



Graderingsystem Kenshinkai Aikido Visby

Vuxengrader

6:e kyu

Minst 20 pass

Mae ukemi (grund)
Ushiro ukemi (grund)

Tai Sabaki: Kaiten, Tenkan, Irimi tenkan

<u>Tachi wasa</u>	<u>A t t a c k f o r m</u>
Tai no tenkan	Katate dori
Ikkyo	Aihamni
Tenchi nage	Ryote dori (pos, neg)

<u>Suwari wasa</u>	
Kokyu ho	Ryote dori

Shikko mae

5:e kyu

Minst 30 pass efter 6 kyu

Tidigare grad
Mae ukemi (från stående)
Ushiro ukemi (från stående)

<u>Tachi wasa</u>	<u>A t t a c k f o r m</u>
Ikkyo	Shomen uchi
Shiho nage	Aihamni
Irimi nage	Aihamni
	Shomen uchi
Tenchi nage	Katate dori
Kote gaeshi	Aihamni

<u>Suwari wasa</u>	
Ikkyo	Aihamni

Shikko ushiro

4:e kyu

Minst 40 pass efter 5 kyu

<u>Tachi wasa</u>	<u>A t t a c k f o r m</u>
Ikkyo	Katate dori
	Kata dori
Nikyo	Katate dori
	Kata dori
	Aihamni
Sankyo	Ushiro ryote dori
	Aihamni
Kote gaeshi	Shomen uchi
	Katate dori

Shiho nage	Yokomen uchi
Irimi nage	Katate dori
Uchi kaiten nage	Katate dori
Ude kime nage	Aihamni
	Katate dori
	Yokomen uchi

Kokyo ho	Katate dori
Jiyuwasa	Aihamni

<u>Suwari wasa</u>	
Irimi nage	Aihamni
	Shomen uchi

Shikko kaiten

3:e kyu

Minst 50 pass efter 4 kyu

Tidigare grader

<u>Tachi wasa</u>	<u>A t t a c k f o r m</u>
Ikkyo	Katate ryote dori
	Ryote dori
	Yokomen uchi
	Ushiro ryote dori
Nikyo	Katate ryote dori
	Shomen uchi
	Yokomen uchi
	Ushiro ryote dori

Sankyo	Shomen uchi
	Yokomen uchi
Yonkyo	Shomen uchi
	Yokomen uchi
Kote gaeshi	Ushiro ryote dori
	Katate ryote dori
	Yokomen uchi

Shiho nage	Katate dori
	Ryote dori
	Ushiro ryote dori
Irimi nage	Ushiro ryote dori
	Yokomen uchi

Soto kaiten nage	Katate dori
Ude kime nage	Katate ryote dori
Jiyuwasa	Katate dori
Tenchi nage	Ryote dori (höga fall)

<u>Suwari wasa</u>	
Nikyo	Katate dori
	Shomen uchi

<u>Hanmi handachi wasa</u>	
Shiho nage	Katate dori
Irimi nage	Shomen uchi

På alla grader gäller att man skall kunna utföra tidigare graders tekniker och fall med större säkerhet.

2:a kyu*Minst 70 pass efter 3 kyu*

Tidigare grader

Tachi wasa

Ikkyo

Nikyo

Sankyo

Gokyo

Kote gaeshi

Shiho nage

Irimi nage

Soto kaiten nage

Uchi kaiten nage

Hiji kime osai

Sumi otoshi

Aiki otoshi

Koshi nage

Juji garami

Kokyu ho

Jiyuwasa

Irimi nage

Kote gaeshi

Suwari wasa

Sankyo

Kote gaeshi

Hanmi handachi wasa

Shiho nage

Soto kaiten nage

Uchi kaiten nage

A t t a c k f o r m

Kata dori men uchi

Ushiro ryo kata dori

Kata dori men uchi

Ushiro ryo kata dori

Katate dori

Kata dori

Kata dori men uchi

Ushiro ryo kata dori

Yokomen uchi

Ryote dori

Kata dori men uchi

Kata dori men uchi

Katate ryote dori

Ryote dori

Chudan tsuki

Kata dori men uchi

Shomen uchi

Shomen uchi

Jodan tsuki

Katate dori

Ushiro ryo kata dori

Aihamni

Ushiro ryote dori

Ushiro ryo kata dori

Shomen uchi

Shomen uchi (höga fall)

Shomen uchi (höga fall)

Shomen uchi

Shomen uchi

Ryote dori

Katate dori

Katate dori

1:a kyu*Minst 80 pass efter 2 kyu*

Tidigare grader

Jo: 13 katan**Bokken:** Hugg i åtta riktningar**Tachi wasa**

Ikkyo

Nikyo

Sankyo

Gokyo

Kote gaeshi

Kokyu ho

Shiho Nage

Kaiten osae

Juji gararmi

Koshi nage

Shiho nage

Jiyuwasa

A t t a c k f o r m

Ushiro eri dori

Jodantsuki

Chudan tsuki

Jodan tsuki

Chudan tsuki

Jodan tsuki

Shomen uchi

Chudan tsuki

Ushiro eri dori

Katate ryote dori

Muna dori

Shomen uchi

Jodan tsuki

Ushiro eri dori

Ushiro katate dori kubishime

Kata dori

Katate ryote dori

Katate dori

Aihamni (höga fall)

Yokomen uchi

Ushiro ryote dori

Kata dori men uchi

Katate ryote dori

Ryote dori

Hanmi handachi wasa

Ushiro ryo kata dori

Kokyo nage

Kote gaeshi

Sankyo

På alla grader gäller att man skall kunna utföra tidigare graders tekniker och fall med större säkerhet.