

AIKIKAI O SEN KAN DORN BIRN

6th 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 |

Partner Exercises

Aihanmi Katatedori

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|---------------------|-----------------------------------|
| 1. Front foot irimi | slide front foot forward in front |
| 2. Back foot irimi | step behind |
| 3. Uchikaiten | step underneath arm |

Gyakuhanmi Katatedori

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|--|---|
| 1. Front foot irimi | slide front foot forward in front |
| 2. Back foot irimi | step forward in front |
| 3. Tenkan - Tai no Henko | turn 180° |
| 4. Break the grip (Gedan, Chudan, Jodan) | |
| 5. Kaiten | front foot slides out and back foot slides in front |
| 6. Uchikaiten | slide out and underneath arm |

Techniques

Aihanmi Katatedori

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

Gyakuhanmi Katatedori

1. Kokyunage (omote & ura)
2. Uchikaitennage
3. Sumiotoshi

Ryotedori - Suwariwaza

Sitting Kokyuho

Weapons

Bokken

Shihogeri 4 directions cut
Happogeri 8 directions cut

Jo

Shomen attack
Kesa attack
Tsuki attack