

# South Manchester Aikido Club

## British Bikanjū

### 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
5. Kotegaeshi
6. Koryuho

##### Katadori

1. Ikkyo
2. Nikyo
3. Sankyo

##### Ryotedori

1. Koryuho

#### Techniques Hanmi Handachi

##### Gyakuhanmi Katatedori

1. Shihonage

##### Ryotedori

1. Shihonage

#### Techniques Tachiwaza

##### Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Iriminage (Jodan, Chudan, Gedan)
5. Kotegaeshi
6. Shihonage
7. Koryunage (+ variations)
8. Koryuho

##### Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Iriminage (Jodan, Chudan, Gedan)
5. Kotegaeshi
6. Shihonage
7. Kaitenage
8. Sotokaitenage

##### Katadori

1. Ikkyo
2. Nikyo
3. Sankyo

##### Ryotedori

1. Shihonage
2. TENCHINAGE
3. Koryunage (+ variations)

##### Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Iriminage
5. Kotegaeshi
6. Koryuho

##### Yokomenuchi

1. Ikkyo
2. Sumiotoshi
3. TENCHINAGE
4. Koryunage

##### Morotedori

1. Ikkyo
2. Koryunage

#### Weapons (+5<sup>th</sup> Kyu)

##### Bokken

1. 8 Suburi Suwariwaza (Chiba Sensei)
2. Nagashiuchi (Jigata)

##### Jo

1. 20 Suburi
2. 6 of 12 Kesa
3. 6 of 12 Tsuki

#### Ukemi

Yokomenuchi Shihonage

Shomenuchi Kotegaeshi  
Shomenuchi Iriminage