

# AIKIKAI O SEN KAN DORNBIRN

## 3rd Dan Grading Guidelines

600 hours of training

### Techniques Suwariwaza (All through omote & ura)

#### Shomenuchi

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

#### Tsuki

1. Ikkyo through Yonkyo
2. Rokyo
3. Kotegaeshi
4. Sotokaiten Katagatame
5. Kokyuhō

#### Yokomenuchi

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

#### Katadori

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Kokyuhō

#### Ryokatadori

1. Ikkyo through Yonkyo

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### 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
10. Kokyunage
11. Kokyuhō

#### Yokomenuchi

1. Shihonage
2. Kotegaeshi
3. Iriminage

#### Ryotedori

1. Shihonage

#### Ushiro Ryotedori

1. Ikkyo
2. Shihonage
3. Kotegaeshi

#### Ushiro Ryokatadori

1. Shihonage
2. Kotegaeshi

# AIKIKAI O SEN KAN DORNBIRN

## Techniques Tachiwaza

### Gyakuhanmi Katatedori

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

### Katadori

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

### Morotedori

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

### Ryotedori

1. Ikkyo through Yonkyo
2. Uchikaitennage
3. Sotokaiten Nage
4. Uchikaiten Kokyunage
5. Sotokaiten Kokyunage
6. Iriminage
7. Shihonage
8. Kotegaeshi
9. Reversed Kotegaeshi
10. Tenchinage
11. Koshinage
12. Kokyunage
13. Kokyuhō

### Shomenuchi

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

# AIKIKAI O SEN KAN DORNBIRN

## Yokomenuchi

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

## Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Shihonage
3. Udegarami
4. Kaitennage
5. Kokyunage
6. Kokyuhō

## Ushiro Ryokatadori

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

## Tsuki

1. Ikkyo through Yonkyo
2. Rokyo
3. Iriminage
4. Kotegaeshi
5. Shihonage
6. Jujinage
7. Sotokaitenage
8. Sotokaiten Katagatame
9. Sotokaiten Sankyo
10. Sumiotoshi
11. Udegarami
12. Tenchinage
13. Kokyuhō

## Ushiro Katatekubishime

1. Ikkyo
2. Nikyo
3. Sankyo
4. Koshinage
5. Kotegaeshi

## Randori

3 men attack

## Ryotedori - Suwariwaza

Sitting Kokyuhō

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## Weapons

### Tantodori

4 techniques

### Tachidori

4 techniques

### Jodori

4 techniques

### Bokken

8 Suburi Suwariwaza

Kiriotoshi (Jodan, Gedan, Chudan) from distance

18 count Kata

6 Kunitachi

### Jo

Sansho I

Sansho II

Sansho III