

<p style="text-align: center;"><b>6th Kyu</b></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"> <li>• Irimi ashi</li> <li>• Tsugiashi</li> </ul> <p>Tai Sabaki</p> <ul style="list-style-type: none"> <li>• Tenkan</li> <li>• Irimi Tenkan</li> </ul> <p>Katatedori Gyakuhanmi</p> <ul style="list-style-type: none"> <li>• Tenkan</li> <li>• Irimi</li> <li>• Kaiten</li> </ul> <p>Katatedori Aihanmi Ikkyo</p> <p><u>Weapons</u> Ken: First two Ken suburi &amp; 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;"><b>5th Kyu</b></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"> <li>• Ikkyo</li> <li>• Iriminage</li> </ul> <p>Katatedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p>Zagi Kokyuhō</p> <p><u>Weapons</u> Ken Uchikomi &amp; 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;"><b>4th Kyu</b></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"> <li>• Ikkyo</li> <li>• Nikyo</li> </ul> <p>Shomen uchi</p> <ul style="list-style-type: none"> <li>• Nikyo</li> </ul> <p>Yokomen uchi</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <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;"><b>3rd Kyu</b></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"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Tachi waza</u> Shomen uchi</p> <ul style="list-style-type: none"> <li>• Sankyo</li> <li>• Yonkyo</li> <li>• Kotegaeshi</li> </ul> <p>Tsuki</p> <ul style="list-style-type: none"> <li>• Iriminage</li> <li>• Kotegaeshi</li> </ul> <p>Ryotedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> <li>• Tenchinage</li> </ul> <p>Zagi Kokyuhō</p> <p><u>Weapons</u> 2nd Kunitachi and 1st &amp; 2nd Kumijo. Or other weapons at least equivalent agreed with your Club leader.</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> <li>• Examiner may specify additional techniques as necessary</li> <li>• Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".</li> </ul> </div>	<p style="text-align: center;"><b>2nd Kyu</b></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"> <li>• Ikkyo</li> <li>• Nikyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Hanmihandachi</u> Katatedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p><u>Tachi waza</u> Katadori</p> <ul style="list-style-type: none"> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p>Katatedori</p> <ul style="list-style-type: none"> <li>• Iriminage</li> <li>• Kotegaeshi</li> <li>• Kaiten nage</li> <li>• Jiyuwaza</li> </ul> <p>Zagi Kokyuhō</p> <p><u>Weapons</u> 5th Kunitachi and 6th &amp; 7th Kumijo. Or other weapons at least equivalent agreed with your Club leader</p>	<p style="text-align: center;"><b>1st Kyu</b></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"> <li>• Ikkyo</li> <li>• Nikkyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <p><u>Hanmihandachi</u> Ryotedori</p> <ul style="list-style-type: none"> <li>• Shihonage</li> </ul> <p><u>Tachiwaza</u> Shomen-uchi</p> <ul style="list-style-type: none"> <li>• Kaiten-nage</li> </ul> <p>Yokomen-uchi</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikkyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> <li>• Gokyo</li> </ul> <p>Tsuki</p> <ul style="list-style-type: none"> <li>• Kaiten-nage</li> </ul> <p>Ryotedori &amp; Morotedori</p> <ul style="list-style-type: none"> <li>• Jiyuwaza</li> </ul> <p>Ushiro Ryotedori</p> <ul style="list-style-type: none"> <li>• Ikkyo</li> <li>• Nikkyo</li> <li>• Sankyo</li> <li>• Yonkyo</li> </ul> <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>