

# Lancashire Aikikai Dan Grading Guidance

## Guidance & Guidelines for Dan Gradings

Item	Guidance & Guidelines from our Technical Director for those grading and their Ukes
Grading Examiners	<p>Sensei will conduct the grading but will select sub-examiners from senior Dan Grades</p> <p>After the grading, Sensei will ask for opinion/comment from the sub-examiners</p> <p>This is likely to be on the mat (not in private)</p> <p>Sensei will then give result</p>
Uke Selection	<p>Dan grade candidates should pick their own ukes, so they are free to show off their best Aikido.</p> <p>Ideally select ukes equal to or +/- one grade from grade being tested for, or as near as possible</p>
Hakama	<p>1st Kyu candidates testing for Shodan should not wear Hakama</p>
Bowling Etiquette	<p>Candidates get called up by Sensei</p> <p>Ukes will then called up</p> <p>Candidates bow to ukes "otagai ni rei"</p> <p>All bow to Sensei/Kamiza Firstly "shomen ni rei", to the shrine or picture</p> <p>Extra ukes get sent to the side of the mat</p> <p>After the grading, all bow to Sensei/Kamiza "shomen ni rei"</p> <p>Candidates bow to ukes "otagai ni rei"</p> <p>All return to the edge of the mat and sit down</p>
Showing Techniques	<p>When asked to do a range of techniques e.g., Ikkyo through to Sankyo, candidates should do each one only twice (omote &amp; ura). It is not necessary to demonstrate everything on left and right.</p> <p>When asked to do a specific technique - continue until Sensei says change.</p> <p>Sensei's note: Omote (direct) technique is ok sometimes but Sensei feels that we (in the LA) are generally too static and direct. On gradings, especially, try to turn as much as possible and use lots of balance taking using tenkan movement.</p>

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Reminder Katadori Shomen-uchi	Grip and attack at same time. It is one combined attack Preference is to receive the Shomen and return, rather than direct. Or project into Kokyu
Reminder Grabs - Katadori Sodedori	Grab to shoulder Grip to elbow / sleeve
Hanmi Handachi Katatedori	Show Shihonage variations. Don't forget the Kesa cut – to start Also show Kaiten nage variations (Soto & Uchi)
Jiyuwaza Randori	Means one attacker, usually attacking with one type of attack, such as shomenuchi. Uke can utilise any technique against the attack including kokyunage Note: In the LA we tend to keep Kokyu and Randori separate. Sensei doesn't tend to distinguish this way so add plenty of kokyunage into your randori
Futarigake 2-Person attack	Means any attack from two people with any defence. Start with simultaneous (2-man) attack from static and develop into moving as first attacker grabs, maybe moving one attacker first and then the second Then move to free 2-person attack
Taninzugake 3-Person attack	Means three or more attackers, free attack with free defense technique Start with 3rd attacker coming in from rear grabbing wrist and around neck then move on to free multiple attack