

2nd Kyu – Grading Sheet

Main topic: timing and distance (ma-ai) in dynamic attacks; confident ukemi; clear zanshin

- Min. requirements: since 3rd kyu 12 months of practice and 60 keikos (120 h), participation in 3 seminars, one of them an international or nation-wide seminar outside of Oberursel
- 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 16¹
- Grading fee: 30 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 2nd kyu (see page 2):

Suwari Waza

Hanmi Handachi Waza

Tachi Waza

Ushiro Waza

Jiyu Waza from Katate Dori

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

Jo

- 7 kata

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.

127 Techniken/techniques (Δ 51)	Suwari Waza						Hanmi Handachi Waza			Tachi Waza																			
										Ushiro Waza							Mae 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 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					3		2					4	5	3	3	4		2		5	3		2
Nikyo	3	3		3		3					3		2					4	4	3	3	4		2		4	3		2
Sankyo	3	3				3					4		2					3	3	3	3	3		2		3	3		2
Yonkyo	2	2				2					2		2					2	2	2	2	2		2		2	2		2
Shiho Nage							3	2			3							4	5	3	3			2		3	4		
Ude Kime Nage											3							4	5	3	3					3	4		
Irimi Nage	2	4				4			3		2							4	5	2	2		2		5	3			
Kote Gaeshi	2	2				2			3		2							4	5	2	2		2		5	3			
Tenchi Nage																		5		6									
Uchi Kaiten Nage							2											4							2				
Soto Kaiten Nage							2											3							2				
Kokyu Nage											3	3	3					6			3		3	3			2		
Kokyu Nage Naname***											2	2	2					6			3		2				2		
Hiji Kime Osae																													2
Juji Garami																					2								
Koshi Nage																		2											
Sumi Otoshi																		2											
Kokyu Ho			6																										

* "Ushiro Tekubi Dori"

** "Katate Ryote Dori"

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

Gültig ab 1. Dezember 2018
Effective from 1 December 2018