

Lancashire Aikikai Dan Grading - Guidance & Guidelines

Item	Guidance & Guidelines from our Technical Director for those grading and their Ukes
Grading Examiners	<p>Mimuro 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>
Bowing Etiquette	<p>Candidates and ukes will be called out to kneel in front of Sensei</p> <p>At the beginning of the grading</p> <ul style="list-style-type: none"> • All bow to Sensei /Kamiza (Sensei may say “shomen ni rei” but candidates should initiate this bow - see below) • Candidate then bows to Ukes (Sensei may indicate this by saying "otagai ni rei" but don't wait for this to happen) • Extra ukes get sent to the side of the mat <p>## You should automatically bow to Sensei out of respect and politeness as he would not ask you to bow to him. That is not how its done.</p> <p>At the end of the grading</p> <ul style="list-style-type: none"> • Candidate bows to Ukes • Both uke and candidate wait in position for opinions from Sensei and sub examiners on the grading outcome. • All bow to Sensei /Kamiza • All return to the edge of the mat and sit down <p>Again Sensei may help to guide by saying “otagai ni rei” for bow to ukes and “Shomen ni rei” for bow to him but don't expect this or wait for it.</p>

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<p>Showing Techniques</p>	<p>When asked to do a range of techniques e.g., Ikkyo through to Sankyo, candidates should do each one only twice (omote & 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>
<p>Reminder Katadori Shomen-uchi</p>	<p>Grip and attack at same time. It is one combined attack</p> <p>Preference is to receive the Shomen and return, rather than direct. Or project into Kokyu</p>
<p>Reminder Grabs - Katadori Sodedori</p>	<p>Grab to shoulder</p> <p>Grip to elbow / sleeve</p>
<p>Hanmi Handachi Katatedori</p>	<p>Show Shihonage variations.</p> <p>Don't forget the Kesa cut – to start</p> <p>Also show Kaiten nage variations (Soto & Uchi)</p>
<p>Jiyuwaza Randori</p>	<p>Means one attacker, usually attacking with one type of attack, such as shomen uchi. Uke can utilise any technique against the attack including kokyunage</p> <p>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</p>
<p>Futarigake 2-Person attack</p>	<p>Means any attack from two people with any defence.</p> <p>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</p> <p>Then move to free 2-person attack</p>
<p>Taninzugake 3-Person attack</p>	<p>Means three or more attackers, free attack with free defense technique</p> <p>Start with 3rd attacker coming in from rear grabbing wrist and around neck then move on to free multiple attack</p>