

合
道
道

**NATIONAL AIKIDO FEDERATION
4TH KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : _____

NAF MEMBERSHIP NUMBER : _____

4TH KYU GRADING SYLLABUS

TAI-SABAKI – BODY MOVEMENT

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, NIKYO
OVERHEAD CUT TO HEAD, SECOND CONTROL

KATA DORI, NIKYO
SHOULDER GRAB, SECOND CONTROL.

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

Notes:

4TH KYU GRADING SYLLABUS

TACHI WAZA – STANDING TECHNIQUES

SHOMEN UCHI, SANKYO

OVERHEAD CUT TO HEAD, THIRD CONTROL.

SHOMEN UCHI, UCHI KAITEN SANKYO

OVERHEAD CUT TO HEAD, INSIDE ROTARY THIRD CONTROL

YOKOMEN UCHI, SHIHO NAGE

OVERHEAD CUT TO NECK, FOUR DIRECTION THROW

YOKOMEN UCHI, KOTEGAESHI

OVERHEAD CUT TO NECK, WRIST TURN

YOKOMEN UCHI, IRIMI NAGE

OVERHEAD CUT TO NECK, ENTERING THROW

YOKOMEN UCHI, TENCHI NAGE

OVERHEAD CUT TO NECK, HEAVEN AND EARTH THROW

YOKOMEN UCHI, UDEKIME NAGE

OVERHEAD CUT TO NECK, UNDER ARM THROW

CHUDAN TSUKI, HIJIKIMEOSAE (ROKKYU)

OVERHEAD CUT TO NECK, SIXTH CONTROL

CHUDAN TSUKI, UDEKIME NAGE

PUNCH TO MID-SECTION, UNDER ARM THROW

JODAN TSUKI, IKKYO

PUNCH TO HEAD, FIRST CONTROL

RYOTE DORI, KOTEGAESHI

BOTH HANDS HOLDING BOTH WRISTS, WRIST TURN

RYOTE DORI, IKKYO

BOTH HANDS HOLDING BOTH WRISTS, FIRST CONTROL

RYOTE DORI, SHIHO NAGE

BOTH HANDS HOLDING BOTH WRISTS, FOUR DIRECTION THROW

RYOTE DORI, TENCHI NAGE

BOTH HANDS HOLDING BOTH WRISTS, HEAVEN AND EARTH THROW

RYOTE DORI, UDEKIME NAGE

BOTH HANDS HOLDING BOTH WRISTS, UNDER ARM THROW



Notes: