



Lancashire Aikikai



6th Kyu

Minimum of 30 Hours practice.

Taisabaki

Irimi
Tenkan
Irimi Tenkan
Irimiashi
Kaiten
Tsugiashi

Katatedori Gyakuhanmi

Irimi
Tai no henko
Irimi Tenkan
Kaiten

Ukemi

Forwards and Backwards

Shikko

Forwards and Backwards

Tachi waza

Katatedori Aihanmi

Shihonage Omote and Ura
Iriminage Omote and Ura
Kaiten nage
Ikkyo Omote and Ura
Nikkyo

Bokken

Basic shomen uchi, yokomen uchi and tsuki

Jo

Shomen uchi; 1st 3 suburi, i.e. 2 tsuki and ushiro tsuki

Examiner may specify additional techniques as necessary

5th Kyu

Minimum of 40 Hours practice plus attendance on at least one general course

As previous grade plus:

Suwari waza

Katatedori Gyakuhanmi
Ikkyo Omote and Ura

Katatedori Aihanmi

Ikkyo Omote and Ura; Kaiten nage

Tachi waza

Shomen uchi

Iriminage
Ikkyo Omote and Ura
Nikkyo Omote and Ura

Katatedori Aihanmi

Kotegaeshi
Tenchinage
Sankyo

Katatedori Gyakuhanmi

Shihonage
Kotegaeshi
Tenchinage
Kaiten nage
Ikkyo Omote and Ura
Nikkyo

Kokyunage

Kneeling Kokyuhō

Bokken

2nd, 6th and 7th suburi; uchikomi with partner - shomen and protection variations; Awase

Jo

4th to 10th Suburi,

Examiner may specify additional techniques as necessary

4th Kyu

Minimum of 60 Hours practice plus attendance on at least two general courses.

As previous grade plus:

Suwari waza

Shomen uchi
Ikkyo and Nikkyo

Katadori
Ikkyo and Nikkyo
Kaiten nage

Hanmihandachi waza

Katatedori Gyakuhanmi
Shihonage Omote and Ura
Uchi Kaiten nage
Ikkyo

Tachi waza

Shomen uchi
Kotegaeshi
Nikkyo Omote and Ura
Sankyo Omote and Ura

Yokomen uchi
Shihonage Omote and Ura
Kotegaeshi
Iriminage Omote and Ura
Ikkyo

Chudan tsuki
Kotegaeshi Omote and Ura
Iriminage Omote and Ura
Ikkyo

Ryotedori
Shihonage Omote and Ura
Tenchinage
Ude Kimenage
Ikkyo Omote and Ura

Katatedori Aihanmi
Kokyunage

Bokken

3rd, 4th and 5th Suburi, 1st Kunitachi

Jo

11th to 20th Suburi, 1st Kata, 1st Kumijo

Examiner may specify additional techniques as necessary

3rd Kyu

Minimum of 70 Hours practice plus attendance on at least two general courses.

As previous grade plus:

Suwari waza

Shomen uchi
Kotegaeshi
Sankyo

Katadori
Sankyo

Hanmihandachi waza

Katatedori Aihanmi
Ude kimenage and Ikkyo
Uchi Kaiten nage

Tachi waza

Katatedori Aihanmi and Gyakuhanmi
All standard techniques

Morotedori
Kotegaeshi
Ikkyo Omote and Ura
Nikkyo Omote and Ura

Ryotedori
Iriminage, Kotegaeshi

Ushiro Ryotedori
Ikkyo, Rokkyo
Kotegaeshi
Shihonage, Iriminage

Shomen uchi 6 different defences

Yokomen uchi 6 different defences

Tsuki 6 different defences

Ryotedori and Ushiro Ryotedori
Koykunage

Bokken

2nd and 3rd Kunitachi

Jo

13 count kata, 2nd Kumijo

Examiner may specify additional techniques as necessary

2nd Kyu

Minimum of 80 Hours practice plus attendance on at least two general courses.

As previous grade plus:

Suwari waza

Shomen uchi
Yonkyo
Soto Kaiten nage

Ryokatadori
Ikkyo, Nikkyo
Sankyo

Chudan tsuki
Kotegaeshi
Iriminage

Jodan tsuki - Ikkyo

Hanmihandachi waza

Defences

Tachi waza

Munedori

Shihonage
Ikkyo Omote and Ura
Uchi kaiten Sankyo

Katadori Menuchi
Shihonage, Kotegaeshi
Iriminage, Ikkyo

Jodan Tsuki 6 different defences
including Ushiro Kiriotoshi

Aihanmi, Gyakuhanmi, Katadori Menuchi and Ushiro
Ryotedori attacks:
Koshinage techniques

Maegeri

Iriminage, Tenchinage

Ushiro Ryokatadori
Ikkyo, Nikkyo
Sankyo, Iriminage
Kotegaeshi

Bokken

4th and 5th Kumitachi

Jo

31 count kata, 3rd Kumijo

Examiner may specify additional techniques as
necessary

1st Kyu

Minimum of 100 Hours practice plus attendance on at least three general courses.

As previous grade plus:

Suwari waza

Ryokatadori
Sankyo
Yonkyo

Katadori Menuchi
Kotegaeshi
Iriminage
Kokyunage

Hanmihandachi waza

Defences

Tachi waza

Munedori Menuchi
5 different defences

Ushiro Katatedori Kubishime
5 different defences

Ushiro Eridori
5 different defences

Shomen uchi, Yokomen uchi, Jodan Tsuki and
Ryotedori attacks:
Koshinage

Futaridori

All attacks
Kokyunage

Bokken

6th Kumitachi

Taking bokken, using bokken to demonstrate basic
technique

Jo

4th and 5th Kumijo

Kokyunage with jo; basic technique using jo

Examiner may specify additional techniques as
necessary

1st Dan

Minimum of 1 years practice from successfully achieving 1st Kyu plus attendance on at least four general courses.

As previous grade plus:

Techniques a selection from

Suwari waza
Hanmihandachi waza
Tachi waza

Tantodori

Kotegaeshi
Ikkyo
Rokkyo
Gokyo
Shihonage
Sankyo

Futaridori

Jo

6th to 10th Kumijo

Kokyunage

As specified by the examiner

Jodori
Bokkendori

Examiner may specify additional techniques as necessary

2nd Dan

Minimum of 2 years practice from successfully achieving 1st Dan plus attendance on at least six general courses.

As previous grade plus:

Suwari waza
Hanmihandachi waza
Tachi waza

As specified by the examiner:

Tantodori
Jodori
Bokkendori
Futaridori
Taninzudori
Taninzudori against tanto, jo and bokken

Submit a written article on Aikido

Examiner may specify additional techniques as necessary

3rd Dan

Minimum of 3 years practice from successfully achieving 2nd Dan plus attendance on at least eight general courses.

As previous grade plus:

Techniques as 2nd Dan selection from

Suwari waza
Hanmihandachi waza
Tachi waza

As specified by the examiner:

Tantodori
Jodori
Bokkendori
Tachidori
Futaridori
Taninzudori
Taninzudori against tanto, jo and bokken

Submit a written article on Martial Arts

Examiner may specify additional techniques as necessary

4th Dan

Minimum of 5 years practice from successfully achieving 3rd Dan

5th Dan

Minimum of 6 years practice from successfully achieving 4th Dan