



AIKIDO SHINJU-KAI CHILDREN'S GRADING SYLLABUS

Incorporating minimum requirements by Aikido World Headquarters, Japan.

合气道心柔会 儿童审查要项

包含合气道日本本部道场的最低审查要求

SYLLABUS COVERAGE INDICATION 审查要项范围		PRE-REQUISITES 须符合条件	BREAKFALL 受身	KI-EXERCISE 呼吸运动	MOVEMENT 转动动作	ATTACK 进攻动作	IKKYO 一教	NIKKYO 二教	IRIMINAGE 入身投	SHIHONAGE 四方投	KOKYUNAGE 呼吸投	TENCHINAGE 天地投	KOTEWAISHI 小手返	JUJINAGE 十字投	JIYUWAZA 自由技	KOKYUHO 呼吸法	JO WAZA 杖技				
BLUE 5th KYU	PURPLE 6th KYU	GREEN 6th KYU	ORANGE 6th KYU	YELLOW 6th KYU	RED 6th KYU	RED-GOLD 11th KYU	RED 12th KYU														
						- At least 5 yrs old (by year) - Minimum 3 months of regular practice - 至少5岁(按年份) - 定期练习至少3个月	- Forward Roll - Rocking - 前翻 - 后倒		- Irimi-Tenkan - Tenkan - 入身反转 - 外转	- Katatedori Aihanmi - 同手取	- Katatedori Aihanmi - 同手取										
						- Minimum 4 months of regular practice after obtaining 12th Kyu - 考获12级后定期练习至少4个月	- Back Roll - Kokyu Push - 后翻 - 呼吸推	- Shikko - 膝行	- Katatedori Gyakuhannmi - 反手取		- Katatedori Aihanmi - 同手取	- Katatedori Gyakuhannmi - 反手取			- Katatedori Gyakuhannmi Tenkan & throw - 反手取 - 反转之后再丢						
						- Minimum 4 months of regular practice after obtaining 11th Kyu - 考获11级后定期练习至少4个月	- Rowing Exercise - 划行动作	- Shikko With movement Irimi + Tenkan - 膝行 - 入身+反转动作	- Suwariwaza Katatedori Aihanmi - 坐技 - 同手取	- Suwariwaza Katatedori Aihanmi - 坐技 - 同手取					- Katatedori Gyakuhannmi 2 different throws - 反手取 - 2种伸展丢法	- Suwariwaza - 坐技					
						- Minimum 4 months of regular practice after obtaining 10th Kyu - 考获10级后定期练习至少4个月		- Shomenuchi - Yokomenuchi - 正面打 - 侧面打	- Shomenuchi - 正面打	- Shomenuchi - 同手取 前	- Katatedori Aihanmi Omote - 同手取 前				- Katatedori Gyakuhannmi 4 different throws - 反手取 - 4种不同丢法						
						- Between 4 - 6 months of regular practice after obtaining 9th Kyu - 考获9级后定期练习4至6个月	- Forward Roll Over obstacles - 前翻 - 翻越障碍		- Suwariwaza Shomenuchi - 坐技 - 正面打	- Katatedori Aihanmi Static - 同手取 静态	- Suwariwaza Shomenuchi - 坐技 - 正面打	- Katatedori Aihanmi Ura - 同手取 后	- Katatedori Aihanmi - 同手取	- Katatedori Aihanmi Static - 同手取 静态	- Katatedori Aihanmi 2 different throws - 同手取 - 2种不同丢法	- Katatedori Aihanmi - 同手取	- Katatedori Aihanmi 2 different throws - 同手取 - 2种不同丢法				
						- Minimum 6 months of regular practice after obtaining 8th Kyu - 考获8级后定期练习至少6个月		- Katatedori Gyakuhannmi Tenkan - 反手取 - 反转动作	- Katatedori Gyakuhannmi Show Ikkyo finishing lock - 反手取 - 做一教的完成动作	- Katatedori Gyakuhannmi Static - 反手取 静态	- Katatedori Gyakuhannmi Omote - 反手取 前			- Katatedori Gyakuhannmi Static - 反手取 静态	- Katatedori Gyakuhannmi 6 different throws - 反手取 - 6种不同丢法						
						- Minimum 6 months of regular practice after obtaining 7th Kyu - 考获7级后定期练习至少6个月		- Katadori Irimi-Tenkan + Side-step cut - 肩取 - 入身反转 + 側退	- Katadori Static - 肩取 静态	- Katadori Gyakuhannmi Ura - 反手取 后	- Ryotedori Omote - 两手取 前			- Katadedori Gyakuhannmi 8 different throws - 反手取 - 8种不同丢法	- Morotedori Nage holding Jo 2 basic throws - 诸手取 - 取方握杖 - 2种基本丢法						

NOTES FOR APPLICANTS OF CHILDREN'S GRADING

- Applicants must be Aikido Shinju-kai members for at least 3 months without outstanding membership fees.
- Applicants must ensure they have fulfilled all pre-requisites at the time of submission.
- Applications must be accompanied by:
 - Proof of training sessions and time period
 - Membership book (with current year membership fees paid)
 - Grading fees
- Applications must be submitted two weeks before Grading. There will be an additional administrative charge for late submissions.
- 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.
- Applicants' participation in endorsed seminars or camps will be taken into consideration for approval.

儿童审查申请者须注意要点

- 申请人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。
- 申请人必须确保在提交申请时已符合审查条件。
- 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
- 申请必须在审查前2个星期提交。
- 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。
- 申请者参与获核准的研习班或训练营将被列入批准的考虑范围内。

SYLLABUS PART 1 OF 2
审查要项2之1