

# Pensum kyu-grader

## Romerike aikidoklubb – Aikido San Gen Dojo

<b>6. KYU - ROKKYU</b>	
Ukemi (mae, ushiro)	
Ikkyo undo (mae, ushiro)	
Shikko (mae)	
Taisabaki (kaiten, tenkan, irimi tenkan)	
<b>Tachi waza</b>	
Teknikk	Angrep
Ikkyo (omote, ura)	ai hanmi katatedori
Irimi nage (omote)	ai hanmi katatedori
Shiho nage (omote, ura)	ai hanmi katatedori
Tai no tenkan ho	katatedori
<b>Suwari waza</b>	
Teknikk	Angrep
Kokyu ho	ryotedori
<b>5. KYU - GOKYU</b>	
Tobikoshi ukemi	
Ikkyo undo (shiho)	
Shikko (mae, ushiro)	
inkl. 6. kyu	
<b>Tachi waza</b>	
Teknikk	Angrep
Ikkyo	ai hanmi katatedori shomen uchi
Nikyo	katadori (omote, ura)
Irimi nage	ai hanmi katatedori (omote, ura) shomen uchi (ura)
Shiho nage	katatedori, ai hanmi katatedori
Tenchi nage	katatedori
Kokyu nage	katatedori

<b>5. KYU (forts)</b>	
<b>Suwari waza</b>	
Teknikk	Angrep
Kokyu ho	ryotedori
<b>4. KYU - YONKYU</b>	
Ikkyo undo (happo)	
Shikko (kaiten, irimi tenkan)	
7 bokken suburi	
inkl. 5. kyu	
<b>Tachi waza</b>	
Teknikk	Angrep
Ikkyo	katatedori, katadori
Nikyo	katatedori, ai hanmi katatedori
Sankyo	ai hanmi katatedori ushiro ryotedori
Kote gaeshi	ai hanmi katatedori, katatedori (ura), shomen uchi (ura)
Shiho nage	yokomen uchi
Irimi nage	katatedori (ura)
Tenchi nage	ryotedori (omote, ura)
Ude kime nage	ai hanmi katatedori, yokomen uchi
Kokyu nage	katate ryotedori
<b>Suwari waza</b>	
Teknikk	Angrep
Ikkyo	ai hanmi katatedori, shomen uchi
Irimi nage	ai hanmi katatedori shomen uchi (ura)

<b>3. KYU - SANKYU</b>	
20 jo suburi (hidari, mihi)	
inkl. 4. kyu	
<b>Tachi waza</b>	
Teknikk	Angrep
Ikkyo	katate ryotedori, ryotedori, yokomen uchi, ushiro ryotedori
Nikyo	katate ryotedori, shomen uchi, yokomen uchi, ushiro ryotedori
Sankyo	shomen uchi, yokomen uchi
Yonkyo	shomen uchi, yokomen uchi
Kote gaeshi	ushiro ryotedori, katate ryotedori, yokomen uchi
Shiho nage	ryotedori, ushiro ryotedori
Irimi nage	ushiro ryotedori, yokomen uchi
Uchi kaiten nage	katatedori
Soto kaiten nage	katatedori
Ude kime nage	katate ryotedori, ushiro ryotedori
Kokyo ho	katate ryotedori
Koshi nage	katatedori
Kokyu nage	ryotedori
<b>Suwari waza</b>	
Teknikk	Angrep
Ikkyo	katatedori, katadori
Nikyo	katadori, shomen uchi
Sankyo	shomen uchi
Kote gaeshi	shomen uchi
<b>Hanmi handachi waza</b>	
Teknikk	Angrep
Shiho nage	katatedori
Irimi nage	shomen uchi
Uchi kaiten nage	katatedori

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<b><u>2. KYU - NIKYU</u></b>	
Bokken uchikomi (hanmi, zengo, shiho, happo)	
Bokken uchikomi tsuki (hanmi, zengo, shiho, happo)	
Bokken uchikomi fumikomi tsuki (hanmi, zengo, shiho, happo)	
13 no jo (hidari, migi)	
inkl. 3. kyu	
<b>Tachi waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Ikkyo	katadori menuchi, ushiro ryo katadori
Nikyo	katadori menuchi, ushiro ryo katadori
Sankyo	katatedori, katadori, katadori menuchi, ushiro ryo katadori
Gokyo	yokomen uchi
Kote gaeshi	ryotedori, katadori menuchi
Shiho nage	katadori menuchi, shomen uchi
Irimi nage	katate ryotedori, ryotedori, chudan tsuki, katadori menuchi
Soto kaiten nage	shomen uchi
Uchi kaiten nage	shomen uchi
Hiji kime osae	jodan tsuki
Sumi otoshi	katatedori
Aiki otoshi	ushiro ryo katadori
Koshi nage	ai hanmi katatedori, ushiro ryotedori
Juji garami nage	ushiro ryotedori
Sokumen irimi nage	ushiro ryo katadori
Kokyu nage	katadori menuchi

<b><u>2. KYU (forts.)</u></b>	
<b>Suvari waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Gokyo	yokomen uchi
Kote gaeshi	katatedori
Irimi nage	katatedori, yokomen uchi
<b>Hanmi handachi waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Shiho nage	ryotedori
Soto kaiten nage	katatedori
Kote gaeshi	shomen uchi
<b><u>1. KYU - IKKYU</u></b>	
22 no jo (hidari, migi)	
31 no jo (hidari, migi)	
inkl. 2. kyu	
<b>Tachi waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Ikkyo	ushiro eridori, jodan tsuki
Nikyo	chudan tsuki, jodan tsuki
Sankyo	chudan tsuki, jodan tsuki
Gokyo	ushiro katatedori kubi shime
Kote gaeshi	chudan tsuki, ushiro eridori,
Shiho nage	munadori, jodan tsuki, ushiro eridori, ushiro katatedori kubi shime
Juji garami nage	katate ryotedori

<b><u>1. KYU (forts.)</u></b>	
Jiyuwaza	shomen uchi, yokomen uchi
<b>Suvari waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Gokyo	shomen uchi
Kote gaeshi	yokomen uchi
<b>Hanmi handachi waza</b>	
<u>Teknikk</u>	<u>Angrep</u>
Ikkyo	shomen uchi
Nikyo	katatedori, shomen uchi
Gokyo	shomen uchi