

<p style="text-align: center;">6th Kyu</p> <p style="text-align: center;">Minimum of 30 Hours practice.</p> <p>Forwards and Rear Ukemi Footwork</p> <ul style="list-style-type: none"> • Irimi ashi • Tsugiashi <p>Tai Sabaki</p> <ul style="list-style-type: none"> • Tenkan • Irimi Tenkan <p>Katatedori Gyakuhanmi</p> <ul style="list-style-type: none"> • Tenkan • Irimi • Kaiten <p>Katatedori Aihanmi Ikkyo</p> <p><u>Weapons</u> Ken: First two Ken suburi & Jo: First three suburi. Or other weapons at least equivalent agreed with your Club leader. Examiner may specify additional techniques as necessary This grade is the Lancashire Aikikai's</p>	<p style="text-align: center;">5th Kyu</p> <p style="text-align: center;">Minimum of 40 Hours practice after obtaining 6th Kyu.</p> <p>As previous grade plus: Shomen uchi</p> <ul style="list-style-type: none"> • Ikkyo • Iriminage <p>Katatedori</p> <ul style="list-style-type: none"> • Shihonage <p>Zagi Kokyuhō</p> <p><u>Weapons</u> Ken Uchikomi & 8th to 10th Jo suburi. Or other weapons at least equivalent agreed with your Club leader.</p> <p>The 5th Kyu grade and those above are Hombu grades</p>	<p style="text-align: center;">4th Kyu</p> <p style="text-align: center;">Minimum of 60 Hours practice after obtaining 5th Kyu.</p> <p>As previous grade plus: Katadori</p> <ul style="list-style-type: none"> • Nikyo <p>Yokomen uchi</p> <ul style="list-style-type: none"> • Shihonage <p>Zagi Kokyuhō</p> <p><u>Weapons</u> 1st Kunitachi and 1st Jo Kata. Or other weapons at least equivalent agreed with your Club leader.</p>
<p style="text-align: center;">3rd Kyu</p> <p style="text-align: center;">Minimum of 70 Hours practice after obtaining 4th Kyu.</p> <p>As previous grade plus: <u>Zagi</u> Shomen uchi</p> <ul style="list-style-type: none"> • Ikkyo • Nikyo • Sankyo • Yonkyo <p><u>Tachi waza</u> Shomen uchi</p> <ul style="list-style-type: none"> • Nikyo • Sankyo • Yonkyo • Kotegaeshi <p>Tsuki</p> <ul style="list-style-type: none"> • Iriminage • Kotegaeshi <p>Ryotodori</p> <ul style="list-style-type: none"> • Shihonage • Tenchinage <p>Zagi Kokyuhō</p> <p><u>Weapons</u> 2nd Kunitachi and 1st & 2nd Kumijo. Or other weapons at least equivalent agreed with your Club leader.</p>	<p style="text-align: center;">2nd Kyu</p> <p style="text-align: center;">Minimum of 80 Hours practice after obtaining 3rd Kyu.</p> <p>As previous grade plus: <u>Zagi</u> Katadori</p> <ul style="list-style-type: none"> • Ikkyo • Nikyo • Sankyo • Yonkyo <p><u>Hanmihandachi</u> Katatedori</p> <ul style="list-style-type: none"> • Shihonage <p><u>Tachi waza</u> Katadori</p> <ul style="list-style-type: none"> • Sankyo • Yonkyo <p>Katatedori</p> <ul style="list-style-type: none"> • Iriminage • Kotegaeshi • Kaiten nage • Jiyuwaza <p>Zagi Kokyuhō</p> <p><u>Weapons</u> 5th Kunitachi and 6th & 7th Kumijo. Or other weapons at least equivalent agreed with your Club leader</p>	<p style="text-align: center;">1st Kyu</p> <p style="text-align: center;">Minimum of 100 Hours practice after obtaining 2nd Kyu.</p> <p>As previous grade plus: <u>Zagi</u> Yokomen-uchi</p> <ul style="list-style-type: none"> • Ikkyo • Nikyo • Sankyo • Yonkyo <p><u>Hanmihandachi</u> Ryotodori</p> <ul style="list-style-type: none"> • Shihonage <p><u>Tachiwaza</u> Shomen-uchi</p> <ul style="list-style-type: none"> • Kaiten-nage <p>Yokomen-uchi</p> <ul style="list-style-type: none"> • Ikkyo • Nikyo • Sankyo • Yonkyo • Gokyo <p>Tsuki</p> <ul style="list-style-type: none"> • Kaiten-nage <p>Ryotodori & Morotodori</p> <ul style="list-style-type: none"> • Jiyuwaza <p>Ushiro Ryotodori</p> <ul style="list-style-type: none"> • Ikkyo • Nikyo • Sankyo • Yonkyo <p>Zagi and Tachiwaza: Kokyuhō</p> <p><u>Weapons</u> Demonstrate with ken and jo to show your skills and knowledge through solo and partnered work. Including showing the relationship to 'body' aikido</p>
<div style="border: 1px dashed black; padding: 5px; margin: 5px 0;"> <ul style="list-style-type: none"> • Examiner may specify additional techniques as necessary • Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop". </div> <p style="text-align: right;">Correction 2022</p>		