

# South Manchester Aikido Club

## British Bikanjaj

### 2<sup>nd</sup> Kyu Grading Guidelines

150 hours of training

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

##### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Iriminage
7. Kotegaeshi
8. Kaitenage
9. Sumiotoshi
10. Kokyunage

##### Katadori

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

##### Yokomenuchi

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

##### Ryotedori

1. Kokyuho

#### Techniques Hanmi Handachi

##### Gyakuhanmi Katatedori

1. Shihonage
2. Kaitenage
4. Sumiotoshi
5. Koshinage
6. Uchikaiten Katagatame
7. Sotokaiten Katagatame
8. Kokyunage

##### Ryotedori

1. Shihonage

##### Yokomenuchi

1. Shihonage
2. Kotegaeshi

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

##### Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Shihonage
7. Uchikaitenage
8. Sotokaitenage
9. Sumiotoshi
10. Tenchinage
11. Koshinage

##### Aihanmi Katatedori

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

## 2<sup>nd</sup> Kyu Grading Guidelines (continued)

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

#### Katadori

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

#### Morotedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kokyunage
5. Kotegaeshi
6. Jujinage

#### Yokomenuchi

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

#### Ushiro Ryokatadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Shihonage
7. Kotegaeshi

### Weapons

#### Bokken

1. Shihogeri - 4 directions
2. Happogeri - 8 directions
3. Saito Sensei's 7 Suburi
4. Chiba Sensei's 8 Suburi - tachiwaza
5. Chiba Sensei's 8 Suburi - suwariwaza

#### Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kokyunage
5. Kotegaeshi
6. Koshinage

#### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Iriminage
7. Kotegaeshi
8. Kaitenage
9. Shihonage
10. Sumiotoshi
11. Kokyunage

#### Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Rokyo
5. Iriminage
6. Sumiotoshi
7. Kotegaeshi
8. Koshinage

#### Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Shihonage
7. Kotegaeshi

#### Jo

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