

AIKIKAI O SEN KAN DORNBIRN

1st Dan Grading Guidelines

400 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Sotokaitenage
6. Sotokaiten Katagatame
7. Kokyunage
8. Kokyuho

Tsuki

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Sotokaiten Katagatame

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Kokyunage
5. Kokyuho

Katadori

1. Ikkyo through Yonkyo
2. Kotegaeshi

Ryokatadori

1. Ikkyo through Yonkyo

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Sumiotoshi
3. Uchikaitenage
4. Sotokaitenage
5. Uchikaiten Katagatame
6. Sotokaiten Katagatame
7. Kotegaeshi
8. Iriminage
9. Shihonage

Ryotedori

1. Shihonage

Yokomenuchi

1. Shihonage
2. Kotegaeshi
3. Iriminage

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Techniques Tachiwaza

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Uchikaitenage
3. Sotokaitenage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Iriminage
7. Shihonage
8. Jujinage
9. Sumiotoshi
10. Kokyunage
11. Kokyuhō (Jo, Chu, Ge)

Aihanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Katagatmae
7. Uchikaiten Katagatame
8. Sotokaiten Katagatame
9. Uchikaitenage
10. Sotokaitenage
11. Sumiotoshi
12. Tenchinage
13. Kokyunage
14. Kokyuhō (Jo, Chu, Ge)

Katadori

1. Ikkyo through Yonkyo
2. Shihonage
3. Sotokaiten Katagatame
4. Kotegaeshi
5. Kokyunage
6. Kokyuhō

Morotedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Kokyunage
7. Kokyuhō

Ryotedori

1. Ikkyo through Yonkyo
2. Uchikaiten Kokyunage
3. Sotokaiten Kokyunage
4. Iriminage
5. Shihonage
6. Kotegaeshi
7. Reversed Kotegaeshi
8. Tenchinage
9. Kokyunage
10. Kokyuhō

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Shihonage
5. Kotegaeshi
6. Jujinage
7. Sumiotoshi
8. Sotokaitenage
9. Uchikaiten Sankyo
10. Sotokaiten Katagatame
11. Kokyunage
12. Kokyuhō

AIKIKAI O SEN KAN DORNBIRN

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Shihonage
5. Jujinage
6. Kokyunage
7. Kokyuhō

Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Kokyunage
3. Kokyuhō

Randori

2 men attack

Ryotedori - Suwariwaza

Sitting Kokyuhō

Tsuki

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage
5. Sumiotoshi
6. Sotokaitenage
7. Sotokaiten Katagatame
8. Kokyuhō

Ushiro Ryokatadori

1. Ikkyo through Yonkyo
2. Kokyunage

Weapons

Tantodori

2 techniques

Tachidori

2 techniques

Jodori

2 techniques

Bokken

8 Suburi Tachiwaza

8 Suburi Suwariwaza

Kiriotoshi (Jodan, Gedan, Chudan) from distance

Jo

13 count Kata

36 Jo

Sansho I (slow & fast)