

South Manchester Aikido Club

British Bikanj

5th Kyu Grading Guidelines

Minimum 50 hours of training

Partner Exercises

Gyakuhanmi Katatedori

1. Tai no Henko - Jodan
2. Tai no Henko - Chudan
3. Tai no Henko - Gedan
4. Irimi front
5. Uchikaiten
6. Sotokaiten
7. Jodan
8. Chudan
9. Gedan

Aihanmi Katatedori

1. Ikkyo - Omote
2. Ikkyo - Ura
3. Jodan
4. Chudan
5. Gedan

Techniques Suwariwaza (All through omote & ura)

Katadori

1. Ikkyo

Ryotedori

1. Kokyuho

Shomenuchi

1. Ikkyo

Techniques Tachiwaza (All through omote & ura)

Gyakuhanmi Katatedori

1. Ikkyo
2. Shihonage
3. Uchikaitenage
4. Sotokaitenage
5. Tenchinage
6. Sumiotoshi
7. Kokyunage (+ variations)

Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kotegaeshi
5. Shihonage

Morotedori

1. Kokyunage

Katadori

1. Ikkyo

Shomenuchi

1. Ikkyo

Weapons

Bokken

1. Shihogeri
2. Happogeri
3. 7 Suburi (from Saito Sensei)
4. 8 Suburi (from Chiba Sensei)

Jo

1. Shomen, Kesa, Tsuki attack
2. 10 of 20 Suburi (Saito Sensei)