

## 3rd Kyu – Grading Sheet

**Main topic:** confident execution of techniques, visible use of the center (tanden)

- Min. requirements: since 4th kyu 9 months of practice and 45 keikos (90 h), participation in two seminars
- Self-reliant grading preparation is expected, e.g. by practising with fellow candidates outside regular classes
- Minimum age is 14<sup>1</sup>
- Grading fee: 25 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](https://aikido-oberursel.de/ado_docs/ADO_Grading_Guide_EN.pdf)

### Beginning

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**Bow to kamiza:**  
„Shomen ni rei“

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

### A) Tai Jutsu

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Choice of techniques from the curriculum of 3rd kyu (see page 2):

**Suware Waza**

**Hanmi Handachi Waza**

**Tachi Waza**

**Ushiro Waza**

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

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

### B) Buki Waza

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**Bokken**

- Bokken drawing (nuki) & sheathing (noto)
- Suburi 1-3
- Shihogiri

### End

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„Owari masho“

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

**Bow to kamiza:**  
„Shomen ni rei“

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

76 Techniken/techniques (Δ 45)	Suwari Waza						Hanmi Handachi Waza			Tachi Waza																				
										Ushiro Waza						Mae Waza														
Prüfungsordnung / Exam Requirements Aikido-Dojo Oberursel 3. Kyu	(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 Hijji Dori	Ushiro Ryokata Dori	Ushiro Eri Dori	Ushiro Katate Dori Kubi Shime	(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					4	5	3	3	4					5	3		
	Nikyo	3	3		3	3							3					4	4	3	3	4					4	3		
	Sankyo	3	3			3							4					3	3	3	3	3					3	3		
	Shiho Nage							3					3					4	5	3	3						3	4		
	Ude Kime Nage												3					4	5	3	3						3	4		
	Irimi Nage		4			4				3								4	5								5	3		
	Kote Gaeshi									3								4	5								5	3		
	Tenchi Nage																	5		6										
	Uchi Kaiten Nage																	4												
	Soto Kaiten Nage																	3												
	Kokyu Nage												3	3	3			6			3		3	3						
	Kokyu Nage Naname***																	6			3									
	Kokyu Ho			6																										

\* "Ushiro Tekubi Dori"

\*\* "Katate Ryote Dori"

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

Gültig ab 1. Dezember 2018  
Effective from 1 December 2018