

1st Kyu – Grading Sheet

Main topic: attentive relation to uke, good use of space; fluent and confident execution of all basic techniques ("shodan mock exam"); strong sense of etiquette and zanshin

- Min. requirements: since 2nd kyu 12 months of practice and 60 keikos (120 h); right at the beginning of this preparation, decide in front of which jury you later want to take your shodan exam; participation in 3 weekend seminars or a week-long seminar taught by members of this jury
- Commit to grading and choose main uke 3 months ahead of the exam
- Prepare autonomously by practising with your uke and fellow candidates outside regular classes
- Minimum age is 17¹
- Grading fee: 35 EUR per person (only once per grade)
- Please also read the grading procedures guideline:
https://aikido-oberursel.de/ado_docs/ADO_Grading_Guide_EN.pdf

Beginning

Bow to kamiza:
„Shomen ni rei“

Bow to partner:
„Otagai ni rei“ – „Onegai shimasu“

A) Tai Jutsu

Choice of techniques from the curriculum of 1st kyu (see page 2):

Suware Waza

Hanmi Handachi Waza

Tachi Waza

Ushiro Waza

Jiyu Waza from Shomen Uchi

Each technique is shown in omote and ura alternatingly (where applicable).

The jury may change ukes during the grading.

At any point, „kotai“ (role change) may be asked for.

B) Buki Waza

Tanto Dori

- 3 disarming techniques from Shomen Uchi, Chudan Tsuki and Ushiro Tsuki

End

„Owari masho“

Bow to partner:
„Otagai ni rei“ – „Arigato gosai mashita“

Bow to kamiza:
„Shomen ni rei“

¹ In exceptional and justifiable cases, minimum age may be lowered at the sole discretion of the head of the dojo.

176 Techniken/techniques (Δ 49)	Suwari Waza						Hanmi Handachi Waza			Tachi Waza																				
	(Gyaku Hanmi) Katate Dori	Ai Hanmi Katate Dori	Ryote Dori	Kata Dori	Ryokata Dori	Shomen Uchi	Yokomen Uchi	(Gyaku Hanmi) Katate Dori	Ryote Dori	Shomen Uchi	Ushiro Ryokata Dori	Ushiro Waza						Mae Waza												
Ushiro Ryote Dori*												Ushiro Ryo Hiji Dori	Ushiro Ryokata Dori	Ushiro Eri Dori	Ushiro Katate Dori Kubi Shime	Ushiro Kakaie Dori	(Gyaku Hanmi) Katate Dori	Ai Hanmi Katate Dori	Ryote Dori	Morote Dori**	Kata Dori	Ryokata Dori	Kata Dori Men Uchi	Muna Dori	Shomen Uchi	Yokomen Uchi	Chudan Tsuki	Jodan Tsuki		
Ikkyo	3	5		3		4	1	1		1		3		2	1		1	4	5	3	3	4	1	2		5	3	1	2	
Nikyo	3	3		3		3	1					3		2				4	4	3	3	4	1	2		4	3	1	2	
Sankyo	3	3				3	1				1	4	1	2		1		3	3	3	3	3	1	2		3	3	1	2	
Yonkyo	2	2				2	1					2		2				2	2	2	2	2	1	2		2	2	1	2	
Gokyo																											1	1		
Shiho Nage								3	2			3			1	1		4	5	3	3			2	1	3	4	1	1	
Ude Kime Nage												3						4	5	3	3					3	4			
Irimi Nage	2	4				4	1			3		2			1		4	5	2	2		1	2		5	3	1	1		
Kote Gaeshi	2	2				2	1			3	1	2			1	1		4	5	2	2			2		5	3	1		
Tenchi Nage																		5		6										
Uchi Kaiten Nage								2										4								2				
Soto Kaiten Nage								2										3								2				
Uchi Kaiten Sankyo																			1						1					
Kaiten Osae***																		1												
Kokyu Nage											1	3	3	3			1	6			3		3	3	1	1	2			
Kokyu Nage Naname****												2	2	2				6			3		2				2			
Hiji Kime Osae																													2	
Juji Garami												1									2									
Koshi Nage															1			2	1							1				
Sumi Otoshi																		2												
Aiki Otoshi														1																
Ushiro Kiri Otoshi																											1			
Kokyu Ho			6																											

* "Ushiro Tekubi Dori"

** "Katate Ryote Dori"

*** "Ude Garami"

**** "Sokumen Irimi Nage", "Kokyu Ho"

Gültig ab 1. Dezember 2018
Effective from 1 December 2018