

AIKIKAI O SEN KAN DORN BIRN

5th Kyu Grading Guidelines

60 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. Irimi behind - Jodan
8. Irimi behind - Chudan
9. Irimi behind - Gedan

Aihanmi Katatedori

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

Techniques Suwariwaza (All through omote & ura)

Katadori

1. Ikkyo

Shomenuchi

1. Ikkyo

Techniques Tachiwaza (All through omote & ura)

Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Shihonage
5. Uchikaitenage
6. Kokyuhō

Aihanmi Katatedori

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

Katadori

1. Ikkyo
2. Nikyo

Shomenuchi

1. Ikkyo
2. Nikyo

Ryotedori - Suwariwaza

Sitting Kōkyūhō

Weapons

Bokken

Shihogeri

Happogeri

7 Suburi (from Saito Sensei)

4 of 8 Suburi (from Chiba Sensei)

Jo

5 of 12 Kesa

5 of 12 Tsuki

5 of 12 Shomen