

5th Kyu – Grading Sheet

Main topic: difference between omote and ura, clear execution of techniques

- Min. requirements: since 6th kyu 6 months of practice and 30 keikos (60 h), participation in one seminar
- Minimum age is 14¹
- Admission with correctly tied belt only²
- Grading fee: 15 EUR per person (kept only if passed)
- 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) Individual Exercises (Aiki Taiso)

Suwari Waza

- Kiritsu & Seiza
- Shikko
- Mae Ukemi – 2 forms
- Ushiro Ukemi – 2 forms

Tachi Waza

- Ayumi Ashi
- Tsugi Ashi
- Hanmi change
- Kaiten
- Tenkan
- Irimi Tenkan
- Shomen Uchi (Zengo)
- Shomen Uchi Ikkyo Undo (Zengo)
- Mae Ukemi – 2 forms
- Ushiro Ukemi – 2 forms

B) Partner Exercises (Awase)

- Shomen Uchi: moving off the line of attack – 4 forms
- Tai no Tenkan

C) Techniques

Tachi Waza

- Katate Dori
 - Kokyu Nage
 - Kokyu Nage Naname
 - Tenchi Nage
- Ai Hanmi Katate Dori
 - Ikkyo
 - Shiho Nage
 - Udekime Nage
 - Irimi Nage
 - Kotegaeshi
- Shomen Uchi
 - Ikkyo
 - Irimi Nage
 - Kotegaeshi
- Ryote Dori
 - Tenchi Nage

Suwari Waza

- Ai Hanmi Katate Dori
 - Ikkyo
- Ryote Dori
 - Kokyu Ho³

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.

² http://aikido-oberursel.de/ado_docs/Belt_Knot.pdf

³ All techniques except Ryote Dori Kokyu Ho need to be shown in both omote and ura forms.