

# AIKIKAI O SEN KAN DORNBIRN

## 6<sup>th</sup> Kyu Grading Guidelines

40 hours of training

### Free standing movements

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|----------------------------|--|
| 1. Forward Ukemi           | forward breakfall/roll                           |
| 2. Backward Ukemi          | backward breakfall/roll                          |
| 3. Forward Shikko          | knee walking forward                             |
| 4. Backward Shikko         | knee walking backward                            |
| 5. Tenkan                  | 180° turn pivoting on front foot                 |
| 7. Back foot irimi tenkan  | step forward then tenkan                         |
| 8. Front foot irimi tenkan | slide forward with front foot, then tenkan       |
| 9. Shomenuchi 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                        |

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### Partner Exercises

#### Aihanmi Katatedori

1. Irimi (forward step) - omote
2. Irimi (forward step) - ura
3. Irimi (behind) - chudan
4. Irimi (behind) - jodan

#### Gyakuhanmi Katatedori

1. Tai no Henko
2. Break the grip (Gedan, Chudan, Jodan)
3. Irimi front
4. Kaiten
5. Uchikaiten

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### Techniques

#### Aihanmi Katatedori

1. Ikkyo (omote & ura)
2. Iriminage (chudan)
3. Uchikaiten Nage

#### Gyakuhanmi Katatedori

1. Kokyunage (omote & ura)
2. Kokyuhō
3. Ikkyo (omote)
4. Uchikaiten Nage

#### Ryotedori - Suwariwaza

Sitting Kokyuhō

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### Weapons

#### Bokken

Shihogeri 4 directions cut  
Happogeri 8 directions cut

#### Jo

Shomen attack  
Kesa attack  
Tsuki attack