

South Manchester Aikido Club

British Bikanjū

6th Kyū Grading Guidelines

Minimum 40 hours of training

Free standing movements

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| 1. Ukemi - forwards and backwards | breakfall/roll |
| 2. Shikko - forwards and backwards | knee walking |
| 3. Tenkan | 180° turn pivoting on balls of feet and bringing front foot to the back |
| 4. Back foot irimi tenkan | step through (forward) with back foot then tenkan, repeat coming back |
| 5. Front foot irimi tenkan | slide forward with front foot, tenkan, step through with back foot and turn. |
| 6. Tsugiashi | slide forward, bringing hands up to defend |
| 7. Irimiashi | step forward realigning posture on a narrow line |
| 8. Ayumiashi | as irimaishi but using a wider line |
| 9. Shomen uchi attack | attack partners centre of head with side of hand |
| 10. Yokomenuchi attack | attack partners side of head with side of hand |
| 11. Chudan Tsuki attack | punch to partners stomach |

Partner Exercises

Aihanmi Katatedori

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|---------------------|---|
| 1. Front foot irimi | slide front foot forward in front |
| 2. Back foot irimi | step behind partner and turn to face same direction |
| 3. Uchikaiten | step underneath arm and turn |

Gyakuhanmi Katatedori

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|--|---|
| 1. Front foot irimi | slide front foot forward in front |
| 2. Back foot irimi | step forward in front |
| 3. Tenkan chudan | turn 180° |
| 4. Break the grip (Gedan, Chudan, Jodan) | |
| 5. Kaiten | front foot slides out and back foot slides in front |
| 6. Uchikaiten | slide out and underneath arm ("inside turn") |
| 7. Sotokaiten | slide out and turn ("outside turn") |

Techniques

Aihanmi Katatedori

1. Ikkyo (omote & ura)
2. Iriminage (chudan) ("entering throw")
3. Kotegaeshi ("small wrist turn")

Ryotedori

1. Suwari waza Kokyuho ("sitting kokyho")

Gyakuhanmi Katatedori

1. Kokyunage (omote & ura) ("breath throw")
2. Iriminage (chudan) ("entering throw")
3. Sumiotoshi ("corner drop")

Weapons

Bokken

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

Jo

1. Shomen
2. Kesa
3. Tsuki