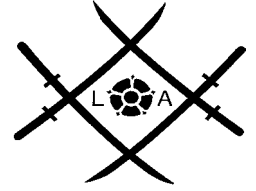


Lancashire Aikikai



6th Kyu

30 Hours practice.

Taisabaki

Irimi
Tenkan
Irimi Tenkan
Kaiten
Irimiashi
Tsugiashi

Katatedori Gyakuhanmi

Irimi
Tenkan
Irimi Tenkan
Kaiten

Ukemi

Forwards and Backwards

Shikko

Forwards and Backwards

Tachiwaza

Katatedori Aihanmi

Iriminage Omote & Ura
Kotegaeshi
Ikkyo Omote & Ura
Shihonage Omote & Ura
Uchi kaitennage
Sankyo

Shomenuchi

Iriminage

Examiner may specify additional techniques as necessary

5th Kyu

40 Hours practice plus attendance on at least one general course.

Tachiwaza

Shomenuchi

Ikkyo Omote & Ura
Nikyo Omote & Ura
Kotegaeshi

Chudan tsuki

Iriminage Omote & Ura
Kotegaeshi Omote & Ura

Katatedori Gyakuhanmi

Shihonage
Tenchinage
Ikkyo Omote & Ura
Udekimenage Omote & Ura
Kokyunage

Suwariwaza

Shomenuchi

Ikkyo Omote & Ura
Katatedori Gyakuhanmi
Ikkyo Omote & Ura
Katatedori Aihanmi
Ikkyo Omote & Ura
Katadori
Ikkyo Omote & Ura

Bokken

Basic shomen, yokomenuchi cuts and tsuki thrusts

Jo

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

Examiner may specify additional techniques as necessary

4th Kyu

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

Tachiwaza

Shomenuchi;

Sankyo Omote & Ura

Uchikaiten Sankyo

Yokomenuchi

Shihonage Omote & Ura

Iriminage Omote & Ura

Tenchinage

Kotegaeshi

Udekimenage

Chudan tsuki

Udekimenage

Rokyo

Jodan tsuki

Ikkyo Omote & Ura

Ryotedori

Shihonage Omote & Ura

Tenchinage

Udekimenage

Ikkyo Omote & Ura

Katatedori Gyakuhanmi

Nikyo Omote & Ura

Katate ryotedori

Kotegaeshi

Suwariwaza

Shomenuchi

Nikyo

Katadori

Nikyo

Ryotedori

Kokyuhō

Bokken

2nd, 6th & 7th suburi; uchikomi with partner - shomen and protection variations; 1st kumitachi

Jo

4th to 10th Suburi - 1st Kata

Examiner may specify additional techniques as necessary

3rd Kyu

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

Tachiwaza

Shomenuchi

Yonkyo Omote & Ura

Gokyo

Yokomenuchi

Ikkyo Omote & Ura

Uchikaiten Sankyo

Chudan tsuki

Soto kaitennage

Uchikaiten Sankyo

Jodan tsuki

Shihonage

Kotegaeshi

Katatedori Gyakuhanmi

Uchi kaitennage

Sankyo Omote & Ura

Yonkyo Omote & Ura

Katate ryotedori

Ikkyo Omote & Ura

Nikyo Omote & Ura

Ryotedori

Iriminage

Kotegaeshi

Kokyunage

Ryotedori Ushirowaza

Ikkyo

Rokyo

Kotegaeshi

Shihonage

Iriminage

Suwariwaza

Shomenuchi

Kotegaeshi

Sankyo

Katadori

Sankyo

Bokken

Remaining suburi, 2nd to 4th kumitachi

Jo

11th to 18th Suburi - 13 count kata

Examiner may specify additional techniques as necessary

2nd Kyu

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

Tachiwaza

Yokomenuchi

Nikyo Omote & Ura
Sankyo
Yonkyo
Gokyo
Koshinage

Munedori

Ikkyo Omote & Ura
Shihonage
Uchikaiten Sankyo

Katadori Menuchi

Shihonage
Kotegaeshi
Iriminage
Koshinage
Ikkyo

Jodan tsuki

Nikyo
Sankyo

Maegeri

Iriminage

Ushirowaza Eridori

Ikkyo

Ushirowaza Ryokatadori

Ikkyo
Nikyo
Sankyo
Iriminage
Kotegaeshi

Ushirowaza Katatedori Kubishime

Ikkyo

Suwariwaza

Shomenuchi

Yonkyo
Soto kaitennage

Ryokatadori

Ikkyo
Nikyo
Sankyo

Chudan tsuki

Kotegaeshi
Iriminage

Jodan tsuki - Ikkyo

Bokken

5th and 6th Kunitachi

Jo

19th and 20th Suburi - 31 count Kata

Examiner may specify additional techniques as necessary

1st Kyu

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

Tachiwaza

Munedori Menuchi

Ikkyo
Nikyo
Sankyo
Koshinage

Jodan tsuki

Yonkyo
Koshinage
Iriminage
Shihonage
Soto kaitennage
Ushiro kiriotoshi

Ushirowaza Ryotadori

Yonkyo
Kokyunage
Koshinage

Ushirowaza Katatedori Kubishime

Nikyo
Sankyo

Ushirowaza Eridori

Nikyo
Sankyo
Iriminage

Hanmihandachi

Katatedori Gyakuhanmi

Shihonage Omote & Ura
Uchi kaitennage
Ikkyo

Ryotadori

Shihonage

Suwariwaza

Ryokatadori

Sankyo
Yonkyo

Katadori Menuchi

Iriminage
Kotegaeshi
Kokyunage

Jo and Bokken with a partner

Taking bokken, using bokken to demonstrate basic technique

Kokyunage with jo; basic technique using jo

Examiner may specify additional techniques as necessary

1st Dan

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

Techniques a selection from

Tachiwaza
Ushirowaza
Hanmihandachi
Suwariwaza

Tantodori

Kotegaeshi
Ikkyo
Rokyo
Gokyo
Shihonage
Sankyo

As specified by the examiner

Jo dori
Bokken dori

Examiner may specify additional techniques as necessary

2nd Dan

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

Techniques as 1st Dan selection from

Tachiwaza
Ushirowaza
Hanmihandachi
Suwariwaza

As specified by the examiner:

Tantodori
Jo dori
Bokken dori
Futaridori

Submit a written article on Aikido

Examiner may specify additional techniques as

necessary 3rd Dan

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

Techniques as 2nd Dan selection from

Tachiwaza
Ushirowaza
Hanmihandachi
Suwariwaza

As specified by the examiner:

Tantodori
Jo dori
Bokken dori
Tachidori
Futaridori
Taninzudori

Submit a written article on Martial Arts

Examiner may specify additional techniques as necessary

4th Dan

5 years practice from successfully achieving 3rd Dan

5th Dan

6 years practice from successfully achieving 4th Dan