

AIKIDO PROGRESSION TECHNIQUE

Suwari waza

	GRADES	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Irimi nage Shomen uchi	Kote gaeshi	Kokyu ho Ryote dori	Kokyu nage		
A	5é Kyu Jaune	Shomen uchi Aihamni katatedori										
B	4é Kyu Orange		Shomen uchi					Shomen uchi				
C	3é Kyu Verte	katatedori Katadori		Shomen uchi	Shomen uchi	Shomen uchi						
D	2é Kyu Bleu	Yokomen uchi	Katadori				Yokomen uchi					
E	1é Kyu Marron	Katadori menuchi Ryo katadori	Yokomen uchi Katadori menuchi	Yokomen uchi Katadori menuchi	Yokomen uchi Katadori menuchi	Yokomen uchi		Yokomen uchi		Yokomen uchi		
		1	2	3	4	5	6	7	8	9	10	11

Hammi handachi waza

	GRADES	Ikkyo	Nikyo	Irimi nage	Kote gaeshi	Kaiten nage katatedori Uchi	Shiho nage	Sumiotoshi	Kokyu nage		
F	5é Kyu Jaune										
G	4é Kyu Orange					katatedori soto	Ryote dori				
H	3é Kyu Verte	katatedori		Shomen uchi	Shomen uchi		katatedori		katatedori		
I	2é Kyu Bleu			Ryote dori	Ryote dori			katatedori	Ushiro ryo katadori		
J	1é Kyu Marron	Shomen uchi Ushiro ryo katadori	katatedori								

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Tachi waza

	GRADES	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho nage	Kote gaeshi	Irimi nage	Kaiten nage	Tenchi nage	Divers
K	5 ^e Kyu Jaune	Shomen uchi Aihamni katatedori					Aihamni katatedori //Ryote dori		Shomen uchi Katatedori		Ryote dori Katatedori	Kokyu nage
	4 ^e Kyu Orange	katatedori	Shomen uchi				Yokomen uchi Katatedori	Shomen uchi Aihamni katatedori	Aihamni katatedori	katatedori Uchi		Aihamni Udekimenage
M	3 ^e Kyu Verte	Ryote dori Katadori	Aihamni katatedori /Katate dori	Shomen uchi Aihamni katatedori	Shomen uchi	Shomen uchi	Katate ryote dori	Katatedori Chudan tsuki	Jodan tsuki Chudan tsuki	katatedori Soto	Yokomen uchi	Koshinage Katate Udekimenage
	2 ^e Kyu Bleu	Ryo katadori Chudan tsuki	Katadori	katatedori	katatedori		Shomen uchi	Yokomen uchi Jodan tsuki	Yokomen uchi Ryote dori			Naname Kokyunage Hiji kimeosae Sumiotoshi
O	1 ^e Kyu Marron	Katadori menuchi Muna dori Yokomen uchi Katate ryote dori	Yokomen uchi Katate ryote dori	Yokomen uchi Chudan tsuki Shomen uchi Uchi kaiten	Yokomen uchi	Yokomen uchi	Katadori menuchi Ryo katadori Muna dori Jodan tsuki	Katadori/menuchi Katate ryote dori Ryotedori	Katadori menuchi Katate ryote dori	Chudan tsuki Muna dori Shomen uchi		Udegarami Ushiro Kiriotoshi Yokomen/Ryote/Tsuki Udekimenage
		1	2	3	4	5	6	7	8	9	10	11

Ushiro waza

	GRADES	Ikkyo	Nikyo	Sankyo	Yonkyo	Kokyu nage	Shiho nage	Kote gaeshi	Irimi nage	Koshi nage	Divers
P	5 ^e Kyu Jaune	Ryote dori				Ryo katadori					
	4 ^e Kyu Orange	Katate kubishime							Ryote dori		
R	3 ^e Kyu Verte	Ryokatadori	Ryote dori	Ryote dori	Ryote dori	Ryo katadori	Ryote dori	Ryote dori	Katate kubishime	Ryote dori	Ryote dori Naname kokuynage
	2 ^e Kyu Bleu		Ryo katadori	Ryo katadori	Ryo katadori	Katate kubishime	Katate kubishime	Katate kubishime			Ryote dori Jujigarami
T	1 ^e Kyu Marron	Eri dori	Katate kubishime	Katate kubishime	Katate kubishime					Katate kubishime	Ryo katadori Aiki otoshi