

6th Kyu – Grading Sheet

Main topic: rolls, steps and turns; upright posture; basics of aikido etiquette

- Grading requires at least 3 months of practice and a minimum of 20 keikos (40 h)
- Admission with correctly tied belt only¹
- Grading fee: 10 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) Exercises (Aiki Taiso)

Suware Waza

- Kiritsu & Seiza
- Shikko
- Mae Ukemi
- Ushiro Ukemi

Tachi Waza

- Ayumi Ashi
- Tsugi Ashi
- Kaiten
- Tenkan
- Irimi Tenkan
- Shomen Uchi (Zengo)
- Shomen Uchi Ikkyo Undo (Zengo)
- Mae Ukemi
- Ushiro Ukemi

B) Partner Exercise (Awase)

- Tai no Tenkan

C) Techniques

Tachi Waza

- Katate Dori
 - Kokyu Nage
 - Kokyu Nage Naname
- Ryote Dori
 - Tenchi Nage

Suware Waza

- Ryote Dori
 - Kokyu Ho

End

„Owari masho“

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

Bow to kamiza:
„Shomen ni rei“

¹ http://aikido-oberursel.de/ado_docs/Belt_Knot.pdf