

2nd Kyu Grading Guidelines

150 hours of training

Techniques Suwariwaza (All through omote & ura)

Shomenuchi

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

Yokomenuchi

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

Katadori

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

Ryotedori

1. Kokyuhō

Techniques Hanmi Handachi

Gyakuhanmi Katatedori

1. Shihonage
2. Kotegaeshi
3. Uchikaitennage
4. Sotokaitennage
5. Uchikaiten Katagatame
6. Sotokaiten Katagatame
7. Kokyunage

Ryotedori

1. Shihonage

Yokomenuchi

1. Shihonage
2. Kotegaeshi

Techniques Tachiwaza (All through omote & ura)

Gyakuhanmi Katatedori

1. Ikkyo through Ushiro Tenkan
2. Nikyo through Ushiro Tenkan
3. Sankyo through Ushiro Tenkan
4. Iriminage
5. Kotegaeshi
6. Shihonage
7. Uchikaitenage
8. Sotokaitenage
9. Sumiotoshi
10. Tenchinage
11. Koshinage
12. Kokyunage

Aihanmi Katatedori

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

AIKIKAI O SEN KAN DORNBIRN

Katadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Shihonage
6. Kotegashi
7. Uchikaiten Katagatame
8. Sotokaiten Katagatame

Morotedori

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

Yokomenuchi

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

Ushiro Ryokatadori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Shihonage
7. Kotegaeshi

Weapons (+3rd Kyu)

Bokken

1. 4 Kiri-Kaeshi
2. 7 Suburi (Saito Sensei)
3. 8 Suburi Suwariwaza (Chiba Sensei)
4. 8 Suburi Tachiwaza (Chiba Sensei)

Ryotedori

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

Shomenuchi

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Gokyo
6. Iriminage
7. Kotegaeshi
8. Kaitenage
9. Shihonage
10. Sumiotoshi
11. Kokyunage

Tsuki

1. Ikkyo
2. Nikyo
3. Sankyo
4. Rokyo
5. Iriminage
6. Sumiotoshi
7. Kotegaeshi
8. Koshinage

Ushiro Ryotedori

1. Ikkyo
2. Nikyo
3. Sankyo
4. Yonkyo
5. Kokyunage
6. Shihonage
7. Kotegaeshi

Jo

1. 20 Jo Suburi (Saito Sensei)
2. 36 Basic Jo movement (Chiba Sensei)
3. Sansho I (Chiba Sensei)