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**NATIONAL AIKIDO FEDERATION
6TH KYU GRADING SYLLABUS**



GRADING REQUIREMENTS FOR : _____

NAF MEMBERSHIP NUMBER : _____

6TH 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.

TACHI WAZA – STANDING TECHNIQUES

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.

AI HANMI KATATE DORI, IKKYO

MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, FIRST CONTROL.

AI HANMI KATATE DORI, SHIHO NAGE

MUTUAL STANCE (LEFT TO LEFT), WRIST HOLD, FOUR DIRECTION 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.

Notes: