



# Lancashire Aikikai

The following will be used as a guide for grading Juniors.  
Extra techniques may be specified at any grading.



## 6th Kyu

40 hours practice

Forward and Rear Ukemi  
Irimi Ashi, Tsugiashi, Tenkan, Irimi Tenkan and  
Kaiten  
Partner exercises - Irimi, Tenkan and Kaiten  
Shuto Uchi in 2 directions

### Tachiwaza

Aihanmi Ikkyo - Omote and Ura  
Gyakuhanmi Tenchinage

## 6th Kyu Ichi

40 hours practice and as previous grade plus

Forward and rear knee walking

### Suwariwaza

Tenkan and Irimi Tenkan  
Aihanmi Ikkyo - omote and ura

### Tachiwaza

Aihanmi Shihonage - omote and ura

## 6th Kyu Ni

40 hours practice and as previous grades plus

Tsuriage movement  
Shuto uchi in 4 directions

### Tachiwaza

Tsuriage movement into Ikkyo - omote and ura  
Gyakuhanmi uchi Kaiten nage  
Gyakuhanmi Shihonage - omote and ura

1st - 3rd Jo Suburi

## 6th Kyu San

40 hours practice and as previous grades plus

Torifine movement  
Shuto uchi in 8 directions  
Yokomen in 4 directions

### Taichiwaza

Gyakuhanmi Soto Kaitenage  
Suwariwaza Aihanmi Ikkyo - omote and ura

1st - 5th Jo Suburi

## 5th Kyu

40 hours practice and as previous grades plus

### Tachiwaza

Gyakuhanmi Ikkyo  
Aihanmi Tenchinage  
Aihanmi Iriminage

6th - 8th Jo Suburi

## 5th Kyu Ichi

40 hours practice and as previous grades plus

Yokomen in 8 directions

### Suwariwaza

Aihanmi Iriminage

### Tachiwaza

Aihanmi Kaitenage  
Ryotedori Ikkyo - omote and ura  
Ryotedori Shihonage - omote and ura

8th - 10th Jo Suburi

## 5th Kyu Ni

40 hours practice and as previous grades plus

Tai-sabaki against Shomenuchi and Tsuki

### Hamnihandachi

Aihanmi Shihonage

### Tachiwaza

Gyakuhanmi Iriminage  
Ryotedori Iriminage, Kaitenage

1st-10th Jo Suburi

## 5th Kyu San

40 hours practice and as previous grades plus

### Tachiwaza

Katadori Ikkyo, Iriminage  
Ryotodori Ryotemochi Shihonage, Kaitenage  
Shomenuchi Iriminage

9th - 12th Jo Suburi

## 4th Kyu

50 hours practice and as previous grades plus

Tachiwaza

Gyakuhanmi Sankyo  
Katadori Sankyo, Shihonage, Kaitenage  
Ryotodori Ryotomochi Sankyo, Iriminage  
Shomenuchi Shihonage  
Yokomenuchi Kaitenage

12th - 15th Jo Suburi

## 4th Kyu Ichi

50 hours and as previous grades plus

Yokomenuchi attack

Yokomenuchi partner exercise

Tachiwaza

Aihanmi Sankyo  
Gyakuhanmi Yonkyo  
Shomenuchi Ikkyo - Omote and Ura  
Tsuki Iriminage  
Ryotodori Tenshinage  
Munedorori Ikkyo

Suwaruwaza

Gyakuhanmi Kotegaeshi

15th - 18th Jo Suburi

## 4th Kyu Ni

50 hours practice and as previous grades plus

Kneeling Kokyu

Tachiwaza

Aihanmi Yonkyo  
Yokomenuchi Ikkyo, Shihonage  
Shomenuchi Iriminage  
Tsuki Kaitenage  
Ryotodori Ryotomochi Tenshinage  
Gyakuhanmi Sankyo  
Gyakuhanmi Kokyu

19th & 20th Jo Suburi

## 4th Kyu San

50 hours practice and as above

Suwaruwaza

Iriminage

Tachiwaza

Yokomenuchi Sankyo, Yonkyo  
Shomenuchi Kaitenage  
Ryotodori Yonkyo, Kokyu  
Ryotodori Ryotomochi Ikkyo, Sankyo  
Sodedori Ikkyo, Sankyo  
Tsuki Iriminage

Kneeling Kokyu

11th - 20th Jo Suburi

## 3rd Kyu

60 hours practice and as above

Hamnihandachi

Gyakuhanmi Ikkyo, Sankyo

Tachiwaza

Aihanmi Katate dori Kotegaeshi  
Aihanmi Katate dori Soto Kaitenage  
Aihanmi Nikkyo  
Ryotodori Ryotomochi Yonkyo  
Ushiro Ryotodori Ryotomochi Ikkyo, Sankyo  
Yokomenuchi Shihonage  
Aihanmi Kokyu nage

1st half of 1st Jo Kata

## 3rd Kyu Ichi

60 hours practice and as previous grades plus

Tachiwaza

Gyaku Hanmi Nikkyo  
Ushirowaza Ryotodori Ryotomote  
Iriminage, uchi Kaitenage, Shihonage  
Shomenuchi Kotegaeshi  
Yokomenuchi Udekimenage  
Shomenuchi Kokyu nage

Kneeling Kokyu

Whole of 1st Jo Kata

## 3rd Kyu Ni

60 hours practice and as previous grades plus

Tachiwaza

Gyakuhanmi Katagatame  
Shomenuchi Ikkyo, Sankyo, Yonkyo  
Tsuki Kotegaeshi  
Tsurriage Ikkyo, Nikkyo, Sankyo, Yonkyo

Yokomenuchi Kokyu

13 count Kata

## 3rd Kyu San

60 hours practice and as previous grades plus

Tachiwaza

Katadori, Munedorori, Sodedori techniques  
Ryotodori Nikkyo  
Yokomenuchi Ikkyo, Sankyo, Yonkyo  
Yokomenuchi Udikeminage  
Tsuki Tenshinage  
Ushiro kubijime Ikkyo, Sankyo, Yonkyo

Katatedori Kokyu

1st - 4th boken suburi

## 2nd Kyu

60 hours practice and as previous grades plus  
5 sitting techniques

5 Hanmihandachi techniques

### Tachiwaza

Aihanmi Katagatame

Ryotodori Ryotomochi Nikkyo

Ushiro kubijime Shihonage, Iriminage,  
Tenchinage, Kotegaeshi

Bokken exercises with partner

Katatedori Kokyu

Kneeling Kokyu

4th - 7th boken suburi

## 1st Kyu

60 hours practice and as previous grades plus

### Tachiwaza

Jodan tsuki Ikkyo

Ushiro kubijimi koshiwaza

Shomenuchi Nikkyo, Sankyo, Yonkyo

Shomenuchi Udekeminage

Gyakuhanmi Ukdekeminage

Yokomenuchi Kotegaeshi

Koshinage

Kokyu

3rd Kunitachi

## 2nd Kyu Ichi

60 hours practice and as previous grades plus

### Tachiwaza

Defences against Munedakishimi

Tsuki Ikkyo, Nikkyo, Sankyo Yonkyo

Ryotomochi techniques

Shomenuchi Kokyu

Basic Gyakuanmi Koshinage

Udergarami

1st - 7th boken suburi

## 1st Kyu Ichi

60 hours practice and as previous grades plus

### Suwariwaza

Kokyu nage

### Hamnihandachi

Kaitenage, Iriminage, Kokyu

### Tachiwaza

Gyakuhanmi Sumiotoshi

Shomenuchi Katagatami, Udekeminage,  
Koshinage

Tsuki Udekeminage, Katagatami

4th Kunitachi

## 2nd Kyu Ni

60 hours practice and as previous grades plus

### Tachiwaza

Ryotomochi Ryotodori techniques

Shomenuchi Tenchinage & Kotegaeshi

Basic Aihanmi Koshinage

Ushirowaza Katakubijimi Nikkyo

Ushirowaza Nikkyo, Kokyu nage

1st Kunitachi

## 1st Kyu Ni

60 hours practice and as previous grades plus

### Hamnihandachi

Kotegaeshi, Shihonage, Udekeminage

Kokyu nage

### Tachiwaza

Tsuki Tenshinage

Aihanmi Sumiotoshi

Kokyu nage

5th Kunitachi

## 2nd Kyu San

60 hours practice and as previous grades plus

### Hamnihandachi

Shomenuchi defences

### Tachiwaza

Shomenuchi & Yokomenuchi defences

Yokomenuchi Tenchinage

Maeigari Defences

Aihanmi Udekeminage

Kokyu

2nd Kunitachi

## 1st Kyu San

60 hours practice and as previous grades plus

### Hamnihandachi

Kokyu

### Tachiwaza

Koshiwaza from Shomenuchi &

Yokomenuchi and Ushiro katate kubijime

Sumiotoshi from Shomenuchi,  
Yokomenuchi, Tsuki

Two man techniques

Kokyu nage against two ukes

Futadori (holding freestyle)

3rd Jo Kata