

Borås Aikidoklubb

Graderingskrav för kyugrader

6 kyu

Minst 20 pass och 3 månader.

Tachiwaza

Tai no henko

Morotedori kokyu ho

Shomen uchi ikkyo (omote waza & ura waza)

Ai-hanmi katatedori kotegaeshi

Ryotedori tenchinage

Suwariwaza

Kokyu ho

Ukemi

Mae & uchiro

Shikko

5 kyu

Minst 20 pass och 4 månader.

Tachiwaza

Tai no henko ki no nagare

Ai-hanmi katatedori ikkyo (omote waza & ura waza)

Gyaki-hanmi katatedori ikkyo (omote waza & ura waza)

Gyaki-hanmi katatedori shihonage (omote waza & ura waza)

Katadori nikyo

Shomenuchi iriminage

Kokyunage, 3 valfria

Suwariwaza

Kokyu ho, 2 valfria

Bukiwaza

Bokken: 1-7 suburi

Jo: 1-5 subori

Roku no jo

4 kyu

Minst 40 pass och 6 månader.

Tachiwaza

Shomenuchi: ikkyo (omote waza & ura waza), nikyo (omote waza & ura waza),
sankyo (omote waza & ura waza), kotegaeshi

Katatedori kaitennage (soto mawari & uchi mawari)

Yokomenuchi: ikkyo (omote waza), shihonage (omote waza),
kotegaeshi, samtliga i ki no nagare

Kokyunage: 6 valfria

Suwariwaza

Kokyu ho, 3 valfria

Bukiwaza

Bokken: migi no awaze, hidari no awaze, go no awaze, shichi no awaze

Jo: 1-10 subori

31-kata

3 kyu

Minst 50 pass och 9 månader.

Tachiwaza

Shomenuchi: ikkyo, nikyo, sankyo, yonkyo (samtliga omote waza & ura waza)

Yokomenuchi gokkyo

Tsuki: ikkyo, kotegaeshi

Katatedori iriminage (jodan, chudan & gedan)

Ushiro ryotedori: koshinage, shihonage (omote waza & ura waza)

Kokyunage: 12 valfria

Suwariwaza

Shomenuchi: ikkyo, nikyo, sankyo, yonkyo (omote waza & ura waza)

Yokomenuchi gokkyo

Bukiwaza

Bokken: shiho giri & happo giri

Jo: 1-20 subori

13-kata

2 kyu

Minst 50 pass och 12 månader.

Tachiwaza

Yokomenuchi: ikkyo, nikyo, sankyo, yonkyo (omote waza & ura waza),
iriminage (kihon & ki no nagare)

Uchiro ryotedori: ikkyo, nikyo, sankyo, koshinage, jujigarami

Kokyunage: 20 valfria

Jiuwaza

Hanmi handachiwaza

Katatedori shihonage

Ryotedore shihonage

Bukiwaza

Bokken: 1-5 kumitachi & ki musubi no tachi, 5 tachidori,

Jo: 5 jodori, 5 jonage

1 kyu

Minst 60 pass och 12 månader.

Tachiwaza

Morotedori kokyu ho, 5 versioner

Samtliga attacker: ikkyo, nikyo, sankyo, yonkyo, shihonage, kotegaeshi, iriminage,
koshinage, tenchinage, jujigarami, kaitennage

Kokyunage

Jiuwaza

Hanmi handachiwaza

Katatedori: kaitennage (soto mawari & uchi mawari), shihonage (omote waza)

Shomenuchi: kotegaeshi, iriminage

Suwariwaza

Samtliga attacker: ikkyo, nikyo, sankyo, yonkyo, gokyo

Kokyu ho, 5 valfria

Bukiwaza

Ken tai jo: choku barai, kaeshi barai, kaiten barai

Tankendori/Tantodori: 5 valfria

31 kumi jo

13 kumi jo