

Aikido Federation (Singapore) Grading Syllabus
[As to Aikido World Headquarters Grading System]

Grade	Pre-requisite for exam	Ik kyo	Nikkyo	Sankyo	Yonkyo	Gokyo	Shihonage	Iriminage	Kotegaishi	Kaittennage	Tenchinage	Jiyuwaza	Kokyuhho
6 th Kyu (blue)	6 mths / min 40 hrs of training	Shomen - uchi	-	-	-	-	Katatedori	Shomen - uchi	-	-	-	-	Sitting
5 th Kyu (blue gold)	6 mths / min 40 hrs training aft 6 th kyu	Shomen - uchi	Katadori	-	-	-	Yokomen - uchi	Shomen - uchi (sitting) & standing)	-	-	-	-	Sitting
4 th Kyu (brown)	6 mths / min 40 hrs training aft 5 th kyu	Shomenuchi (sitting & standing)			-	-	Ryotedori Yokomen - uchi	Shomenuchi Tsuki	-	-	Ryotedori	-	Sitting
3 rd Kyu (brown gold)	8 mths /min 60 hrs training aft 4 th kyu	Shomenuchi (sitting & standing) Katadori (sitting & standing)			-	-	Katatedori (hanmi handachi)	Shomenuchi Tsuki Katatedori	-	Katatedori	Ryotedori	Katatedori	Sitting
2 nd Kyu (black)	8 mths / min 60 hrs training aft 3 rd kyu	Shomenuchi (sitting & standing) Yokomenuchi (sitting & standing) Katadori (sitting & standing) Ushiro Ryotedori (sitting & standing)			Yokomen - uchi	-	Katatedori Ryotedori (hanmi handachi &standing)	Shomenuchi Tsuki Katatedori	-	-	Ryotedori	Katatedori Ryotedori Morotedori	Sitting Standing
1 st Kyu (black gold)	12 mths / min 80 hrs training aft 2 nd kyu	Unarmed techniques (sitting, hanmi handachi, standing techniques for strikes, thrust, all forms of grasping shoulders, elbows, collar, wrists & hands; all techniques from the rear.)											
Shodan (1 st dan)	12 mths / min 96 hrs training aft 1 st kyu	Unarmed techniques (sitting, hanmi handachi, standing techniques for strikes, thrust, all forms of grasping shoulders, elbows, collar, wrists & hands; all techniques from the rear.)											
Nidan (2 nd dan)	24 mths / min 200 hrs training aft Shodan	Same as above plus Tantodori and Futarigake. Submit an article on some Aikido related subject.											