

# Graderingspensum for Renshin Aikido Dojo

## 6. kyu

### Øvelser og fallteknikk

Ukemi  
Mae (forover)  
Ushiro (bakover)

Ikkyo undo  
Mae  
Ushiro  
Shiho

Taisabaki  
Irimi tenkan  
Tenkan  
Kaiten  
Irimi sokumen  
Tsugiashi

Shikko  
Mae  
Ushiro

### Tachi waza

Tai no tenkan ho  
Katatedori

Ikkyo  
Ai hanmi katatedori

Shiho nage  
Katatedori

Irimi nage  
Shomen uchi

### Suwari waza

Kokyo ho  
Ryotedori

## 5. kyu

Inkl. 6. kyu

### Øvelser og fallteknikk

Tobikoshi ukemi  
2 varianter

Ikkyo undo  
Happo (8 retninger)

Shikko  
Irimi tenkan

### Tachi waza

Ikkyo  
Shomen uchi

Nikyo  
Ai hanmi katatedori

Shiho nage  
Ai hanmi katatedori

Irimi nage  
Ai hanmi katatedori

Tenchi nage  
Ryotedori (irimi)

Kokyo nage  
Katatedori (min. 2 varianter)

### Suwari waza

Ikkyo  
Shomen uchi

## 4. kyu

Inkl. 6. - 5. kyu

### Våpenteknikker

7 Bokken suburi

### Tachi waza

Ikkyo  
Katatedori  
Katadori

Nikyo  
Katadori  
Katatedori

Sankyo  
Ushiro ryotedori  
Ai hanmi katatedori

Kote gaeshi  
Ai hanmi katatedori  
Shomen uchi  
Chudan tsuki

Shiho nage  
Yokomen uchi

Irimi nage  
Katatedori

Tenchi nage  
Ryotedori (tenkan)

Uchi kaiten nage  
Katatedori

Kokyo nage  
Katatedori (min. 4 varianter)

Udekimi nage  
Ai hanmi katatedori  
Katatedori  
Yokomen uchi

Kokyo ho  
Katatedori

### Suwari waza

Irimi nage  
Ai hanmi katatedori  
Shomen uchi

Ikkyo  
Ai hanmi katatedori  
Katadori

## 3. kyu

Inkl. 6. - 4. kyu

### Våpenteknikker

20 Jo suburi

### Tachi waza

Ikkyo  
Katate ryotedori  
Ryotedori  
Yokomen uchi  
Ushiro ryotedori

Nikyo  
Katate ryotedori  
Shomen uchi  
Yokomen uchi  
Ushiro ryotedori

Sankyo  
Shomen uchi  
Yokomen uchi

Yonkyo  
Shomen uchi  
Yokomen uchi

Kote gaeshi  
Ushiro ryotedori  
Katate ryotedori  
Yokomen uchi

Shiho nage  
Ryotedori  
Ushiro ryotedori

Irimi nage  
Ushiro ryotedori  
Yokomen uchi

Soto kaiten nage  
Katatedori

Udekimi nage  
Katate ryotedori  
Ushiro ryotedori

Kokyo nage  
Diverse grep

Kokyo ho  
Katate ryotedori

### Suwari waza

Ikkyo  
Katatedori

Nikyo  
Katatedori  
Katadori  
Shomen uchi

Sankyo  
Shomen uchi

Yonkyo  
Shomen uchi

Kote gaeshi  
Shomen uchi

### Hanmi handachi waza

Shiho nage  
Katatedori

Uchi kaiten nage  
Katatedori

Irimi nage  
Shomen uchi

## 2. kyu

Inkl. 6. - 3. kyu

### *Våpenteknikker*

Bokken uchikomi - hanmi, zengo, shiho, happo

Bokken uchikomi tsuki

Bokken uchikomi fumikomi tsuki

13 Jo no kata

### *Tachi waza*

Ikkyo

Katadori menuchi

Ushiro ryokatadori

Ushiro ryo hijidori

Chudan tsuki

Nikyo

Katadori menuchi

Ushiro ryokatadori

Sankyo

Katatedori

Katadori

Katadori menuchi

Ushiro ryotedori

Yonkyo

Katatedori

Katadori

Gokyo

Yokomen uchi

Kote gaeshi

Ryotedori

Katadori menuchi

Shiho nage

Katadori menuchi

Shomen uchi

Irimi nage

Katate ryotedori

Ryotedori

Chudan tsuki

Katadori menuchi

Soto kaiten nage

Shomen uchi

Uchi kaiten nage

Shomen uchi

Kokyu nage

Diverse slag

Hijikime osae

Jodan tsuki

Sumiotoshi

Katatedori

Aiki otoshi

Ushiro ryokatadori

Koshi nage

Ai hanmi katatedori

Katatedori

Juji garami

Ushiro ryotedori

Kokyu ho

Mae ryokatadori

Ushiro ryokatadori

Ushiro ryotedori

### *Suwari waza*

Ikkyo

Ryokatadori

Yokomen uchi

Nikyo

Ryokatadori

Yokomen uchi

Sankyo

Katadori

Yokomen uchi

Yonkyo

Yokomen uchi

Gokyo

Yokomen uchi

Kote gaeshi

Katatedori

Iriminage

Katatedori

Yokomen uchi

### *Hanmi handachi waza*

Kote gaeshi

Shomen uchi

Shiho nage

Ryotedori

Soto kaiten nage

Katatedori

## 1. kyu

Inkl. 6. - 2. kyu

### *Våpenteknikker*

22 Jo no kata

31 Jo no kata

Tachi waza

Ikkyo

Ushiro eridori

Jodan tsuki

Diverse variasjoner

Nikyo

Chudan tsuki

Jodan tsuki

Diverse variasjoner

Sankyo

Chudan tsuki (uchi kaiten)

Chudan tsuki (soto kaiten)

Jodan tsuki

Diverse variasjoner

Yonkyo

Diverse variasjoner

Gokyo

Shomen uchi

Kote gaeshi

Chudan tsuki

Ushiro eridori

Ushiro katatedori kubishime

Shiho nage

Munadori

Jodan tsuki

Ushiro eridori

Ushiro katatedori kubishime

Irimi nage

Jodan tsuki

Kaiten nage

Jodan tsuki

Chudan tsuki

Diverse variasjoner

Juji garami

Katate ryotedori

Udekimi nage

Munadori

Jodan tsuki

Ushiro eridori

Ushiro katatedori kubishime

Diverse variasjoner

Hijikime osae

Ushiro eridori

Jodan tsuki

Diverse variasjoner

Koshi nage

Diverse grep og slag

Kokyu ho

Diverse slag

Sumiotoshi

Diverse variasjoner

### *Suwari waza*

Gokyo

Shomen uchi

Kote gaeshi

Yokomen uchi

### *Hanmi handachi waza*

Ikkyo

Shomen uchi

Nikyo

Shomen uchi

Katatedori

Gokyo

Shomen uchi

Irimi nage

Ai hanmi katatedori

Shomen uchi