



AIKIDO SHINJU-KAI

ADULTS' GRADING SYLLABUS

Incorporating minimum requirements by Aikido World Headquarters, Japan.

合气道心柔会 成人审查要项

包含合气道日本本部道场的最低审查要求

SYLLABUS COVERAGE INDICATION		PRE-REQUISITES 须符合条件	BASICS 基本	IKKYU 一教	NIKYO 二教	SANKYO 三教	YONKYO 四教	GOKYO 五教	IRIMINAGE 入身投	SHIHONAGE 四方投	KOKYUNAGE 呼吸投	TENCHINAGE 天地投	KOTEWAISHI 小手返	KAITENNAGE 回转投	JUJINAGE 十字投	JUJIGARAMI 十字绞	KOSHINAGE 腰投	JIYUWAZA 自由技	JO WAZA 杖技	KEN WAZA 剑技	TANTO WAZA 短刀技																	
DAN GRADES																																						
BLACK GOLD 1st KYU	BLACK 2nd KYU	BROWN 3rd KYU	BROWN 4th KYU	BLUE 5th KYU	BLUE 6th KYU																																	
ALL DAN GRADES ARE STRICTLY BY RECOMMENDATION FROM CHIEF INSTRUCTOR AND PRINCIPAL DOJO INSTRUCTOR ONLY & SUBJECT TO GAC APPROVAL		- Minimum 3 months and at least 20 regular training sessions - Applicants who obtained 7th or 8th Kyu (Purple or Green) in last Adult Grading + regular training in between - 至少3个月和20课的定期练习 - 获8级(绿)或7级(紫)后定期练习 - 考获6级(绿)或7级(紫)后定期练习可直接申请下一次的成人审查		- Breakfalls - Movements - Attacks - Suwariwaza - Kokyuho - 手取 - 正面打	- Katadedori - Shomenuchi				- Katadedori - Shomenuchi - 手取 - 正面打	- Katadedori - Aihanmi - 同手取	- Katadedori - Gyakuhannmi - 反手取							- Katadedori - Gyakuhannmi - 反手取																				
- Minimum 24 regular training sessions after obtaining 6th Kyu(Blue) - Applicants who obtained 6th Kyu (Blue-Silver) in last Adult Grading + regular training in between - 考获6级(蓝)后至少24课的定期练习 - 考获6级(蓝银)后定期练习可直接申请下一次的成人审查		- Katadorei - 肩取	- Suwariwaza - Katadedori - Shomenuchi - 坐技手取 - 坐技正面打	- Katadorei - 肩取				- Suwariwaza - Katadedori - Suwariwaza - Shomenuchi - 坐技手取 - 坐技正面打	- Suwariwaza - Katadedori - Suwariwaza - Shomenuchi - 反手取 - 侧面打	- Katadedori - Gyakuhannmi - 同手取	- Katadedori - Aihanmi - 同手取	- Ryotedori - 两手取			- Katadedori - Aihanmi - 同手取		- Katadedori - Aihanmi - 同手取																					
- Minimum 32 regular training sessions after obtaining 5th Kyu(Blue-Gold) - 考获5级(蓝金)后至少32课的定期练习			- Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 坐技肩取 - 立技+坐技 - 丼技+坐技 - 正面打	- Tachiwaza + Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 立技+坐技 - 手取 - 丼技+坐技 - 正面打	- Tachiwaza + Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 立技+坐技 - 手取 - 丼技+坐技 - 正面打	- Tsuki	- Ryotedori	- Ryotedori	- Katadedori - Shomenuchi - Tsuki - 两手取	- Katadedori - Shomenuchi - uchi + soto - 手取 - 正面打 - 拳击	- Katadedori - Shomenuchi - uchi + soto - 两手取	- Ryotedori		- Ryotedori - 两手取		- Ryotedori - 两手取																						
- Minimum 6 months and at least 36 regular training sessions after obtaining 4th Kyu(Brown) - Applicants who obtained 4th Kyu (Brown-Silver) in last Adult Grading + regular training in between - 考获5级(咖啡)后至少6个月和36课的定期练习 - 考获4级(咖啡银)后定期练习可直接申请下一次的成人审查		- Tachiwaza + Suwariwaza - Katadorei - 立技+坐技肩取	- Tachiwaza + Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 立技+坐技肩取 - 立技+坐技	- Tachiwaza + Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 立技+坐技 - 手取 - 丼技+坐技 - 正面打	- Tachiwaza + Suwariwaza - Katadorei - Tachiwaza + Suwariwaza - Shomenuchi - 立技+坐技 - 手取 - 丼技+坐技 - 正面打	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Hanmihandachi - Katadedori - Gyakuhannmi - 半坐半立 - 反手取	- Hanmihandachi - Katadedori - Gyakuhannmi - 侧面打 - 正面打	- Yokomenuchi - Shomenuchi - 侧面打 - 正面打	- Shomenuchi - 正面打	- Yokomenuchi - Shomenuchi - 侧面打 - 正面打	- Morotedori - 两手取	- Morotedori - 两手取	- Morotedori - 两手取	- Morotedori - 诸手取	- Morotedori - 诸手取	- Defense against Tanto attacks - 对短刀攻的防守																			
- Minimum 6 months and at least 56 regular training sessions after obtaining 3rd Kyu(Brown-Gold) - 考获3级(咖啡金)后至少6个月和56课的定期练习			- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Yokomenuchi - Ushiro - Ryotedori - 侧面打 - 后两手取	- Hanmihandachi - Ryotedori - Hanmihandachi - Morotedori - 半坐半立 - 两手取 - 半坐半立 - 诸手取	- Tsuki	- Tsuki	- Tsuki	- Tsuki	- Tsuki	- Morotedori - 拳击	- Morotedori - 拳击	- Shomenuchi - Gyakuhannmi - 7 Ken Suburi - Ushiro attacks - 正面打 - 侧面打 - 拳击 - 后取	- Shomenuchi - Gyakuhannmi - 7 Ken Suburi - Ushiro attacks - 正面打 - 侧面打 - 拳击 - 后取	- 7 Jo Suburi - 7 杖式	- 7 Ken Suburi - Defence against Bokken attacks - 7 杖式 - 对剑攻的防守																				
- Minimum 9 months and at least 62 regular training sessions after obtaining 2nd Kyu(Black) - Applicants who obtained 2nd Kyu (Black-Silver) in last Adult Grading + regular training in between - 考获2级(黑)后至少9个月和62课的定期练习 - 考获2级(黑银)后定期练习可直接申请下一次的成人审查								- Shomenuchi - 正面打	- Shomenuchi - Ushiro Ryotedori - 后两手取	- Shomenuchi - Ushiro Ryotedori - 后两手取	- Shomenuchi - Ushiro Ryotedori - 侧面打 - 后两手取	- Shomenuchi - Ushiro Ryotedori - 侧面打 - 后两手取	- Shomenuchi - Ushiro Ryotedori - 后两手取	- Shomenuchi - Shomenuchi - 侧面打 - 正面打	- Morotedori - 两手取	- Morotedori - 两手取	- Morotedori - 两手取	- Morotedori - 两手取	- Morotedori - 两手取	- Defence against Jo attacks - 31 Jo Kata - 2 Attackers - 半坐半立 - 2个进攻者 - 对杖攻的防守 - 31 杖型																		
- For 14 yrs old (by yr) & below with local certification - Min 9 mths & at least 62 regular training sessions after obtaining 1st Kyu - 考获1级后至少9个月和至少62课的定期练习		- 14岁(按年份)及以下, 包括本地证书 - 考获1级后至少9个月和至少62课的定期练习		- Unarmed techniques in Tachiwaza, Suwariwaza & Hanmihandachi. Take 20 ukemi. - 各种徒手技法的立技, 坐技和半坐半立技。20次受身。																																		
1ST DAN 初段		- At least 15 yrs old (by yr) with Aikido World Headquarters certification - Min 9 mths & at least 70 regular training sessions after obtaining 1st Kyu - 考获1级后至少9个月和至少70课的定期练习		- Unarmed techniques in Tachiwaza, Suwariwaza, Hanmihandachi for all forms of strikes, thrusts, grasping of shoulders, elbows, collar, wrists and hands from front & rear. Take 30 ukemi*. Demonstrate unbendable arm. - 对打击, 拳击, 各种肩取, 手肘取, 颈领取, 手腕取及手取之各种徒手技法的支柱, 坐技和半坐半立技。30次受身*。示范手臂不可弯曲的伸展。																																		
2ND DAN 二段		- With Aikido World Headquarters certification - Min 18 mths & at least 150 regular training sessions after obtaining 1st Dan - 考获1段后至少18个月和至少150课的定期练习		- Unarmed techniques similar to above. Demonstrate relaxation and unable to be lifted by 1 person. Submit an article on Aikido related subjects. - 各种徒手技法与以上相同, 对的弱的防守, 30次受身*。示范放松及不可被1人提起的动作, 提交一份与合气道有关的文章。																																		
3RD DAN 三段		- With Aikido World Headquarters certification - Min 30 mths & at least 240 regular training sessions after obtaining 2nd Dan - 考获2段后至少30个月和至少240课的定期练习		- Unarmed techniques similar to above. Take 30 ukemi*. Demonstrate relaxation and unable to be lifted by 2 persons. Submit an article on Aikido related subjects. - 各种徒手技法与以上相同, 30次受身*。示范放松及不可被2人提起的动作, 提交一份与合气道有关的文章。																																		
4TH DAN 四段		- At least 26 yrs old (by yr) with Aikido World Headquarters certification - Min 42 mths & at least 400 regular training sessions after obtaining 3rd Dan - 考获3段后至少42个月和至少400课的定期练习		- Unarmed, Kashi & Henka (Counter & Change) techniques. Take 30 ukemi*. Demonstrate understanding of ki extension, relaxation and show stable seiza. Submit an article on Aikido related subjects. - 各种徒手, 反取及变化技法。30次受身*。示范对气的伸展和放松的理解, 示范平稳正坐。提交一份与合气道有关的文章。																																		
NOTES FOR APPLICANTS OF ADULTS' GRADING												成人审查申请者须注意要点																										
1. Applicants must be Aikido Shinju-kai members for at least 3 months without outstanding membership fees.												4. 申请必须在审查前2个星期提交。迟交的申请须缴额外行政费。 5. 申请者参与规定的集训、研习班、训练营或活动将被列入批准考虑的范围内。 6. 5-12岁 (按年份) 的申请者归儿童审查; 13岁以上的申请者归成人审查。 7. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										
2. Applicants must ensure they have fulfilled all pre-requisites at the time of submission.												2. 申请者必须在提交申请时已符合审查条件。 3. 提交申请时须有: - 练习次数和时段证明 - 会员册 (确保今年的会费已缴交) - 审查费																										
3. Applications must be submitted two weeks before Grading. There will be an additional administrative charge for late submissions.												3. 申请者必须在审查前2个星期提交。迟交的申请须缴额外行政费。 4. 申请者必须在审查前2个星期提交。迟交的申请须缴额外行政费。 5. 申请者必须在审查前2个星期提交。迟交的申请须缴额外行政费。 6. 5-12岁 (按年份) 的申请者归儿童审查; 13岁以上的申请者归成人审查。 7. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										
4. All applicants must be registered by their Aikido Shinju-kai club.												4. 申请者必须是合气道心柔会会员至少3个月及拥有有效的会员费。 5. 申请者必须在审查前2个星期提交。迟交的申请须缴额外行政费。 6. 5-12岁 (按年份) 的申请者归儿童审查; 13岁以上的申请者归成人审查。 7. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										
5. All applicants aged 5-12 (by year) are to register for Children's Grading; applicants aged 13 and above (by year) are to register for Adults' Grading.												5. 5-12岁 (按年份) 的申请者归儿童审查; 13岁以上的申请者归成人审查。 6. 5-12岁 (按年份) 的申请者归儿童审查; 13岁以上的申请者归成人审查。 7. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										
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7. Candidates awarded intermediate grades during their previous Adults' Grading. Intermediate grade refer to: Green (8th Kyu), Purple (7th Kyu), Blue-Silver (6th Kyu), Brown-Silver (4th Kyu), Black-Silver (2nd Kyu).												7. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										
8. Candidates grading for 1st Kyu and above are to refer to Uke Selection Guidelines available on the website for their selection of ukes.												8. 成年人如果在成为审查时获得新的级别, 可以申请下一次的成人审查。 8. 报考1级以上的考生需在网站上的变身选择指南内便携使用。																										