



# Graderingssystem Vanadis Aikidoklubb

## 6:e kyu

Mae ukemi  
Ushiro ukemi  
Tai no tenkan  
Irimi tenkan  
Tai no tenkan ho  
Shikko mae

### Tachi wasa

Ikkyo  
Tenchi nage

### Attackform

Aihamni katate dori  
Ryote dori

### Suwari wasa

Seiza kokyu ho

Ryote dori

## 5:e kyu

### Tachi wasa

Ikkyo

Shihonage

Irimi nage

Tenchi nage

Aihamni katate dori  
Shomen uchi  
Aihamni katate dori  
Aihamni katate dori  
Shomen uchi  
Katete dori

### Suwari wasa

Seiza kokyu ho  
Shikko ushiro

Ryote dori

## 4:e kyu

### Tachi wasa

Ikkyo

Nikyo

Sankyo

Kote gaeshi

Shiho nage

Irimi nage

Tenchi nage

Uchi kaiten nage

Ude kime nage

Sokumen irimi nage

### Suwari wasa

Ikkyo

Irimi nage

Shikko kaiten

Katate dori

Kata dori

Katate dori

Kata dori

Aihamni katate dori

Ushiro ryote dori

Aihamni katate dori

Aihamni katate dori

Shomen uchi

Katate dori

Yokomen uchi

Katate dori

Ryote dori

Katate dori

Aihamni katate dori

Katate dori

Yokomen uchi

Katate dori

Aihamni katate dori

Shomen uchi

Aihamni katate dori

Shomen uchi

## 3:e kyu

### Tachi wasa

Ikkyo

Kata dori men uchi

Ryote dori

Yokomen uchi

Ushiro ryote dori

Nikyo	Katate ryote dori Shomen uchi Yokomen uchi Ushiro ryote dori
Sankyo	Shomen uchi Yokomen uchi
Yonkyo	Shomen uchi Yokomen uchi
Kote gaeshi	Ushiro ryote dori Katate ryote dori Yokomen uchi
Shiho nage	Ryote dori Ushiro ryote dori
Irimi nage	Ushiro ryote dori Yokomen uchi
Soto kaiten nage Ude kime nage	Katate dori Katate ryote dori Ushiro ryote dori
Kokyo ho	Katate dori
<b>Suwari wasa</b>	
Ikkyo	Katate dori Kata dori
Nikyo	Katate dori Kata dori Shomen uchi
Sankyo Kote gaeshi	Shomen uchi Shomen uchi
<b>Hanmi handachi wasa</b>	
Shiho nage Irimi nage Uchi kaiten nage	Katate dori Shomen uchi Katate dori

**2:a kyu****Tachi wasa**

Ikkyo	Kata dori men uchi Ushiro ryo kata dori
Nikyo	Kata dori men uchi Ushiro ryo kata dori
Sankyo	Katate dori Kata dori Kata dori men uchi Ushiro ryo kata dori
Gokyo Kote gaeshi	Yokomen uchi Ryote dori Kata dori men uchi
Shiho nage	Kata dori men uchi Shomen uchi
Irimi nage	Katate ryote dori Ryote dori Chudan tsuki Kata dori men uchi
Soto kaiten nage Uchi kaiten nage Hiji kime osai Sumi otoshi Aiki otoshi Koshi nage Juji garami Sokumen irimi nage	Shomen uchi Shomen uchi Jodan tsuki Katate dori Ushiro ryo kata dori Aihamni katate dori Ushiro ryote dori Ushiro ryo kata dori

**Suwari wasa**

Gokyo Kote gaeshi Irimi nage	Yokomen uchi Katate dori Katate dori Yokomen uchi
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### **Hanmi handachi wasa**

Shiho nage	Ryote dori
Soto kaiten nage	Katate dori

### **1:a kyu**

#### **Tachi wasa**

Ikkyo	Ushiro eri dori
	Jodan tsuki
Nikyo	Chudan tsuki
	Jodan tsuki
Sankyo	Chudan tsuki
	Jodan tsuki
Gokyo	Shomen uchi
Kote gaeshi	Chudan tsuki
	Ushiro eri dori
Shiho nage	Muna dori
	Jodan tsuki
	Ushiro eri dori
	Ushiro katate dori kubishime
Juji garami	Katate ryote dori

På alla grader gäller att man skall kunna utföra tidigare graders tekniker med större säkerhet.