

AIKIKAI O SEN KAN DORNBI RN

1st Kyu Grading Guidelines

200 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

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

Ryokatadori

1. Ikkyo through Yonkyo

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi

Katadori

1. Ikkyo through Yonkyo
2. Kotegaeshi

Tsuki

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

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

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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

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. Kokyunage
13. Kokyuhō

Katadori

1. Ikkyo through Yonkyo
2. Shihonage
3. Kokyunage
4. 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. Sotokaiten Katagatame
10. Kokyunage
11. Kokyuhō

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Yokomenuchi

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

Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Kokyunage

Randori

2 men attack

Ryotedori - Suwariwaza

Sitting Kokyuhō

Tsuki

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage
5. Sumiotoshi
6. Kokyuhō

Ushiro Ryokatadori

1. Ikkyo through Yonkyo

Weapons

Tantodori

Tsuki attack (2 techniques)

Bokken

4 Kiri-Kaeshi (from standing)
8 Suburi Tachiwaza (Chiba Sensei)
8 Suburi Suwariwaza (Chiba Sensei)
Kiriotoshi (Jodan, Gedan, Chudan) from standing
Shomenuchi-, Renzouchi-, Tsukiuchikomen

Jo

20 Jo Suburi (Saito Sensei)
36 Jo (Chiba Sensei)
Sansho I (Chiba Sensei)