

# AIKIKAI O SEN KAN DORNBIRN

## 4<sup>th</sup> Kyu Grading Guidelines

80 hours of training

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

#### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Iriminage

#### Katadori

1. Ikkyo
2. Nikyo
3. Sankyo

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### Techniques Hanmi Handachi

#### Gyakuhanmi Katatedori

1. Shihonage

#### Ryotedori

1. Shihonage

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### Techniques Tachiwaza

#### Gyakuhanmi Katatedori

1. Ikkyo through Sankyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Kokyunage
6. Kokyuhō

#### Ryotedori

1. Shihonage
2. Tenchinage
3. Kokyuhō

#### Morotedori

1. Kokyunage

#### Katadori

1. Ikkyo through Sankyo

#### Shomenuchi

1. Ikkyo through Sankyo
2. Iriminage
3. Kotegaeshi
4. Kokyuhō

#### Aihanmi Katatedori

1. Ikkyo through Sankyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Uchikaitenage
6. Sotokaitenage

#### Yokomenuchi

1. Ikkyo
2. Iriminage

#### Ryotedori - Suwariwaza

Sitting Kokyuhō

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### Weapons

#### Bokken

- Shihogeri
- Happogeri
- 7 Suburi (from Saito Sensei)
- 8 Suburi (Chiba Sensei)

#### Jo

- 9 of 12 Kesa
- 9 of 12 Tsuki
- 9 of 12 Shomen
- 10 of 20 Jo Suburi (Saito Sensei)