

## Kyu Grade and Dan Grade Syllabus for Tonbo Aikido Testing

### Notes:

1. Kihon and Kinonagare - Unless stated otherwise below, techniques should be demonstrated in kihon up to 3<sup>rd</sup> kyu. From 2 kyu a Candidate should be prepared to demonstrate techniques in both Kihon and Kinonagare
2. Where it says '3 simple attacks' it is suggested that these are chosen from Shomenuchi, Katatedori, Ryotedori, Kosadori and Tsuki, and the Candidate should be familiar with all these forms.

| Grade        | Technique  | Attack     | Detail                          | Tachiwaza  |
|--------------|------------|------------|---------------------------------|------------|
| <b>6 Kyu</b> | Ukemi      |            | Ushiro                          | Solo       |
|              | Tainohenko | Katatedori | Kihon                           | Tachiwaza  |
|              | Ikkyo      | Shomenuchi | Omote & Ura                     | Tachiwaza  |
|              | Kotegaeshi | Kosadori   | Kihon                           | Tachiwaza  |
|              | Kokyudosa  | Ryotedori  | Grip on backs of wrists (Kihon) | Suwariwaza |
|              | Ken Suburi |            | 1,2,3                           | Tachiwaza  |
|              | Jo Suburi  |            | 1,2,3                           | Tachiwaza  |

| Grade        | Technique  | Attack     | Detail             | Tachiwaza              |
|--------------|------------|------------|--------------------|------------------------|
| <b>5 Kyu</b> | Ukemi      |            | Mae & Ushiro       | Solo                   |
|              | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza              |
|              | Kokyuho    | Katatedori | Kihon              | Tachiwaza              |
|              | Ikkyo      | Shomenuchi | Omote & Ura        | Tachiwaza & Suwariwaza |
|              | Ikkyo      | Katatedori | Omote & Ura        | Tachiwaza              |
|              | Shihonage  | Katatedori | Omote & Ura        | Tachiwaza              |
|              | Kokyudosa  | Ryotedori  | Kihon              | Suwariwaza             |

|  |            |  |         |           |
|--|------------|--|---------|-----------|
|  | Ken Suburi |  | 1 to 7  | Tachiwaza |
|  | Shihogiri  |  | Ken     | Tachiwaza |
|  | Jo Suburi  |  | 1 to 10 | Tachiwaza |
|  | Roku no Jo |  | Jo      | Tachiwaza |

| Grade        | Technique    | Attack     | Detail             | Tachiwaza              |
|--------------|--------------|------------|--------------------|------------------------|
| <b>4 Kyu</b> | Tainohenko   | Katatedori | Kihon & Kinonagare | Tachiwaza              |
|              | Kokyuho      | Morotedori | Kihon              | Tachiwaza              |
|              | Ikkyo        | Katatedori | Omote & Ura        | Tachiwaza & Suwariwaza |
|              | Ikkyo        | Katadori   | Omote & Ura        | Tachiwaza              |
|              | Nikkyo       | Shomenuchi | Omote & Ura        | Tachiwaza              |
|              | Shihonage    | Katatedori | Omote & Ura        | Tachiwaza              |
|              | Iriminage    | Shomenuchi | Kihon              | Tachiwaza              |
|              | Kokiyudosa   | Ryotedori  | Kihon              | Suwariwaza             |
|              | Happogiri    |            | Ken                | Tachiwaza              |
|              | Ken no Awase |            | Migi & Hidari      | Tachiwaza              |
|              | Jo Suburi    |            | 1 to 13            | Tachiwaza              |
| 31 Jo Kata   |              | 1 to 12    | Tachiwaza          |                        |

| Grade        | Technique  | Attack     | Detail               | Tachiwaza |
|--------------|------------|------------|----------------------|-----------|
| <b>3 Kyu</b> | Ukemi      |            | High Fall (Assisted) | Tachiwaza |
|              | Tainohenko | Katatedori | Kihon & Kinonagare   | Tachiwaza |
|              | Kokyuho    | Morotedori | Kihon                | Tachiwaza |

|  |              |            |                       |                        |
|--|--------------|------------|-----------------------|------------------------|
|  | Kokyuhō      | Katatedori | Moving                | Tachiwaza              |
|  | Ikkyō        | Katadori   | Omote & Ura           | Tachiwaza & Suwariwaza |
|  | Ikkyō        | Ryotedori  | Omote & Ura           | Tachiwaza              |
|  | Nikkyō       | Shomenuchi | Omote & Ura           | Tachiwaza & Suwariwaza |
|  | Nikkyō       | Katatedori | Omote & Ura           | Tachiwaza              |
|  | Sankyō       | Shomenuchi | Omote & Ura           | Tachiwaza              |
|  | Sankyō       | Katatedori | Omote & Ura           | Tachiwaza              |
|  | Shihonage    | Kosadori   | Omote & Ura           | Tachiwaza              |
|  | Kotegaeshi   | Shomenuchi | Ura                   | Tachiwaza              |
|  | Kotegaeshi   | Tsuki      | Ura                   | Tachiwaza              |
|  | Iriminage    | Katatedori | Gedan, Chudan & Jodan | Tachiwaza              |
|  | Kokyudosa    | Ryotedori  | Kihon                 | Suwariwaza             |
|  | Kaiten-nage  | Katatedori | Uchi & Soto Mawari    | Tachiwaza              |
|  | Ken no Awase |            | Go & Shichi           | Tachiwaza              |
|  | Jo Suburi    |            | 1 to 20               | Tachiwaza              |
|  | 13 Jo Kata   |            | 1 to 13               | Tachiwaza              |
|  | 31 Jo Kata   |            | 1 to 18               | Tachiwaza              |
|  | 31 Kumijo    |            | 1 to 3 & 4 to 6       | Tachiwaza              |

| Grade | Technique  | Attack     | Detail             | Tachiwaza              |
|-------|------------|------------|--------------------|------------------------|
| 2 Kyu | Tainohenko | Katatedori | Kihon & Kinonagare | Tachiwaza              |
|       | Kokyuhō    | Morotedori | Kihon              | Tachiwaza              |
|       | Ikkyō      | Ryotedori  | Omote & Ura        | Tachiwaza & Suwariwaza |

|                       |             |                                      |                        |
|-----------------------|-------------|--------------------------------------|------------------------|
| Ikkyo                 | Ryokatadori | Omote & Ura                          | Tachiwaza              |
| Nikkyo                | Katatedori  | Omote & Ura                          | Tachiwaza & Suwariwaza |
| Nikkyo                | Katadori    | Omote & Ura                          | Tachiwaza              |
| Sankyo                | Shomenuchi  | Omote & Ura                          | Tachiwaza & Suwariwaza |
| Sankyo                | Katatedori  | Omote & Ura                          | Tachiwaza & Suwariwaza |
| Sankyo                | Katadori    | Omote & Ura                          | Tachiwaza              |
| Sankyo                | Ryotedori   | Omote & Ura                          | Tachiwaza              |
| Sankyo                | Yokomenuchi | Omote & Ura                          | Tachiwaza              |
| Yonkyo                | Shomenuchi  | Omote & Ura                          | Tachiwaza              |
| Yonkyo                | Katatedori  | Omote & Ura                          | Tachiwaza              |
| Gokkyo                | Yokomenuchi | Ura                                  | Tachiwaza              |
| Shihonage             | Shomenuchi  | Omote & Ura                          | Tachiwaza & Suwariwaza |
| Kotegaeshi            | Shomenuchi  | Ura                                  | Tachiwaza & Suwariwaza |
| Kotegaeshi            | Tsuki       | Ura                                  | Tachiwaza              |
| Iriminage             | Katadori    | Ura                                  | Tachiwaza              |
| Iriminage             | Tsuki       | Ura                                  | Tachiwaza              |
| Kokyudosa             | Ryotedori   | Kihon                                | Suwariwaza             |
| Ken Kimusubi no Tachi |             |                                      | Tachiwaza              |
| Ken Kumitachi         |             | 1 & 2                                | Tachiwaza              |
| Jo Happotsuki         |             |                                      | Tachiwaza              |
| 31 Jo Kata            |             | 1 to 31                              | Tachiwaza              |
| 31 Kumijo             |             | 1 to 3, 4 to 6, 9 to 11 and 13 to 17 | Tachiwaza              |
| Tanto                 | Tsuki       | Kotegaeshi                           | Tachiwaza              |

|  |       |       |        |           |
|--|-------|-------|--------|-----------|
|  | Tanto | Tsuki | Gokkyo | Tachiwaza |
|--|-------|-------|--------|-----------|

| Grade        | Technique  | Attack                                    | Detail                   | Tachiwaza              |
|--------------|------------|---|--------------------------|------------------------|
| <b>1 Kyu</b> | Ukemi      |   | High Fall from Technique | Tachiwaza              |
|              | Tainohenko | Katatedori                                | Kihon & Kinonagare       | Tachiwaza              |
|              | Kokyuhō    | Morotedori                                | Variations               | Tachiwaza              |
|              | Kokyuhō    | Katatedori                                | Moving                   | Tachiwaza              |
|              | Ikkyō      | Ryokatadori                               | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Ikkyō      | Yokomenuchi                               | Omote & Ura              | Tachiwaza              |
|              | Nikkyō     | Katadori                                  | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Nikkyō     | Yokomenuchi                               | Omote & Ura              | Tachiwaza              |
|              | Sankyō     | Katadori                                  | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Sankyō     | Ryotedori                                 | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Sankyō     | Yokomenuchi                               | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Yonkyō     | Shomenuchi                                | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Yonkyō     | Katatedori                                | Omote & Ura              | Tachiwaza & Suwariwaza |
|              | Yonkyō     | Katadori                                  | Omote & Ura              | Tachiwaza              |
|              | Yonkyō     | Yokomenuchi                               | Omote & Ura              | Tachiwaza              |
|              | Gokkyō     | Yokomenuchi                               | Ura                      | Tachiwaza & Suwariwaza |
|              | Rokkyō     | Katatedori                                | Ura                      | Tachiwaza              |
|              | Shihonage  | Ryotedori                                 | Omote & Ura              | Tachiwaza              |
|              | Shihonage  | Tsuki                                     | Omote & Ura              | Tachiwaza              |
|              | Iriminage  | Yokomenuchi plus two other simple attacks | Kihon                    | Tachiwaza              |

|  |               |                     |  |            |
|--|---------------|---------------------|--|------------|
|  | Koshinage     | Two forms of attack |  | Tachiwaza  |
|  | Kokyudosa     | Ryotedori           | Kihon, plus hold on top, and hold underneath | Suwariwaza |
|  | Ken Kunitachi |                     | 1 to 5 (Kihon)                               | Tachiwaza  |
|  | 31 Kumijo     |                     | All sections                                 | Tachiwaza  |
|  | Jo-dori       |                     | 2 techniques                                 | Tachiwaza  |
|  | Jo-waza       |                     | 3 techniques                                 | Tachiwaza  |
|  | Tanto         | Yokomenuchi (stab)  | Gokkyo                                       | Tachiwaza  |
|  | Tanto         | Tsuki               | Rokkyo                                       | Tachiwaza  |

| Grade        | Technique    | Attack           | Detail                                 | Tachiwaza              |
|--------------|--------------|------------------|--|------------------------|
| <b>1 Dan</b> | Tai no henko | Katatedori       | Kihon & Kinonagare                     | Tachiwaza              |
|              | Kokyu Ho     | Morotodori       | Basic, lifting, pulling down, twisting | Tachiwaza              |
|              | Ikkyo        | Shomenuchi       | Omote & Ura                            | Tachiwaza & Suwariwaza |
|              | Nikkyo       | Shomenuchi       | Omote & Ura                            | Tachiwaza & Suwariwaza |
|              | Sankyo       | Shomenuchi       | Omote & Ura                            | Tachiwaza & Suwariwaza |
|              | Yonkyo       | Shomenuchi       | Omote & Ura                            | Tachiwaza & Suwariwaza |
|              | Gokkyo       | Yokomenuchi      | Ura                                    | Tachiwaza & Suwariwaza |
|              | Rokkyo       | Tsuki            | Ura                                    | Tachiwaza              |
|              | Shihonage    | 3 Simple Attacks | Omote & Ura                            | Tachiwaza              |
|              | Iriminage    | 3 Simple Attacks | Gedan, Chudan, Godan                   | Tachiwaza              |
|              | Kotegaeshi   | 3 Simple Attacks |  | Tachiwaza              |
|              | Tenchinage   | Ryotedori        |  | Tachiwaza              |
|              | Kaitenage    | 3 Simple Attacks |  | Tachiwaza              |

|  |            |                                |                              |            |
|--|------------|--------------------------------|------------------------------|------------|
|  | Koshinage  | 3 Simple Attacks               |                              | Tachiwaza  |
|  | Kokyunage  | 3 Attacks plus 1 ushiro        | Kinonagare                   | Tachiwaza  |
|  | Ken        | Suburi                         | 1 to 7                       |            |
|  | Ken        | Tachi Dori                     | 3 different techniques       |            |
|  | Jo         | Jo Suburi                      | 1 to 20                      |            |
|  | Jo         | 13 Jo Kata                     | 1 to 13                      |            |
|  | Jo         | 31 Jo Kata                     | 1 to 31                      |            |
|  | Jo         | Jo Dori                        | 3 different techniques       |            |
|  | Tanto      | Tanto Dori                     | Tsuki - two techniques       | Tachiwaza  |
|  | Tanto      | Tanto Dori                     | Yokomenuchi - two techniques | Tachiwaza  |
|  | Jiyuwaza   | 30 seconds 2 attackers         |                              | Tachiwaza  |
|  | Kokyu Dosa | Grip on backs of hands (basic) |                              | Suwariwaza |

| Grade        | Technique    | Attack           | Detail             | Tachiwaza              |
|--------------|--------------|------------------|--------------------|------------------------|
| <b>2 Dan</b> | Tai no henko | Katatedori       | Kihon & Kinonagare | Tachiwaza              |
|              | Kokyu Ho     | Ryotedori        | Uchi & Soto        | Tachiwaza              |
|              | Ikkyo        | Katatedori       | Omote & Ura        | Hanmi Handachiwaza     |
|              | Ikkyo        | Ryotedori        | Omote & Ura        | Tachiwaza & Suwariwaza |
|              | Ikkyo        | Ushiro Ryotedori | Omote & Ura        | Tachiwaza              |
|              | Nikkyo       | Katatedori       | Omote & Ura        | Hanmi Handachiwaza     |
|              | Nikkyo       | Ryotedori        | Omote & Ura        | Tachiwaza & Suwariwaza |
|              | Nikkyo       | Ushiro Ryotedori | Omote & Ura        | Tachiwaza              |
|              | Sankyo       | Katatedori       | Omote & Ura        | Hanmi Handachiwaza     |

|             |                                    |                                    |                        |
|-------------|------------------------------------|------------------------------------|------------------------|
| Sankyo      | Katadori                           | Omote & Ura                        | Tachiwaza & Suwariwaza |
| Sankyo      | Yokomenuchi                        | Omote & Ura                        | Tachiwaza & Suwariwaza |
| Sankyo      | Ushiro Ryotedori                   | Omote & Ura                        | Tachiwaza              |
| Yonkyo      | Katatedori                         | Omote & Ura                        | Hanmi Handachiwaza     |
| Yonkyo      | Katadori                           | Omote & Ura                        | Tachiwaza & Suwariwaza |
| Yonkyo      | Yokomenuchi                        | Omote & Ura                        | Tachiwaza & Suwariwaza |
| Gokkyo      | Shomenuchi                         | Ura                                | Tachiwaza & Suwariwaza |
| Rokkyo      | Shomenuchi                         | Ura                                | Tachiwaza & Suwariwaza |
| Shihonage   | Katatedori                         | Omote & Ura                        | Suwariwaza             |
| Shihonage   | Katadori                           | Omote & Ura                        | Tachiwaza              |
| Shihonage   | Yokomenuchi                        | Omote & Ura                        | Tachiwaza & Suwariwaza |
| Kotegaeshi  | Ryotedori                          | Ura                                | Tachiwaza              |
| Kotegaeshi  | Yokomenuchi                        | Ura                                | Tachiwaza              |
| Iriminage   | Morotedori                         | High to low, and low to high       | Tachiwaza              |
| Iriminage   | Yokomenuchi                        | Kihon                              | Tachiwaza & Suwariwaza |
| Iriminage   | Ushiro Ryotedori                   | Kihon                              | Tachiwaza              |
| Kaiten-nage | Ryotedori                          | Uchi & Soto Mawari                 | Tachiwaza              |
| Koshinage   | Morotedori                         | Head under (x1) and Hip under (x2) | Tachiwaza              |
| Koshinage   | Ushiro Ryotedori                   | 1 technique                        | Tachiwaza              |
| Koshinage   | 2 attacks of the candidates choice |                                    | Tachiwaza              |
| Kokyunage   | Morotedori                         | Head under (x1) and Hip under (x1) | Tachiwaza              |
| Kokyunage   | Ryokatadori                        | 2 techniques                       | Tachiwaza              |
| Kokyunage   | Yokomenuchi                        | 2 techniques                       | Tachiwaza              |



|  |                       |                  |   |            |
|--|-----------------------|------------------|---|------------|
|  | Kokyunage             | Ushiro Ryotedori | 2 techniques  | Tachiwaza  |
|  | Kokiyudosa            | Ryotedori        | Kihon, plus hold on top, and hold underneath  | Suwariwaza |
|  | Ken no Awase          |                  | Migi, Hidari, Go & Shichi   | Tachiwaza  |
|  | Ken Kimusubi no tachi |                  |   | Tachiwaza  |
|  | Kumitachi             |                  | 1 to 5 (Kihon)  | Tachiwaza  |
|  | Tachidori             |                  | 3 techniques from both Shomenuchi and Yokomenuchi   | Tachiwaza  |
|  | 13 Jo Awase           |                  |   | Tachiwaza  |
|  | Jodori                |                  | 4 different techniques  | Tachiwaza  |
|  | Kumijo                |                  | 1 to 5  | Tachiwaza  |
|  | Tanto                 | Tanto Dori       | 2 techniques each from Yokomenuchi and Tsuki, plus knife held to chest and knife held to back | Tachiwaza  |

| Grade        | Technique    | Attack                                      | Detail             | Tachiwaza          |
|--------------|--------------|---|--------------------|--------------------|
| <b>3 Dan</b> | Tai no henko | Katatedori                                  | Kihon & Kinonagare | Tachiwaza          |
|              | Kokyu Ho     | Yokomenuchi, Katatedori, Kosadori and Tsuki |                    | Tachiwaza          |
|              | Ikkyo        | Katadori                                    | Omote & Ura        | Hanmi Handachiwaza |
|              | Ikkyo        | Ryokatadori                                 | Omote & Ura        | Tachiwaza          |
|              | Nikkyo       | Katadori                                    | Omote & Ura        | Hanmi Handachiwaza |
|              | Nikkyo       | Ryokatadori                                 | Omote & Ura        | Tachiwaza          |
|              | Sankyo       | Katadori                                    | Omote & Ura        | Hanmi Handachiwaza |
|              | Sankyo       | Ryokatadori                                 | Omote & Ura        | Tachiwaza          |
|              | Yonkyo       | Katadori                                    | Omote & Ura        | Hanmi Handachiwaza |

|  |               |                  |   |                    |
|--|---------------|------------------|---|--------------------|
|  | Yonkyo        | Ryokatadori      | Omote & Ura   | Tachiwaza          |
|  | Shihonage     | Katatedori       | Omote & Ura   | Hanmi Handachiwaza |
|  | Shihonage     | Ryotedori        | Omote & Ura   | Hanmi Handachiwaza |
|  | Kotegaeshi    | Katadori         | Ura   | Tachiwaza          |
|  | Kotegaeshi    | Ushiro Ryotedori | Ura   | Tachiwaza          |
|  | Iriminage     | Katadori         | High to Low and Low to High                               | Tachiwaza          |
|  | Kaiten-nage   | Ushiro Ryotedori | Uchi Mawari   | Tachiwaza          |
|  | Kaiten-nage   | Yokomenuchi      | Soto Mawari   | Tachiwaza          |
|  | Koshinage     | Morotedori       | Six forms   | Tachiwaza          |
|  | Kokyunage     | Ninindori        | Two techniques  | Tachiwaza          |
|  | Kokyunage     | Varied           | 30 seconds with 3 attackers                               | Tachiwaza          |
|  | Jiyuwaza      | Varied           | 30 seconds with 3 attackers                               | Tachiwaza          |
|  | Kokyudosa     | Ryotedori        | All variations  | Suwariwaza         |
|  | Ken Kumitachi |                  | 1 and 2, plus henka                                       | Tachiwaza          |
|  | Tachidori     |                  | Six techniques with 2 attackers                           | Tachiwaza          |
|  | 31 Kumijo     |                  | 1 to 31   | Tachiwaza          |
|  | Kumijo        |                  | 1 to 10   | Tachiwaza          |
|  | Tanto         | Various          | A range of techniques (at least six) from various attacks | Tachiwaza          |

| Grade | Technique    | Attack   | Detail             | Tachiwaza |
|-------|--------------|--|--------------------|-----------|
| 4 Dan | Tai no henko | Katatedori   | Kihon & Kinonagare | Tachiwaza |
|       | Kokyu Ho     | Yokomenuchi,<br>Katatedori,<br>Kosadori<br>and Tsuki |                    | Tachiwaza |

|                                 |           |   |                    |
|---------------------------------|-----------|---|--------------------|
| Henkawaza                       | Any       | 6 Variations from basic technique   | Tachiwaza          |
| Kaeshiwaza                      |           | 2 each from Ikkyo, Iriminage and Shihonage  | Tachiwaza          |
| Kokyunage                       | Varied    | 30 seconds with 3 attackers   | Hanmi Handachiwaza |
| Jiyuwaza                        | Varied    | 30 seconds with 3 attackers   | Tachiwaza          |
| Kokyudosa                       | Ryotedori | All variations  | Suwariwaza         |
| Jowaza                          |           | 30 seconds with 3 attackers   | Tachiwaza          |
| Ken Kunitachi                   |           | 1 to 5 with variations  | Tachiwaza          |
| Kumijo                          |           | 1 to 10 with variations   | Tachiwaza          |
| Tachidori, Jodori and Tantodori | Various   | Candidate to demonstrate a wide variety of techniques to show versatility in a number of situations | Candidate's choice |
| Kentaijo                        |           | 1 to 7  | Tachiwaza          |