



AIKO Grading Syllabus 2017



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AIKO Grading Syllabus Introduction

Ashihara International Karate Organisation

The AIKO organisation is established in 2005 by Dave Jonkers and its goal is to offer their students and instructors a realistic, effective fighting system which is based on the knowledge from Shihan's, Sensei's and other instructors, by training many years in various martial arts systems like Karate, Kickboxing and MMA.

The grading syllabus contains;

- * Dictionary
- * Requirements for each grade
- * A timetable for each grade
- * Drills & Combinations

The A.I.K.O. Drills & Combinations are designed in 2005 and reviewed in 2010 by Shihan Dave Jonkers, now the grading syllabus is aligned with the latest insights to teach the students body movement and to give them an idea of how the individual techniques can be combined in Kumite. They are not intended to be optimal fighting combinations.

Individual instructors will always have their own individual way of teaching, depending on their specialties and backgrounds. The A.I.K.O. respects individuality and encourages its instructors to experiment. However it is important that we have a basis to judge the standard of the students when we test them. That is the goal of this syllabus and its technical /physical requirements.

Grading to a higher grade means that techniques and Kata from previous obtained grades can be performed.

The techniques described in the grading syllabus is more extensive than the techniques that are used in the Kata syllabus. The goal is to have a more extensive repertoire of techniques which you can use to grade a student

The techniques from the grading syllabus that are not performed in kata can be implemented or requested during grading in various forms like single techniques training (Kihon), combination training or pads training

So in respect of the specialties or preferences of the A.I.K.O. instructors, the A.I.K.O. Drills & Combinations will form the basis of the promotional tests.



Dave Jonkers Shihan 2017

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Dictionary

Revision date: November 2017



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Stances

Fudo Dachii	Ready Stance
Kumite Dachii	Fighting Stance, weight positioned on front leg
Kake dachi	Foot passes front foot
Neko ashi dachi	Short fighting stance, front foot closes to back foot
Moro ashi dachi	Short fighting stance, back foot closes to front foot
Kokutso dachi	Like kumite dachi, weight positioned on back leg

Strikes

Oi Tsuki	Front hand Punch
Gyaku Tsuki	Rear hand Punch
Jodan Hiji Uchi	High Elbow Strike
Hiji Oroshi Uchi	Downwards Elbow Strike
Mawashi Uchi	Hook
Age Uchi	Uppercut (strike under the chin)
Shita Tsuki	Close Upper Punch (solar plexus)
Shuto Sakotsu Uchi	Open hand Strike
Ushiro Mawashi Uchi	Back Fist

Kicks

Mae Geri	Front Kick
Mawashi Geri	Roundhouse Kick
Mae Hiza Geri	Front Knee Kick
Kinteki Geri	Groin Kick
Hiza Ganmen Geri	Knee Kick to the Head
Uchi Momo Geri	Inside Low Kick
Kansetsu Geri	Knee Joint Kick
Gedan Kakato Geri	Low Heel Strike
Mawashi Hiza Geri	Roundhouse Knee kick
Sune Geri	Roundhouse Shin Kick
Sankaku Geri	Triangle Kick
Ushiro Geri	Back Kick (Horse Kick)
Yoko Geri	Sideways Kick
Ushiro Mawashi Geri	Spinning Roundhouse Back Kick

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Kicks continued

Kake Geri	Reverse Hook Kick
Tobi Ushiro geri	Jumping Back Kick
Jiku ashi geri	Slip in Lowkick
Uchi Geri	Reverse Roundhouse Kick
Tobi Ushiro Mawashi Geri	Jumping Spinning Roundhouse Back Kick
Oroshi Uchi Kakato Geri	Outward Axe Kick
Oroshi Soto Kakato Geri	Inward Axe Kick
Tobi Hiza Geri	Jumping Knee Kick
Komi Kakato Geri	Forward Rolling Kick

Blocks

Soto Uke	Inward Block
Shotei Uke	Open hand Block
Gedan Uke	Low Block
Gedan Barai	Low Parry
Jodan Uke	High Block
Sune Uke	Shin Block
Sune Kote Uke	Shin Forehand/arm Block
Juji Uke	Cross Block
Morote Uke	Double Hand Block
Mawashi Uke	Roundhouse Block
Age Hiji Uke	Elbow Block
Kakato Uke	Heel Block
Uchi Sune Uke	Rear leg Shin Block

Nage waza

Maki komi Nage	Forward rolling throw
O Soto Gari	Outside Leg Hook
O Uchi Gari	Inside Leg Hook
O Soto Otoshi	Leg Throw (over your fixed leg)
Sune Barai	Shin Sweep
De Ashi Barai	Foot / Leg Sweep
Ura Nage	Backwards Throw

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10th Kyu (white belt with two blue stripes)

- **How to wear and fold a Gi.**
- **A knowledge of Dojo etiquette and procedures.**
- **The minimum active training period in this grade is at least 3 months.**

Stances Fudo Dachi
 Kumite Dachi
 Moro Ashi Dachi

Strikes Oi Tsuki
 Gyaku Tsuki
 Jodan Hiji Uchi

Blocks Soto Uke
 Shotei Uke
 Gedan Uke
 Gedan Barai

Kicks Mae Geri
 Kinteki Geri
 Mae Hiza Geri
 Hiza Ganmen Geri

Bunkai Kumite -

Kumite Maximum 5 man

10th Kyu (white belt with two blue stripes)

Kihon Drills:

1. Oi Tsuki - Gyaku Tsuki.
2. Oi Tsuki - Gyaku Tsuki - L Hiji Uchi.
3. Oi Tsuki - Gyaku Tsuki - R Hiji Uchi.
4. Gyaku Tsuki - Oi Tsuki - R Hiji Uchi.

Kihon Drills Shortening & Lengthening the stance:

1. Moving in 4 directions.
2. Nihon Tsuki - moving in 4 directions.
3. Gedan Barai - Nihon Tsuki - moving in 4 directions
4. Shotei Uke - Nihon Tsuki - moving in 4 directions
5. Jodan Uke - Nihon Tsuki - moving in 4 directions.
6. Nihon Tsuki - Mae Hiza Geri.
7. Mae Geri - Nihon Tsuki.

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9th Kyu (white belt with two blue stripes)

➤ **KIHON NO KATA SONO ICHI**

➤ **The minimum active training period in this grade is at least 3 months.**

Strikes Mawashi Uchi

Blocks Jodan Uke
Sune Uke
Sune Kote Uke
Juji Uke
Mawashi Uke

Kicks Mawashi Geri

Nagewaza Makikomi Nage

Bunkai Kumite -

Kumite Maximum 5 man

Kihon Drills: (also performed moving).

1. Gyaku Tsuki - L Mawashi Uchi.
2. Oi Tsuki - R Mawashi Uchi.
3. Gyaku Tsuki - L Jodan Mawashi Uchi - R Chudan Mawashi Geri.
4. Oi Tsuki - R Jodan Mawashi Uchi - L Chudan Mawashi Geri.

8th Kyu (blue belt)

- **GOSHIN NO KATA SONO ICHI**
- **The minimum active training period in this grade is at least 6 months.**

Strikes Age Uchi
 Shita Tsuki

Blocks Age Hiji Uke

Kicks Uchimomo Geri
 Kansetsu Geri
 Gedan Kakato Geri

Nagewaza O Soto Gari

Kata Goshin No Kata Sono Ichi

Bunkai Kumite Kumite sono Ichi

Kumite Minimum 5 man

Kihon Drills:

1. Oi Tsuki - R Shita Tsuki - L Jodan Mawashi Uchi.
2. Gyaku Tsuki - Jodan Age Uchi - R Chudan Mawashi Uchi.
3. Oi Tsuki - Gyaku Tsuki - L Hiji Uchi - R Jodan Age Uchi.
4. Gyaku Tsuki - Oi Tsuki - R Hiji Uchi - L Jodan Age Uchi.

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7th Kyu (blue belt with one yellow stripe)

- **KIHON NO KATA SONO NI**
- **The minimum active training period in this grade is at least 6 months.**

Strikes Shuto Sakotsu
 Uchi Hiji Oroshi

Kicks Mawashi Hiza Geri
 Sune Geri
 Sankaku Geri
 Ushiro Geri

Nagewaza De Ashi Barai
 Sune Barai

Kata Kihon No Kata Sono Ni

Shadowboxing Minimum 2 min

Bunkai Kumite Kumite sono Ni

Kumite Minimum 5 man

Kihon Drills:

1. Chudan Oi Tsuki - R Shuto Sakotsu Uchi -
L Jodan Mawashi Hiza Geri.
2. Gyaku Tsuki - L Chudan Mawashi Uchi -
R Jodan Mawashi Hiza Geri.
3. Gyaku Tsuki - L Jodan Mawashi Uchi - R Ushiro Geri.
4. Gyaku Tsuki - Oi Tsuki - R Mae Geri -
R foot in front - L Ushiro Geri.
5. L Jodan Mawashi Uchi - Gyaku Tsuki - R Ushiro Geri.

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6th Kyu (yellow belt)

- **GEIKO NO KATA SONO ICHI**
- **The minimum active training period in this grade is at least 6 months.**

Kicks Yoko Geri
 Ushiro Mawashi Geri

Blocks Kakato Uke
 Uchi Sune Uke

Kata Geiko No Kata Sono Ichi

Bunkai Kumite Kumite sono San

Kumite Minimum 5 man

Kihon Drills:

1. L Kerikomi Jodan Mawashi Geri - R/L Nihon Tsuki - R Ushiro Geri.
2. R Jodan Mawashi Geri - R foot Forward - Gyaku Tsuki - R Mawashi Uchi - L Mae Hiza Geri.
3. L Yoko Geri - R Jodan Mawashi Geri - L Ushiro Mawashi Geri.
4. R Mae Geri - L Jodan Mawashi Geri - Gyaku Tsuki - L Jodan Mawashi Uchi - R Mae Hiza Geri.

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5th Kyu (yellow belt with one green stripe)

- **GOSHIN NO KATA SONO NI**
- **The minimum active training period in this grade is at least 6 months.**

Strikes Ushiro Mawashi Uchi

Kicks Kake Geri
Tobi Ushiro Geri

Nagewaza O Uchi Gari

Shadowboxing Minimum 3 minutes continuous

Bunkai Kumite Kumite sono Yon

Kumite Minimum 8 man

Kicking Drills:

1. L Kerikomi Kake Geri - R Ushiro Mawashi Geri.
2. R Kake Geri - L Ushiro Mawashi Geri.
3. L Mae Geri - R Tobi Ushiro Geri.
4. R Mae Geri - L Tobi Ushiro Geri.
5. L Mawashi Geri - L Ushiro Geri.
6. R Mawashi Geri - R Ushiro Geri.

Kicking Drills Advanced: (making the first kick seemingly movement).

1. L/R Mae Mawashi Geri.
2. L/R Mawashi Mae Geri.

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4th Kyu (green belt)

- **GEIKO NO KATA SONO NI**
- **The minimum active training period in this grade is at least 6 months.**

Kicks Uchi Geri
 Tobi Ushiro Mawashi Geri

Nagewaza 4 variations of takedowns and
 Sweeps using hands or legs

Kata Geiko No Kata Sono Ni

Bunkai Kumite Kumite sono Go

Kumite Minimum 10 Man

Kicking Drills: (performed as snap- & power kick).

1. L/R Mae Geri.
2. L/R Mawashi Geri.
3. L/R Ushiro Mawashi Geri.

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3rd Kyu (green belt with one brown stripe)

- **GEIKO NO KATA SONO SAN**
- **The minimum active training period in this grade is at least 6 months.**

Kicks Oroshi Uchi Kakato Geri
 Oroshi Soto Kakato Geri

Nagewaza Ura Nage

Kata Geiko No Kata Sono San

Sabaki 2 minutes continuous

Bunkai Kumite Kumite sono Roku

Kumite Minimum 15 man

Kicking Drills:

1. L/R Oroshi Uchi Kakato Geri.
2. L/R Oroshi Soto Kakato Geri.

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2nd Kyu (brown belt)

- **GEIKO NO KATA SONO YON**
- **The minimum active training period in this grade is at least 6 months.**
- **Tameshiwara** (Minimum 1 board with a hand or elbow technique)

Kicks Tobi Hiza Geri

Kata Goshin No Kata Sono San

Sabaki 3 minutes continuous

Bunkai Kumite Kumite sono Shichi

Kumite Minimum 20 man

Kicking Drills:

1. Tobi Ushiro Geri.
2. Tobi Ushiro Mawashi Geri.
3. Tobi Hiza Geri.

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1st Kyu (brown belt with one black stripe)

- **JISSEN NO KATA SONO ICHI**
- **The minimum active training period in this grade is at least 12 months.**
- **Tameshiwara** (Minimum 2 boards with a hand or elbow technique)

Kicks Komi Kakato Geri

Kata Jissen No Kata

Bunkai Kumite Kumite sono Hachi

Sabaki 3 minutes continuous

Kumite Minimum 25 man

1st Kyu to Shodan

Students should have trained constantly for a minimum of 12 months from the date of obtaining the grade of 1st Kyu. It is expected that the student must have trained for at least three years continuously and be over 16 years of age. However the technical board can decide different in this matter.

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Shodan (Black belt with one golden stripe)

- **All Kata's**
- **The minimum active training period in this grade is at least 24 months.**
- **Tameshiwara** (Minimum 3 boards with a hand or elbow technique)

Nagewaza 6 variations of and sweeps using hands or legs.

Kata All katas should be known – 3 katas are assigned on the day

Sabaki 3 minutes continuous, 1 attack per time (Can be in a circle or in line)

Kumite Minimum 30 man

* The techniques / kata and further requirements **after Shodan** will be appointed by the technical board of AIKO.

For the subsequent exams more extensive repertoire should be expected therefore showing an increase in ability

Shodan to Nidan

Students should have trained constantly for a minimum of **24** months from the date of obtaining the grade of Shodan and be over **18** years of age.

- **All Kata's**
- **The minimum active training period in this grade is at least 24 months.**
- **Tameshiwara** Minimum 4 boards with hand, foot, elbow
- **Kumite** Minimum 40 man

Nidan to Sandan

Students should have trained constantly for a minimum of **36** months from the date of obtaining the grade of Nidan.

- **All Kata's**
- **The minimum active training period in this grade is at least 36 months.**
- **Tameshiwara** Minimum 5 boards with hand, foot, elbow
- **Kumite** Minimum 50 man

Sandan to Yondan

Minimum of **48** months should have elapsed since the date of obtaining the grade of Sandan. This grade is **on the recommendation of Shihan Dave Jonkers** or elected by him.

- **Promotion**
- **The minimum active training period in this grade is at least 48 months.**

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Combination Drills

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These combination drills could be used to test the technical skills of the student during the grading process.

These combinations are setup parallel to the requirements in the Grading Syllabus

Combination Drills: 1.

1. Attack: L/R Nihon Tsuki.
- R/L Shotei or Soto Uke.

2. Attack: R/L Nihon Tsuki.
- L/R Shotei or Soto Uke.

3. Attack: L/R Nihon Tsuki - R Leg Forward - L Hiza Geri.
- R/L Shotei or Soto Uke - R Gedan Uke.

4. Attack: R/L Nihon Tsuki - R Hiza Geri.
- L/R Shotei or Soto Uke - L Gedan Uke.

5. Attack: R Mae Geri.
- L Gedan Barai - L Mae Geri - R/L Nihon Tsuki.

6. Attack: L Mae Geri.
- Gyaku Gedan Barai - R Mae Geri - L/R Nihon Tsuki.

Combination Drills: 2.

1. Attack: R Gedan Mawashi Geri.
 - L Sune Uke - Gyaku Tsuki
 - L Chudan Mawashi Uchi - R Jodan Mawashi Geri.

2. Attack: R Chudan Mawashi Geri.
 - L Sune Kote Uke - L/R Mawashi Uke
 - R Mae Hiza Geri.

3. Attack: R Jodan Mawashi Geri.
 - Jodan Juji Uke - Push leg down with RH - LH Push
 - R Jodan Mawashi Geri.

4. Attack: L Gedan Mawashi Geri.
 - Gyaku Sune Uke - R/L Mawashi Uke - L Hiza Geri
 - RH Push - R leg forward - L Jodan Mawashi Geri.

5. Attack: L Jodan Mawashi Geri.
 - Juji Uke - Push leg down with LH
 - R Gedan Mawashi Geri
 - RH Push - R leg forward - L Jodan Mawashi Geri.

6. Attack: R Jodan Mawashi Uchi.
 - L Jodan Uke - R Jodan Tsuki - L Chudan Mawashi Uchi
 - R Gedan Mawashi Geri

Combination Drills: 3

1. Attack: R Mae Geri.
 - L Gedan Barai - Gyaku Tsuki - R Uchimomo Geri.

2. Attack: R Mae Geri.
 - L Gedan Barai - Gyaku Tsuki - L Jodan Age Uchi.
 - R Kakato Geri.

3. Attack: L Mae Geri.
 - L Gedan Barai - L Kansetsu Geri.
 - R Chudan Mawashi Uchi - L Jodan Hiji Uchi.

4. Attack: L Mae Geri.
 - Gyaku Gedan Barai - Oi Tsuki - R Jodan Age Uchi.
 - L Uchimomo Geri.

5. Attack: R Jodan Mawashi Uchi.
 - L Age Hiji Uke - R Age Uchi.
 - L Jodan Mawashi Uchi - R Mae Hiza Geri.

6. Attack: L Jodan Mawashi Uchi.
 - R Age Hiji Uke - L Age Uchi - Jodan Gyaku Tsuki.
 - Kerikomi Chudan Mawashi Geri.

Combination Drills: 4

1. Attack: L Gedan Mawashi Geri.
 - R Sune Uke - Gyaku Tsuki
 - L Chudan Mawashi Uchi. - R Ushiro Geri.

2. Attack: R Gedan Mawashi Geri.
 - L Sune Uke - Oi Tsuki - R Mawashi Hiza Geri
 - RH push - L Sankaku Geri.

Combination Drills: 5

1. Attack: R Gedan Mawashi Geri.
 - L Sune Uke - Oi Tsuki
 - R Chudan Gyaku Tsuki
 - L Tobi Ushiro Geri / L Tobi Ushiro Mawashi Geri.

2. Attack: L Gedan Mawashi Geri.
 - Gyaku Sune Uke - Gyaku Tsuki
 - L Chudan Mawashi Uchi
 - R Tobi Ushiro Geri / R Tobi Ushiro Mawashi Geri.

3. Attack: R Jodan Mawashi Geri.
 - L Morote Uke - L Uchimomo Geri
 - L/R Mawashi Uke - R Tobi Mae Hiza Geri.

4. Attack: L Jodan Mawashi Geri.
 - R Jodan Juji Uke - R Gedan Mawashi Geri
 - R/L Mawashi Uke - L Tobi Mae Hiza Geri.

Extended Combination Drills: 1

1. Attack: Oi Tsuki - R Jodan Mawashi Geri.

2. Attack: Gyaku Soto Uke - L Jodan Juji Uke - Oi Tsuki

Defence - R Mae Geri.

3. Attack: Gyaku Soto Uke - L Gedan Uke/Barai - RH Push

Defence - L Jodan Mawashi Geri.

4. Attack: Gyaku Tsuki - L Jodan Mawashi Geri.

5. Attack L Soto Uke - R Jodan Juji Uke - Gyaku Tsuki

Defence - L Mae Geri.

6. Attack: L Soto Uke - Gyaku Gedan Uke/Barai - LH Push

Defence - R Jodan Mawashi Geri.

Extended Combination Drills: 2

1. A: Oi Tsuki - R Jodan Mawashi Geri.
2. R Soto Uke - Morote uke - R Mae Geri.
3. Gyaku Gedan Barai - R Jodan Mawashi Geri.
4. L Jodan Juji Uke - L Gedan Mawashi Geri
Defence - L/R Mawashi Uke - R Hiza Geri.

5. A: Gyaku Tsuki - L Jodan Mawashi Geri.
6. L Soto Uke - Morote Uke - L Mae Geri.
7. L Gedan Barai - Switch/RH Push
Defence - L Jodan Mawashi Geri.

8. R Jodan Juji Uke - R Gedan Mawashi Geri
Defence - R/L Mawashi Uke - L Hiza Geri.

9. A: Oi Tsuki -R Jodan Mawashi Geri.
10. R soto Uke - Morote uke - R Mae Geri.
11. R Gyaku Gedan Barai - R Jodan Mawashi Geri.
12. L Jodan Juji Uke - R Uchimomo Geri - LH Grab, Push
Defence - R Jodan Mawashi Geri

Combination Kicking Drills in which an Uke participates: 1

1. Attack: L Mae Geri - R Chudan Uchi Geri - L Jodan Mawashi Geri.
2. Attack: R Mae Geri - L Chudan Uchi Geri - R Jodan Mawashi Geri.
3. Attack: L Mae Geri - L Jodan Mawashi Geri.
4. Attack: R Mae Geri - R Jodan Mawashi Geri.
5. Attack: L/R Tobi Ushiro Mawashi Geri.

Combination Kicking Drills in which Uke participates: 2

1. Attack: R Jodan Mawashi Geri.
Defence - R Oroshi Uchi Kakato Geri.
2. Attack: L Kerikomi Jodan Mawashi Geri.
Defence - L Oroshi Uchi Kakato Geri.
3. Attack: R Jodan Mawashi Geri.
Defence - L Tobi Ushiro Mawashi Geri.
4. Attack: L Kerikomi Jodan Mawashi Geri.
Defence - R Tobi Ushiro Mawashi Geri.