyu.

60 days of practice after obtaining 2nd Kyu

Students must attend one TIA Europe Seminar in the 12 months prior to the test.

Technique	Attack	Direction/Options	Position
Ikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
Ikkyo	Ryotedori	Omote & Ura	Hanmihandachi
	Ushiro Ryokatadori	Omote & Ura	Tachiwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Nikkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Ryotedori	Omote & Ura	Handachiwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
	Ushiro Ryokatadori	Omote & Ura	Tachiwaza
Sankyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Morotedori	Omote & Ura	Suwariwaza
	Tsuki	Omote & Ura	Suwariwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Yonkyo	Shomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Katadori	Omote & Ura	Tachiwaza & Suwariwaza
	Yokomenuchi	Omote & Ura	Tachiwaza & Suwariwaza
	Munadori	Omote & Ura	Tachiwaza
	Morotedori	Omote & Ura	Tachiwaza
	Tsuki	Omote & Ura	Tachiwaza
	Ushiro Ryotedori	Omote & Ura	Tachiwaza
Gokkyo	Yokomenuchi	Ura	Suwariwaza
	Tsuki	Ura	Tachiwaza
Rokkyo	Tsuki	Ura	Tachiwaza
	Shomenuchi	Ura	Tachiwaza

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1st Kyu (continued)

Kotegaeshi	Yokomenuchi		Tachiwaza
	Munadori		Tachiwaza
	Ushiro Ryotedori		Tachiwaza
Shihonage	Munadori	Omote & Ura	Tachiwaza
	Morotedori	Omote & Ura	Tachiwaza
	Katataedori	Omote & Ura	Tachiwaza & Hanmihandachi
	Ryotedori	Omote & Ura	Tachiwaza & Hanmihandachi
Iriminage	Katatedori		Suwariwaza
	Shomenuchi		Suwariwaza
	Morotedori		Tachiwaza
	Munadori		Tachiwaza
	Tsuki		Tachiwaza
Kaitenage	Katadori		Tachiwaza
	Munadori		Tachiwaza
Tenchinage	Ryotedori		Tachiwaza
Koshinage	Morotedori		Tachiwaza
	Katadori		Tachiwaza
	Yokomenuchi		Tachiwaza
Jujinage	Munadori		Tachiwaza
	Tsuki		Tachiwaza
	Ushiro Ryotedori		Tachiwaza
Kokyu Nage	Yokomenuchi		Tachiwaza
Jiyuwaza	Katatedori		Tachiwaza & Suwariwaza
	Tsuki		Tachiwaza & Suwariwaza
	Morotedori		Tachiwaza & Suwariwaza
Kokyu Dosa	Hijidori	Both elbows held	Suwariwaza
Weapons			
Ken	Tachi Dori		3
Jo	Jo Dori		3
	Jo Nage		3
	13 Jo Awase	All	
	31 Kumijo	All	
	10 Kumi Jo	1 to 3	
Tanto	Tanto Dori	Any 4	

Shodan (1st Degree black belt)

Students must have for a minimum of 12 months since 1st Kyu.

70 days of practice after obtaining 1st Kyu

Students must attend two TIA Europe Seminar in the 12 months prior to the test at least one of which must be taught by an instructor other than the candidate's normal teacher.

All techniques to be performed in Kihon unless otherwise instructed by the examiner.

Unarmed techniques: sitting, sitting vs. standing, standing techniques for strikes, thrusts, all forms of grasping (shoulders, elbows, collar, wrists and hands; all techniques from the rear)

Weapons			
Technique	Attack	Direction/Options	Position
Ken	Kumi Tachi	All	
	Tachi Dori		5
Jo	Jo Dori		5
	10 Kumi Jo	1 to 5	
Tanto	Tanto Dori	Tsuki	
		Shomenuchi	
		Yokomenuchi	
		Kubishime	
		Knife held to the front	
		Knife held to the back	
		Slash attack	
Jiyuwaza	40-50 seconds 2 attackers		Tachiwaza
Kokyu Dosa	3 Simple Attacks		Suwariwaza

Nidan (2nd Degree Black Belt)

Students must have for a minimum of 24 months since Shodan.

Minimum 1 year since 1st dan, with 200 days of practice

Students must attend two TIA Europe Seminar in the 12 months prior to the test at least one of which must be taught by an instructor other than the candidate's normal teacher.

All techniques to be performed in Kihon unless otherwise instructed by the examiner.

Same as shodan (above) plus Tantodori & Futarigake

Weapons			
Technique	Attack	Direction/Options	Position
Ken	Kumi Tachi	All	
	Tachi Dori		5
Jo	Jo Dori		5
	Jo Nage		5
	10 Kumi Jo	All	
Ken/Jo	Ken Tai Jo	1 to 5	
Tanto	Tanto Dori		5
Jiyuwaza	60 seconds 3 attackers		Tachiwaza
Kokyu Dosa	3 Attacks		Suwariwaza

Sandan (3rd Degree black belt)

Students will be invited to take a Sandan Test at the discretion Sensei Sargeant & Sensei McGlone.

Minimum 2 years since 2nd dan, with 300 days of practice

Students must attend two TIA Europe Seminar in the 12 months prior to the test at least one of which must be taught by an instructor other than the candidate's normal teacher.

All techniques to be performed in Ki No Nagare.

Same as nidan (above) plus Tachidori, Jodori & Taninzugake

Weapons			
Ken	Kumi Tachi	All with one Ken and Tai Jutsu Variations	
	Tachi Dori		5
Jo	Jo Dori		5
	Jo Nage		5
	10 Kumi Jo	All with variations	
Ken/Jo	Ken Tai Jo	All	
Tanto	Tanto Dori		5
Jiyuwaza	60 seconds 3 attackers, one with ken, jo and		Tachiwaza

Yondan (4th Degree black belt)

Students will be invited to give a demonstration at Sensei Sargeant and Sensei McGlones discretion.

Minimum 3 years since 3rd dan, with 400 days of practice

Jiyuwaza for all of the above

A demonstration from fifteen to twenty minutes showing a wide range of Tai Jutsu & Bukiwaza.

The demonstration should include Suwariwaza, Hanmihandachiwaza, Tachi waza, Kokyunage, Jo Dori, Tanto Dori, Tachi Dori, and Ninindori etc to show the wide range of understanding of the candidate.