

Grading for	Pre-requisites	Activity demo	Terminology	Ki-exercise	Jūnan Taiso (stretching)	Aiki Taiso (aikido exercise)	Basic movements	Rolling	Attacks demo	Ikkyo	Iriminage	Shihonage	Kotegaeshi	Tenchinage	Kokyu nage	Jiyuwaza	Other
12th Kyu (Yellow1)	Min 2 months of regular practice since starting	Rei Seiza	Onegaishimasu Arigato Gozaimasu	Kokyu breathing with arms	Any 2	Arms swing (side to side)	Irimi	Ushiro ukemi undo (sitting)									
11th Kyu (Yellow2)	Min 2 months of regular practice since 12 th kyu	Keiza Hanza	Obi O'sensei	Kokyu breathing with arms	Any 3		Tenkan Shikko	Mae ukemi (sitting) Ushiro ukemi undo (standing)	Katatedori- Aihanmi	Aihanmi (O)							
10th Kyu (Yellow)	Min 4 months of regular practice since 11 th kyu	Tying obi (30 sec) Migi / hidari	Tachi waza Kamae / hanmi Dojo	Kokyu (push hands)	Any 4 1 Back stretch	Ikkyo undo Tekubi undo	Irimi tenkan Kaiten Irimi exercise	Mae ukemi Ushiro ukemi	Katatedori- Gyakuhanmi	Aihanmi (O/U) Aihanmi	Katatedori- Aihanmi				Gyakuhanmi (tenkan)		Gyakuhanmi kaitennage
9th Kyu (Orange)	Min 4 months of regular practice since 10 th kyu		Suwari waza Morihei Ueshiba Doshu				Tenkan evasion Tenkan exercise	Yoko ukemi (lying/standing) Mae (kotegaeshi) Opposite hand and foot	Yokomen uchi Shomen uchi		Katatedori- Gyakuhanmi	Katatedori- Aihanmi		Katatedori- Gyakuhanmi			Gyakuhanmi Sumi o'toshi-irimi SW kokyu ho
8th Kyu (Red)	Min 6 months of regular practice since 9 th kyu		Hanmi hantachi Hombu (Tokyo)			Sayu undo	Shiho geri Suwari waza - Irimi tenkan	No hands (juji garami)	Ryotedori Ushiro	Shomen uchi (O/U)		Katatedori- Gyakuhanmi	Katatedori- Aihanmi			Ryotedori	Gyakuhanmi (2 throwing techniques) Udekemi nage Sumi o'toshi-Henkan
7th Kyu (Green)	Min 8 months of regular practice since 8 th kyu								Katate ryotedori Katadori	Katatedori- Gyakuhanmi SW shomen uchi	Shomen uchi	Shomen uchi	Katatedori- Gyakuhanmi	Ryotedori	Shomen uchi		Gyakuhanmi (4 throwing techniques)
6th Kyu (Purple)	Min 10 months of regular practice since 7 th kyu							High ukemi (over the top)			SW shomen uchi	Yokomen uchi	Shomen uchi		Yokomen uchi		Throwing tech (Shomen x2 Gyaku x4)
5th Kyu (Brown)	Min 10 months of regular practice since 6 th kyu	To follow Adult Grading Syllabus															

NOTES
<ol style="list-style-type: none"> Children must be a registered member prior to acceptance for grading. Ensure that the minimum requirements for period of practice is complied with. Children to follow proper grading etiquette during the event. Parents are welcome to watch, but should not cause any distraction. During grading, continue doing the same technique, left and right stance, until being told otherwise by the examination panel. Grading fees are R50 Ensure that grading application forms are completed before the grading commences.