



# 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

2<sup>nd</sup>, 6<sup>th</sup> and 7<sup>th</sup> 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:

### Suwaru 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

Ryote dori  
Shihonage Omote and Ura  
Tenchinage  
Ude Kimenage  
Ikkyo Omote and Ura

Aihanmi  
Kokyunage

### Bokken

3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Suburi, 1<sup>st</sup> Kunitachi

### Jo

11<sup>th</sup> to 20<sup>th</sup> Suburi, 1<sup>st</sup> Kata, 1<sup>st</sup> 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:

### Suwaru waza

Shomen uchi  
Kotegaeshi  
Sankyo

Katadori  
Sankyo

### Hanmihandachi waza

Aihanmi Ude kimenage and Ikkyo  
Uchi Kaiten nage

### Tachi waza

Katatedori Aihanmi and Gyakuhanmi  
All standard techniques

Morote dori  
Kotegaeshi  
Ikkyo Omote and Ura  
Nikkyo Omote and Ura

Ryote dori  
Iriminage, Kotegaeshi

Ryote dori Ushiro  
Ikkyo, Rokkyo  
Kotegaeshi  
Shihonage, Iriminage

Shomen uchi 6 different defences  
Yokomen uchi 6 different defences  
Tsuki 6 different defences

Ryote dori and Ushiro Ryote dori  
Koykunage

### Bokken

2<sup>nd</sup> and 3<sup>rd</sup> Kunitachi

### Jo

13 count kata, 2<sup>nd</sup> 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

Ryote Katadori  
Ikkyo, Nikkyo  
Sankyo

Chudan tsuki  
Kotegaeshi  
Iriminage

Jodan tsuki - Ikkyo

### Hanmihandachi waza

Defences

### Tachi waza

Mune dori  
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  
Ryote dori attacks:  
Koshinage techniques

Maegeri  
Ikkyo, Iriminage

Ushiro Ryote Katadori  
Ikkyo, Nikkyo  
Sankyo, Iriminage  
Kotegaeshi

Ushiro Ryote dori  
Kokyunage

### Bokken

4<sup>th</sup> and 5<sup>th</sup> Kumitachi

### Jo

31 count kata, 3<sup>rd</sup> 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

Ryote Katadori  
Sankyo  
Yonkyo

Katadori Menuchi  
Kotegaeshi  
Iriminage  
Kokyunage

### Hanmihandachi waza

Defences

### Tachi waza

Mune dori Menuchi  
5 different defences

Ushiro Katatedori Kubishime  
5 different defences

Ushiro Eridori  
5 different defences

Shomen uchi, Yokomen uchi , Jodan Tsuki and  
Ryote dori attacks:  
Koshinage

Futari dori

All attacks  
Kokyunage

### Bokken

6<sup>th</sup> Kumitachi

Taking bokken, using bokken to demonstrate basic  
technique

### Jo

4<sup>th</sup> and 5<sup>th</sup> 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 1<sup>st</sup> Kyu plus attendance on at least four general courses.

As previous grade plus:

Techniques a selection from

Suwari waza  
Hanmihandachi waza  
Tachi waza

Tanto dori

Kotegaeshi  
Ikkyo  
Rokkyo  
Gokyo  
Shihonage  
Sankyo

Futari dori

6<sup>th</sup> to 10<sup>th</sup> Kumijo

Kokyunage

As specified by the examiner

Jo dori  
Bokken dori

Examiner may specify additional techniques as necessary

## 2nd Dan

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

As previous grade plus:

Suwari waza  
Hanmihandachi waza  
Tachi waza

As specified by the examiner:

Tanto dori  
Jo dori  
Bokken dori  
Futari dori  
Taninzu dori  
Taninzu dori against tanto, jo and bokken

Submit a written article on Aikido

Examiner may specify additional techniques as necessary

## 3<sup>rd</sup> Dan

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

As previous grade plus:

Techniques as 2<sup>nd</sup> Dan selection from

Suwari waza  
Hanmihandachi waza  
Tachi waza

As specified by the examiner:

Tanto dori  
Jo dori  
Bokken dori  
Tachi dori  
Futari dori  
Taninzu dori  
Taninzu dori against tanto, jo and bokken

Submit a written article on Martial Arts

Examiner may specify additional techniques as necessary

## 4<sup>th</sup> Dan

Minimum of 5 years practice from successfully achieving 3<sup>rd</sup> Dan

## 5th Dan

Minimum of 6 years practice from successfully achieving 4<sup>th</sup> Dan