

Aiwakai Dan Grading Syllabus 2010

KIHON (Basics)

- 1) Kette Junzuki
- 2) Kette Gyakuzuki
- 3) Kette Junzuki-No-Tsukkomi
- 4) Kette Gyakuzuki-No-Tsukkomi
- 5) Tobikomizuki Jodan
- 6) Nagashizuki Jodan

KERIWAZA (Basic Kicks)

- 1) Maegeri Chudan
- 2) Mawashigeri Jodan or Chudan
- 3) Sokuto Chudan
- 4) Ushirogeri Chudan
- 5) Uramawashigeri Jodan or Chudan

RENRAKUWAZA (Combination Techniques)

Combination techniques will be shown during the weekend training prior to Dan Grading

IPPON – KUMITE

1st Dan

Tsuki Uke - any 2 from No 5 – No 10

Keri Uke - any 2 from No 3 – No 8

2nd -3rd – 4th – 5th Dan

Tsuki Uke - any 2 from No7 – No14

Keri Uke - any 2 from No5 – No 12

KUMITE GATA

1st Dan any 2 from No1 – No 4

2nd Dan any 3 from No1 – No7

3rd Dan any 3 from No1 – No 8

4th & 5th Dan any 3 from No1 – No10

KIHON-KUMITE

1st Dan any 2 from No1 – No 4

2nd Dan any 3 from No1 – No7

3rd Dan any 3 from No1 – No8

4th & 5th Dan any 3 from No1 – No10

TANTO –DORI (Knife Defence)

3 rd Dan		Kotenage Dori – Udegarami Dori
4 th Dan	any 2 from	Kotenage Dori; Udegarami Dori; Zudori; Kinukuguri Dori; Hikitate Dori; Hikiotoshi Dori;

KATA

1 ST Dan (under 14 yrs old)		Kushanku plus 2 Pinan Kata (Pinan Kata's announced before grading)
1 st Dan (14 yrs plus)		Kushanku; Niahanchi plus 1 Pinan Kata (Pinan Kata announced whilst grading)
2 nd Dan		Seishan; Niahanchi plus 1 Pinan Kata (Pinan Kata announced whilst grading)
3 rd Dan		Seishan; Chinto plus 1 from Niahanchi; Kushanku; Bassai
4 th & 5 th Dan		Seishan; Chinto plus any other Kata (no Pinan Kata)

PAD WORK

(Adult students will demonstrate on kick pads/ juniors under 16 on softer focus mitts)

- 1) Tobikomizuki - left & right
- 2) Gyakuzuki - left & right
- 3) Tobikomizuki & Gyakuzuki (combination) - left & right
- 4) Maegeri - left & right
- 5) Mawashigeri - left & right

Note: Grading panel are looking for correct, effective, focused technique

JIYU – KUMITE (Free Fighting)

HIKKI – SHINKEN (Written Test)