

AIKIKAI O SEN KAN DORNBIRN

2nd Dan Grading Guidelines

500 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Iriminage
4. Kotegaeshi
5. Sotokaitenage
6. Sotokaiten Katagatame
7. Kokyunage
8. Kokyuhoh

Tsuki

1. Ikkyo through Yonkyo
2. Rokyo
3. Kotegaeshi
4. Sotokaiten Katagatame

Yokomenuchi

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

Katadori

1. Ikkyo through Yonkyo
2. Kotegaeshi
3. Kokyuhoh

Ryokatadori

1. Ikkyo through Yonkyo

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

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

Yokomenuchi

1. Shihonage
2. Kotegaeshi
3. Iriminage

Ryotedori

1. Shihonage

Ushiro Ryotedori

1. Ikkyo
2. Shihonage
3. Kotegaeshi

Ushiro Ryokatadori

1. Shihonage
2. Kotegaeshi

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Techniques Tachiwaza

Gyakuhanmi Katatedori

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

Aihanmi Katatedori

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

Katadori

1. Ikkyo through Yonkyo
2. Shihonage
3. Kotegaeshi
4. Sotokaiten Katagatame
5. Uchikaiten Katagatame
6. Kokyunage
7. Koryuho

Morotedori

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

Ryotedori

1. Ikkyo through Yonkyo
2. Uchikaitennage
3. Sotokaiten Nage
4. Uchikaiten Kokyunage
5. Sotokaiten Kokyunage
6. Iriminage
7. Shihonage
8. Kotegaeshi
9. Reversed Kotegaeshi
10. Tenchinage
11. Kokyunage
12. Koryuho

Shomenuchi

1. Ikkyo through Yonkyo
2. Gokyo
3. Rokyo
4. Iriminage
5. Shihonage
6. Kotegaeshi
7. Jujinage
8. Sumiotoshi
9. Sotokaitenage
10. Sotokaiten Sankyo
11. Uchikaiten Sankyo
12. Tenchinage
13. Udegarami
14. Sotokaiten Katagatame
15. Kokyunage
16. Koryuho

AIKIKAI O SEN KAN DORNBIRN

Yokomenuchi

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

Ushiro Ryotedori

1. Ikkyo through Yonkyo
2. Shihonage
3. Udegarami
4. Kaitennage
5. Kokyunage
6. Kokyuhō

Ushiro Ryokatadori

1. Ikkyo through Yonkyo
2. Kaitennage
3. Shihonage
4. Kotegaeshi
5. Kokyunage
6. Kokyuhō

Tsuki

1. Ikkyo through Yonkyo
2. Rokyo
3. Iriminage
4. Kotegaeshi
5. Shihonage
6. Jujinage
7. Sotokaitenage
8. Sotokaiten Katagatame
9. Sotokaiten Sankyo
10. Sumiotoshi
11. Udegarami
12. Tenchinage
13. Kokyuhō

Ushiro Katatekubishime

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

Randori

2 men attack

Ryotedori - Suwariwaza

Sitting Kokyuhō

Weapons

Tantodori

3 techniques

Tachidori

3 techniques

Jodori

3 techniques

Bokken

8 Suburi Tachiwaza

8 Suburi Suwariwaza

Kiriotoshi (Jodan, Gedan, Chudan) from distance

Jo

Sansho I

Sansho II

13 count Kata

13 count Kata - Partner Practice