



CAF Grading Requirements available for [download in PDF](#) [Jan 02 2023].



Aikido glossary sheet in [PDF](#) [July 08 2011].

Recommended videos

McGill Aikido dojo: ["McGill Aikido Techniques Gallery"](#)

- [15 Aikiken Kumitachi - Kumitachi 1 - 5](#)
- [15 Aikiken Kumitachi - Kumitachi 6 - 10](#)
- [15 Aikiken Kumitachi - Kumitachi 11 - 15](#)
- [31 kumi jo - 31 jo kata paired / à deux](#)
- [Aikiken - les 5 coupes - 5 cuts](#)

New York Aikikai dojo:

- [5th Kyu Test Requirements \(USAF\) Part 1](#)
- [5th Kyu Test Requirements \(USAF\) Part 2](#)
- [5th Kyu Test Requirements \(USAF\) Part 3](#)
- [4th Kyu Test Requirements \(USAF\) Part 1](#)
- [4th Kyu Test Requirements \(USAF\) Part 2](#)
- [3rd Kyu Test Requirements \(USAF\) Part 1](#)
- [3rd Kyu Test Requirements \(USAF\) Part 2](#)
- [3rd Kyu Test Requirements \(USAF\) Part 3](#)
- [3rd Kyu Test Requirements \(USAF\) Part 4](#)
- [Y.Yamada - Advanced Aikido techniques - Part 1](#)
- [Y.Yamada - Advanced Aikido techniques - Part 2](#)
- [Y.Yamada - Advanced Aikido techniques - Part 3](#)
- [Y.Yamada - Instructional video](#)
- [Series of videos "How to do Aikido"](#)

Grading

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