

**AIKIKAI MALAYSIA  
TEACHING AND GRADING SYLLABUS**

TECHNIQUES			KYU								
			JUNIOR								
ATTACK	DEFENSE	FORM	9	8	7	6	5	4	3	2	1
Shomen uchi  Ikkyo to	Ikkyo	Suwari waza  Hanmi handachi	*	*	*	*	*	*	*	*	*
	Nikyo						*	*	*	*	*
	Sankyo							*	*	*	*
	Yonkyo								*	*	*
	Yonkyo									*	*
	Gokyo										*
	Irimi nage			*	*	*	*	*	*	*	*
	Irimi nage					*	*	*	*	*	*
	Kotegaeshi				*	*	*	*	*	*	*
Kaiten nage								*	*		
Yokomen uchi	Ikkyo	Suwari waza  Hanmi handachi								*	*
	Nikyo									*	*
	Sankyo									*	*
	Yonkyo									*	*
	Gokyo									*	*
	Irimi nage							*	*	*	*
	Irimi nage							*	*	*	*
	Kotegaeshi					*	*	*	*	*	*
	Shiho nage						*	*	*	*	*
Shiho nage								*	*		
Katate tori  Ikkyo to	Ikkyo	Hanmi handachi  Hanmi handachi  Hanmi handachi							*	*	*
	Nikyo							*	*	*	
	Sankyo							*	*	*	
	Yonkyo							*	*	*	
	Yonkyo						*	*	*	*	
	Kotegaeshi			*	*	*	*	*	*	*	
	Kotegaeshi						*	*	*	*	
	Shiho nage			*	*	*	*	*	*	*	
	Shiho nage						*	*	*	*	
Kaiten nage						*	*	*			
Irimi nage						*	*	*			
Ryote tori	Shiho nage	Hanmi handachi						*	*	*	
	Shiho nage						*	*	*		
	Tenchi nage						*	*	*		
Morote tori	Kokyu dosa	Suwari waza	*	*	*	*	*	*	*		
	Miscellaneous techniques							*	*		
Kata tori	Ikkyo						*	*	*		
	Nikyo						*	*			
	Sankyo					*	*	*			
	Yonkyo						*	*			
Mune tsuki	Kotegaeshi							*	*		
	Kaiten nage							*	*		
	Irimi nage							*	*		
Any attack- miscellaneous techniques		Ushiro waza						*	*		
Any attack	Tanto waza								*		
Any attack	Koshinage and other miscellaneous techniques								*		
Jiyu waza		Tachi waza							*		
Jiyu waza		Hanmi handachi, suwari waza, futari gake							*		
		Rolling/shikko	*	*	*	*	*	*	*		