

AIKIKAI O SEN KAN DORNBIRN

2nd Kyu Grading Guidelines

150 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Kokyuhō

Katadori

1. Ikkyo through Yonkyo

Aihanmi Katatedori

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Kokyuhō

Yokomenuchi

1. Ikkyo through Yonkyo
2. Kotegaeshi

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Uchikaitenage
2. Sotokaitenage
3. Shihonage
4. Kotegaeshi
5. Sumiotoshi

Ryotedori

1. Shihonage

Yokomenuchi

1. Shihonage

Techniques Tachiwaza

Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Uchikaitenage
7. Sotokaitenage
8. Kokyunage
9. Kokyuhō

Aihanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Sumiotoshi
7. Kokyunage
8. Kokyuhō

AIKIKAI O SEN KAN DORNBIRN

Katadori

1. Ikkyo through Yonkyo
2. Shihonage

Morotedori

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

Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kotegaeshi
5. Uchikaiten Kokyunage
6. Sotokaiten Kokynage

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Shihonage
5. Kotegaeshi
6. Sumiotoshi
7. Sotokaitenage
8. Kokyunage

Yokomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Jujinage
5. Kokyuhō

Tsuki

1. Ikkyo through Yonkyo
2. Iriminage
3. Kotegaeshi
4. Sumiotoshi

Ushiro Ryotedori

1. Ikkyo through Yonkyo

Ushiro Ryokatadori

1. Ikkyo
2. Nikyo

Ryotedori - Suwariwaza

Sitting Kokyuhō

Weapons

Bokken

- 4 Kiri-Kaeshi
- 7 Suburi (Saito Sensei)
- 8 Suburi Tachiwaza (Chiba Sensei)
- 8 Suburi Suwariwaza (Chiba Sensei)

Jo

- 20 Jo Suburi (Saito Sensei)
- 36 Jo (Chiba Sensei)
- Sansho I - Part I (Chiba Sensei)