

# AIKIKAI O SEN KAN DORNBIRN

## 3rd Kyu Grading Guidelines

100 hours of training

### Techniques Suwariwaza (All through omote & ura)

#### Shomenuchi

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

#### Katadori

1. Ikkyo through Yonkyo

#### Yokomenuchi

1. Ikkyo

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### Techniques Hanmi Handachi

#### Gyakuhanmi Katatedori

1. Sumiotoshi
2. Tenchinage
3. Shihonage

#### Ryotedori

1. Shihonage

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### Techniques Tachiwaza

#### Gyakuhanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Reversed Kotegaeshi
6. Uchikaitenage
7. Sotokaitenage
8. Kokyuhō

#### Aihanmi Katatedori

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Jujinage
6. Sumiotoshi
7. Kokyuhō

#### Katadori

1. Ikkyo through Yonkyo

#### Morotedori

1. Ikkyo
2. Nikyo
3. Iriminage
4. Kokyunage

#### Ryotedori

1. Shihonage
2. Tenchinage
3. Iriminage
4. Kotegaeshi
5. Kokyuhō

# AIKIKAI O SEN KAN DORNBIRN

## Shomenuchi

1. Ikkyo through Yonkyo
2. Iriminage
3. Shihonage
4. Kotegaeshi
5. Sotokaitenage

## Yokomenuchi

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

## Ryotedori - Suwariwaza

Sitting Kokyuhō

## Tsuki

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

## Ushiro Ryotedori

1. Ikkyo
2. Nikyo

## Ushiro Ryokatadori

1. Ikkyo

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## Weapons

### Bokken

8 Suburi (Chiba Sensei)

4 of 8 Suburi Suwariwaza (Chiba Sensei)

Kiri-Kaeshi Nr. 1 - Nagashi-Ushi

Kiri-Kaeshi Nr. 2 - Suriotoshi

### Jo

20 Jo Suburi (Saito Sensei)

36 Jo (Chiba Sensei)

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## Important for this grading

You have to know how to fold a Hakama correctly!