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**NATIONAL AIKIDO FEDERATION
5TH KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : _____

NAF MEMBERSHIP NUMBER : _____

5TH KYU GRADING SYLLABUS

TAI-SABAKI – BODY MOVEMENT

UKEMI
BREAK FALLING ROLL

SHIKKO
KNEE WALKING

GYAKU HANMI KATATE DORI, TAI NO HENKA
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, TURN THE BODY.

AI HANMI KATATE DORI, TAI NO HENKA
MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, TURN THE BODY.

Notes:



All techniques are to be shown in their Ura (behind) and Omote (in front) variations.

SUWARI WAZA – KNEELING TECHNIQUES

SHOMEN UCHI, IKKYO
OVERHEAD CUT TO HEAD, FIRST CONTROL

KATA DORI, IKKYO
SHOULDER GRAB, FIRST CONTROL.

RYOTE DORI, KOKYUHO
BOTH HANDS HOLDING BOTH WRISTS, BREATH THROW.

Notes:

5TH KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES

GYAKU HANMI KATATE DORI, IKKYO
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, FIRST CONTROL.

GYAKU HANMI KATATE DORI, SHIHO NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, FOUR DIRECTION THROW.

GYAKU HANMI KATATE DORI, SUMI OTOSHI
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, CORNER DROP.

GYAKU HANMI KATATE DORI, TENCHI NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, HEAVEN AND EARTH THROW.

GYAKU HANMI KATATE DORI, UDEKEMI NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, UNDER ARM THROW.

GYAKU HANMI KATATE DORI, UCHI KAITEN NAGE
OPPOSITE STANCE (LEFT TO RIGHT), WRIST HOLD, INSIDE ROTARY THROW.

AI HANMI KATATE DORI, KOTEGAESHI
MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, WRIST TURN.

AI HANMI KATATE DORI, IRIMI NAGE
MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, ENTERING THROW.

AI HANMI KATATE DORI, SHIHO NAGE
MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, FOUR DIRECTION THROW.

AI HANMI KATATE DORI, IKKYO
MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, FIRST CONTROL.

SHOMEN UCHI, IKKYO
OVERHEAD CUT TO HEAD, FIRST CONTROL.

SHOMEN UCHI, NIKYO
OVERHEAD CUT TO HEAD, SECOND CONTROL.

SHOMEN UCHI, KOTEGAESHI
OVERHEAD CUT TO HEAD, WRIST TURN.

CHUDAN TSUKI, KOTEGAESHI
PUNCH TO MID-SECTION, WRIST TURN.

CHUDAN TSUKI, IRIMI NAGE
PUNCH TO MID-SECTION, ENTERING THROW.



Notes: