

# IKKYU (1st Kyu) / RED BELT

Minimum 80 hours with 1 year training since attaining 2nd kyu.

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## 1. ALL PREVIOUS Tachi Waza techniques

2. Suwari-waza:
  - Ikkyo to Gokyo (from various attacks.)
3. Hanmi-handachi-waza – Performing various techniques from various attacks. Iriminage, shihonage, kotegaishi.
4. Hanmi-handachi/Ushiro-waza – Performing various techniques from a sitting position with partner attacking from the front in a standing position, by *ushiro-ryokata-dori* or *ushiro-ryotekubi-dori*. 1 of these 2.
5. Ushiro-waza – Performing various techniques from various attacks with your partner beginning from behind you.
6. Ushiro-waza – Performing various techniques with partner attacking from the front by *ushiro-ryokata-dori* or *ushiro-ryotekubi-dori*.
7. Koshinage – 5 different patterns.
8. Suwari-waza Kokyuho – Many forms/patterns.
9. Ken-suburi – Aiki-ken Suburi 1 through 7, and 4 direction cuts (*shihogiri*), plus additional work of the *ken*, e.g. 8 direction cuts (*happogiri*), etc.
10. Jo-suburi – Aiki-jo Suburi, 1 through 20.

	YOUTH & ADULTS	ADULT RANK
<b>Bokken</b>	shiho & happo giri migi/hidari no awase ki musubi no tachi	go no awase shichi no awase kumi tachi #1-3 <b>tachi dori (1)</b>
<b>Jo</b>	suburi: ALL  31 jo kata rokku no jo  13 jo kata	  31 kumi jo <b>kumi jo #1-2</b>  <b>jo dori (1)</b>
<b>Tanto</b>	-----	
<b>Randori</b>	2, then 3 attackers	tankendori: tsuki, <b>yokomen</b>