Black Star Aikido

Junior Grading Syllabus

Age 4 to 12



平和の為に戦う

Revised Edition 2026

Dojo rules and Etiquette

Aikido is not a sport. It is a discipline, an educational process for training the mind, body and spirit. An Aikido dojo is not a gymnasium. It is the place where the discipline of the Way is revealed. Physical technique is not the final objective, but a tool for personal refinement and spiritual growth. The correct attitude of respect, sincerity and modesty, and the proper atmosphere are essential to the learning process, and as Aikido is a martial way, they are essential to the safety of everyone. The following rules are necessary to the maintenance of this atmosphere and vital to your study of Aikido.

This dojo follows the traditional rules of proper conduct. Its spirit comes directly from the Founder of Aikido, and it is the place of the succession of his teachings. It is the responsibility of each student to act appropriately and to honour those teachings.

- Arrive at the dojo at least 15 minutes before the start of a class
- Bow on entering and leaving the dojo
- Show respect to all students and instructors
- Assist, when possible, with dojo setup at the beginning and end of class
- Students must wear a clean white Gi or comfortable training clothes
- Maintain short finger and toenails to prevent scratch injuries during training
- Remove any loose jewellery, piercings and watches before entering the mat
- Wear footwear off the mats and train on the mats in bare feet
- Bow towards the Kamiza when going on and off the mat
- Train safely and respectfully with your partner always
- Keep talking to a minimum whilst on the mat

Yellow stripe

Average time from beginning 3-6 months minimum age 4

Seiza (sitting posture)

Karitsu (moving from sitting to standing)

Migi and Hidari Hanmi

Tenkai oshi

Ai Hanmi Katate tori Ikkyo, tenchi nage

Orange Stripe

Average time from last grade 6-9 months Minimum age 5.5

Tenkan

Tai Sabaki

Basic front, back and side break falls

Ai hamni katate tori show a range of techniques including omote and ura waza

Green stripe

Average time from last grade 6-9 months minimum age 6

Bokken tai sabaki

7 bokken suburi

Gyaku hanmi katate tori Ikkyo, Tenchi nage

Blue Stripe

Average time from last grade 9-12 months minimum age 7

Happo Giri

Tachi dori

Gyaku hanmi show a range of techniques including omote and ura waza

Red stripe

Average time from last grade 9-12 months minimum age 8

Jo suburi 1-10

Jo waza

Basic punching techniques demonstrated on striking pads

Chudan tsuki show a range of techniques

Purple stripe

Average time from last grade 12-18 months minimum age 9.5

Jo suburi 10-20

Jo dori

Morote tori show a range of techniques

Brown Stripe

Average time from last grade 12-18 months minimum age 10.5

Show a range of techniques from the following attacks

Shomen uchi, yokomen uchi

Defence from shomen uchi and yokomen uchi, must demonstrate offline movement, defence and implement techniques when possible.

Senior Blue Belt

Average time from last grade 12-18 months age 11.5

Ryote tori

Ushiro ryote tori

Grading progression and application process

Next to each grade level there is an average time scale and a minimum age for a student to take that grade since the previous one. Within that time students must have attended regular classes and courses. To keep track of this, a register is kept and students training hours are recorded. When reviewing grading applications, we will also take in to account those training hours and expect them to reflect good consistency in the students training progress since the last grading.

When the minimum requirements to grade are attained, students can apply to take the next grading. Applications can be made in the dojo or via the form on the website www.blackstaraikido.com Grading applications will be accepted following the basic requirements being met and will be done at the discretion of Tony Brown Shihan and Andrew Leighton Shidoin.

Following the grading application a physical assessment will be made.

Following the physical assessment, Shihan and Shidoin will give feedback with regards to any areas of improvement required. Further assessments may be required.

When the student has made those improvements, a date will be set for the grading to take place, this could be at either Honbu Dojo Cheslyn Hay or MBK dojo Brownhills.

When a junior student reaches the age of 11, they will be assessed as to where they will grade into the Senior/Kyu grade system. The maximum senior grade a student that has completed the junior syllabus can attain is blue belt.

From the age of 11 junior students will also be invited to some of the senior training sessions. This is for them to have a smooth transition into training in an older class environment when they turn 12. Senior classes will consist of teenagers aged 12+ and adults.

Following the transition at the age of 12 the students will continue to grade in the senior/Kyu system working towards Shodan/black belt at the minimum age of 15. Senior requirements can be found in the senior grading syllabus.