

South Manchester Aikido Club

British Bikanj

3rd Kyu Grading Guidelines

100 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

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

Ryotedori

1. Kokyuh

Katadori

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

Yokomenuchi

1. Kokyunage

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Sumiotoshi
2. Tenchinage

Ryotedori

1. Shihonage

Techniques Tachiwaza (All through omote & ura)

Gyakuhanmi Katatedori

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

Katadori

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

Aihanmi Katatedori

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

Ryotedori

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

3rd Kyu Grading Guidelines (continued)

Techniques Tachiwaza (All through omote & ura)

Morotedori

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

Shomenuchi

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

Yokomenuchi

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

Tsuki

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

Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Kokyunage

Ushiro Ryokatadori

1. Ikkyo
2. Sankyo

Weapons (+4th Kyu)

Bokken

1. Shomenuchikomen
2. Renzouchikomen
3. Nagashiuchi (Jigata)
4. Suriotoshi (Jigata)

Jo

1. 12 Kesa
2. 12 Tsuki
3. 6 of 12 Shomen

Tanto (Tsuki attack)

1. Kotegaeshi
2. Iriminage (variation)
3. Kokyuho (variation)

More

Some of these techniques will also be asked through ushiro tenkan.