

GRADERINGSSKJEMA FOR NORGES AIKIDOFORBUND

Legrnde:	6. Kyu	5. Kyu	4. Kyu	3. Kyu	2. Kyu	1. Kyu
Minimumskrav for gradering	40 treningsøkter, 4 mnd. trening	40 treningsøkter, 6 mnd. etter 6. Kyu	50 treningsøkter, 6 mnd. etter 5. Kyu	70 treningsøkter, 1 år etter 4. Kyu	60 treningsøkter, 6 mnd. etter 3. Kyu	70 treningsøkter, 6 mnd. etter 2. Kyu
Tandoku dosa(individuelle øvelser)	Hidari-kamae, Migi-kamae, Mae ukemi, Ushiro ukemi, Shikko	Kaiten, Irimi, Tenkan, Irimi-tenkan	Torifune & Furitama Irimi-sokumen	Ikkyo shihogiri	Shomen uchi -shihogiri	Ikkyo Happogiri Shomen uchi happogiri
Katatedori gyakuhanmi	Shihonage [T]	Ikkyo [T], Nikyo [T], Tenchinage [T], Sumiotoshi [T]	Uchi kaiten nage [T], Iriminage [T], Kotegaeshi [T], Kokyuhō [T], Kokyunage [T]	Shihonage [H], Udekiminage [T], Jiyu waza [T]	Soto kaiten nage [T]	Koshinage [T]
Katatedori aihanmi	Ikkyo [T]	Iriminage [T]	Nikyo [T]	Sankyo [T], Yonkyo [T], Shihonage [T], Kotegaeshi [T]	.	Uchi kaiten sankyo [T], Koshinage [T]
Shomen uchi	Ikkyo [TS], Iriminage [TS]	Nikyo [TS]	Sankyo [TS], Yonkyo [TS], Kotegaeshi [T]	Sumiotoshi [T]	Soto kaiten nage [T]	Iriminage [H] Kotegaeshi [H]
Yokomen uchi	.	Ikkyo [T]	Iriminage [T]	Shihonage [T] Kotegaeshi [T]	Ikkyo [S], Nikyo [TS], Sankyo [TS], Yonkyo [TS]	Gokyo [TS]
Tsuki	.	.	Iriminage [T] Kotegaeshi [T]	Ikkyo [T]	Shihonage [T]	Nikyo [T], Sankyo [T], Yonkyo [T], Udehishigi [T], Soto kaiten nage [T]
Ryotedor	Kokyuhō [S]	Tenchinage [T], Sumiotoshi [T]	Shihonage [T]	Kokyuhō [T], Ikkyo [T], Iriminage [T]	Nikyo [T], Sankyo [T], Yonkyo [T], Kokyunage [T], Shihonage [H]	Jiyu waza
Morotedor	.	Kokyuhō [T]	Kokyunage [T]	Ikkyo [T], Nikyo [T], Kotegaeshi [T], Iriminage [T]	Udegarami juji nage [T]	Jiyu waza
Katadori	.	.	Ikkyo [TS], Nikyo [TS]	Sankyo [TS], Yonkyo [TS]	.	Jiyu waza
Ushiro ryotedori	.	.	.	Ikkyo Shihonage	Nikyo, Sankyo, Yonkyo, Iriminage	Kotegaeshi, Koshinage, Udegarami juji nage

Forklaringer: [T]=Tachiwaza, [H]=Hanmi handaci, [S]=Suwariwaza. For hver grad skal eksaminanten kunne utføre de teknikker som er listet pluss alle teknikker for foregående graderinger.