

1st Kyu Grading Guidelines

250 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Rokyo
7. Iriminage
8. Kotegaeshi
9. Kokyunage
10. Koryuho
11. Sotokaitenage
12. Sotokaiten Katagatame

Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Kotegaeshi
7. Sotokaiten Katagatame

Ryotedori

1. Koryuho

Yokomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kotegaeshi
7. Jujinage
8. Koryuho
9. Kokyunage

Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kotegaeshi

Ryokatadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Sumiotoshi
6. Uchikaitenage
7. Sotokaitenage
8. Uchikaiten Katagatame
9. Sotokaiten Katagatame
10. Kotegaeshi
11. Iriminage
12. Shihonage
13. Kokyunage

Yokomenuchi

1. Shihonage
2. Kotegaeshi
3. Iriminage

Ryotedori

1. Shihonage

Ushiro Ryotedori

1. Ikkyo
2. Shihonage
3. Kotegaeshi

AIKIKAI O SEN KAN DORNBIRN

Techniques Tachiwaza

Gyakuhanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Kokyuhu (Jo, Chu, Ge)
7. Uchikaitenage
8. Sotokaitenage
9. Uchikaiten Sankyo
10. Sotokaiten Sankyo
11. Kotegaeshi
12. Reversed Kotegaeshi
13. Iriminage
14. Shihonage
15. Jujinage
16. Kokyunage
17. Sumiotoshi
18. Tenchinage
19. Koshinage

Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Shihonage
6. Kokyuhu
7. Kokyunage
8. Sotokaiten Katagatame
9. Uchikaiten Katagatame
10. Kotegaeshi

Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Uchikaiten Kokyunage
6. Sotokaiten Kokyunage
7. Kokyunage
8. Kokyuhu
9. Uchikaitenage
10. Sotokaitenage
11. Shihonage
12. Kotegaeshi
13. Reversed Kotegaeshi
14. Iriminage

Aihanmi Katatedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Kokyuhu (Jo, Chu, Ge)
7. Uchikaitenage
8. Sotokaitenage
9. Uchikaiten Sankyo
10. Sotokaiten Sankyo
11. Kotegaeshi
12. Iriminage
13. Shihonage
14. Jujinage
15. Katagatame
16. Sumiotoshi
17. Tenchinage
18. Koshinage

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Rokyo
7. Jujinage
8. Sumiotoshi
9. Tenchinage
10. Kotegaeshi
11. Uchikaiten Sankyo
12. Sotokaiten Sankyo
13. Sotokaitenage
14. Sotokaiten Katagatame
15. Shihonage
16. Iriminage
17. Kokyunage
18. Kokyuhu
19. Koshinage

Morotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Iriminage
6. Kokyunage
7. Kokyuhu

AIKIKAI O SEN KAN DORNBIRN

13. Tenchinage
14. Koshinage

Yokomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Iriminage
7. Kotegaeshi
8. Shihonage
9. Kokyuhō
10. Kokyunage
11. Sumiotoshi
12. Tenchinage
13. Koshinage
14. Jujinage

Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Udegarami
6. Kaitennage
7. Kokyunage
8. Kokyuhō

Ushiro Katatekubishime

1. Ikkyo
2. Nikyo
3. Sankyo

8. Udegarami
9. Kotegaeshi
10. Shihonage
11. Jujinage

Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Rokyo
6. Sumiotoshi
7. Kotegaeshi
8. Iriminage
9. Shihonage
10. Jujinage
11. Koshinage
11. Sotokaitenage
12. Kokyuhō

Ushiro Ryokatadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kaitennage
6. Shihonage
7. Kotegaeshi
8. Kokyunage
9. Kokyuhō

Weapons (+2nd Kyu)

Bokken

1. 4 Kiri-Kaeshi
2. 8 Suburi Suwariwaza (Chiba Sensei)
3. 8 Suburi Tachiwaza (Chiba Sensei)
4. Kiriotoshi (Jodan, Chudan, Gedan)
5. Shomenuchi-, Renzouchi-, Tsukiuchikomen

Tachidori

- 2 techniques

Randori

- 2 men attack

Jo

1. 20 Jo Suburi (Saito Sensei)
2. 36 Jo (Chiba Sensei)
3. Sansho I (Chiba Sensei)
4. 1st part of Sansho II (Chiba Sensei)

Tantodori

1. Yokomen (variations)
2. Tsuki (variations)
3. Shomen (variations)