

合
道
道

**NATIONAL AIKIDO FEDERATION
2ND KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : _____

NAF MEMBERSHIP NUMBER : _____

2ND KYU GRADING SYLLABUS

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



SUWARI WAZA – KNEELING TECHNIQUES

SHOMEN UCHI, YONKYO
OVERHEAD CUT TO HEAD, FOURTH CONTROL.

SHOMEN UCHI, SOTO KAITEN NAGE
OVERHEAD CUT TO HEAD, OUTSIDE ROTARY THROW.

JODAN TSUKI, IKKYO
PUNCH TO HEAD, FIRST CONTROL.

RYO KATA DORI IKKYO
BOTH HANDS HOLDING BOTH SHOULDERS, FIRST CONTROL.

Notes:

TACHI WAZA – STANDING TECHNIQUES

KATA DORI MENUCHI, IKKYO
SHOULDER GRASP, STRIKE TO HEAD, FIRST CONTROL.

KATA DORI MENUCHI, SHIHO NAGE
SHOULDER GRASP, STRIKE TO HEAD, FOUR DIRECTION THROW.

KATA DORI MENUCHI, KOTEGAESHI
SHOULDER GRASP, STRIKE TO HEAD, WRIST TURN

KATA DORI MENUCHI, IRIMI NAGE
SHOULDER GRASP, STRIKE TO HEAD, ENTERING THROW

KATA DORI MENUCHI, KOSHI NAGE
SHOULDER GRASP, STRIKE TO HEAD, HIP THROW

MUNA DORI, IKKYO
LAPEL GRASP, FIRST CONTROL

MUNA DORI, UCHI KAITEN SANKYO
LAPEL GRASP, INSIDE ROTARY THIRD CONTROL

MUNA DORI, SHIHO NAGE
LAPEL GRASP, FOUR DIRECTION THROW

Notes:

2ND KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES CONTINUED

YOKOMEN UCHI, NIKYO

OVERHEAD CUT TO NECK, SECOND CONTROL.

YOKOMEN UCHI, SANKYO

OVERHEAD CUT TO NECK, THIRD CONTROL.

YOKOMEN UCHI, YONKYO

OVERHEAD CUT TO NECK, FOURTH CONTROL.

YOKOMEN UCHI, GOKYO

OVERHEAD CUT TO NECK, FIFTH CONTROL.

YOKOMEN UCHI, KOSHI NAGE

OVERHEAD CUT TO NECK, HIP THROW.

USHIRO KATATE ERI DORI, IKKYO

FROM BEHIND, HOLDING WRIST AND COLLAR, FIRST CONTROL.

USHIRO RYO KATA DORI, IKKYO

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, FIRST CONTROL.

USHIRO RYO KATA DORI, NIKYO

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, SECOND CONTROL.

USHIRO RYO KATA DORI, SANKYO

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, THIRD CONTROL.

USHIRO RYO KATA DORI, KOTEGAESHI

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, WRIST TURN.

USHIRO RYO KATA DORI, IRIMI NAGE

FROM BEHIND, BOTH HANDS HOLDING BOTH SHOULDERS, ENTERING THROW.

USHIRO KATATE DORI KUBI SHIMI, IKKYO

FROM BEHIND, HOLDING ONE WRIST AND CHOKING NECK, FIRST CONTROL



Notes:

2ND KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES CONTINUED

USHIRO RYOHJI DORI, KOTEGAESHI

FROM BEHIND, BOTH HANDS HOLDING BOTH ELBOWS, WRIST TURN.

USHIRO RYOHJI DORI, IRIMI NAGE

FROM BEHIND, BOTH HANDS HOLDING BOTH ELBOWS, ENTERING THROW.

MAEGERI, IRIMI NAGE

FRONT KICK, ENTERING THROW.

JODAN TSUKI, NIKYO

PUNCH TO HEAD, SECOND CONTROL

JODAN TSUKI, SANKYO

PUNCH TO HEAD, THIRD CONTROL



Notes: