

# South Manchester Aikido Club

## British Bikanjari

### 1<sup>st</sup> Kyu Grading Guidelines

250 hours of training

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

##### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Rokyo
7. Iriminage
8. Kotegaeshi
9. Sumiotoshi
10. Kokyunage
11. Kokyuhoh
12. Kaitenage
13. Sotokaitenage
14. Sotokaiten Katagatame

##### Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Kotegaeshi
7. Sotokaiten Katagatame

#### Techniques Hanmi Handachi

##### Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Sumiotoshi
6. Kotegaeshi
7. Uchikaitenage
8. Sotokaitenage
9. Uchikaiten Katagatame
10. Sotokaiten Katagatame
11. Iriminage
12. Shihonage
13. Koshinage
14. Kokyunage

##### Yokomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Jujinage
8. Kokyuhoh
9. Kokyunage

##### Katadori

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

##### Ryokatadori

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

##### Ryotedori

1. Kokyuhoh

##### Yokomenuchi

1. Shihonage
2. Kotegaeshi
3. Iriminage

##### Ryotedori

1. Shihonage

##### Ushiro Ryotedori

1. Ikkyo
2. Shihonage
3. Kotegaeshi

# 1<sup>st</sup> Kyu Grading Guidelines (continued)

## Techniques Tachiwaza

### Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Kokyuho (Jo, Chu, Ge)
7. Uchikaitenage
8. Sotokaitenage
9. Uchikaiten Sankyo
10. Sotokaiten Sankyo
11. Kotegaeshi
12. Reverse Kotegaeshi
13. Iriminage
14. Shihonage
15. Jujinage
16. Kokyunage
17. Sumiotoshi
18. TENCHINAGE
19. Koshinage

### Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Kokyuho (Jo, Chu, Ge)
7. Uchikaitenage
8. Sotokaitenage
9. Uchikaiten Sankyo
10. Sotokaiten Sankyo
11. Kotegaeshi
12. Iriminage
13. Shihonage
14. Jujinage
15. Katagatame
16. Sumiotoshi
17. TENCHINAGE
18. Koshinage

### Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Shihonage
6. Kokyuho
7. Kokyunage
8. Sotokaiten Katagatame
9. Uchikaiten Katagatame
10. Kotegaeshi

### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Rokyo
7. Jujinage
8. Sumiotoshi
9. TENCHINAGE
10. Kotegaeshi
11. Uchikaiten Sankyo
12. Sotokaiten Sankyo
13. Sotokaitenage
14. Sotokaiten Katagatame
15. Shihonage
16. Iriminage
17. Kokyunage
18. Kokyuho

### Yokomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Iriminage
7. Kotegaeshi
8. Shihonage
9. Kokyuho
10. Kokyunage
11. Sumiotoshi
12. TENCHINAGE
13. Koshinage
14. Jujinage

### Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Sumiotoshi
7. Kotegaeshi
8. Iriminage
9. Shihonage
10. Jujinage
11. Koshinage
12. Sotokaitenage
13. Kokyuho

# 1<sup>st</sup> Kyu Grading Guidelines (continued)

## Techniques Tachiwaza

### Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Kokyuho
7. Uchikaitenage
8. Sotokaitenage
9. Shihonage
10. Kotegaeshi
11. Reverse Kotegaeshi
12. Iriminage
13. Tenchinage
14. Koshinage
15. Shihonage
16. Jujinage

### Morotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kokyunage
7. Kokyuho
8. Udegaraminage
9. Kotegaeshi
10. Shihonage
11. Jujinage

### Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Udegaraminage
6. Kaitenage
7. Kokyunage
8. Kokyuho

### Ushiro Ryokatadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kaitenage
6. Shihonage
7. Kotegaeshi
8. Kokyunage
9. Kokyuho

### Ushiro Katatekubishime

1. Ikkyo
2. Nikyo
3. Sankyo

### Randori

2 man attack

## Weapons

### Bokken

1. Chiba Sensei's 8 Suburi - tachiwaza
2. Chiba Sensei's 8 Suburi - suwariwaza
3. Kiriotoshi (Jodan, Chudan & Gedan)

### Tantodori

1. Yokomen (variations)
2. Tsuki (variations)
3. Shomen (variations)

### Jo

1. 36 Jo movements with partner (Chiba Sensei)
2. Sansho 1 (Chiba Sensei)