

## 4th Kyu – Grading Sheet

**Main topic:** fluent execution of techniques; zanshin

- Min. requirements: since 5th kyu 6 months of practice and 30 keikos (60 h), participation in one seminar
- Minimum age is 14<sup>1</sup>
- Grading fee: 20 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](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) Individual Exercises (Aiki Taiso)

---

Choice of exercises from this list:

#### Suwaru Waza

- Kiritsu & Seiza
- Shikko (Mae, Ushiro, Tenkan)
- Mae Ukemi – 2 forms
- Ushiro Ukemi – 3 forms

#### Tachi Waza

- Ayumi Ashi
- Tsugi Ashi
- Hanmi change
- Kaiten
- Tenkan
- Irimi Tenkan
- Shomen Uchi (Zengo)
- Shomen Uchi Ikkyo Undo (Zengo)
- Yokomen Uchi (Zengo)
- Mae Ukemi – 3 forms
- Ushiro Ukemi – 4 forms

### B) Partner Exercises (Awase)

---

- Tai no Tenkan
- Shomen Uchi: moving off the line of attack  
– 4 forms
- Ikkyo Ukemi (connection as Uke)

### C) Techniques

---

Choice of techniques from the table on page 2:

#### Suwaru Waza

#### Tachi Waza

#### Ushiro Waza

All techniques are shown in both omote and ura (where applicable).

### End

---

„Owari Masho“

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

**Bow to kamiza:**  
„Shomen ni rei“

---

<sup>1</sup> In exceptional and justifiable cases, minimum age may be lowered at the sole discretion of the head of the dojo.

31 Techniken/techniques (Δ 17)	Suwari Waza						Hanmi Handachi Waza				Tachi Waza																	
											Ushiro Waza					Mae Waza												
Prüfungsordnung / Exam Requirements Aikido-Dojo Oberursel 4. Kyu	(Gyaku Hanmi) Katate Dori	Ai Hanmi Katate Dori	Ryote Dori	Kata Dori	Ryokata Dori	Shomen Uchi	Yokomen Uchi	(Gyaku Hanmi) Katate Dori	Ryote Dori	Shomen Uchi	Ushiro Ryokata Dori	Ushiro Ryote Dori*	Ushiro Ryo Hiji Dori	Ushiro Ryokata Dori	Ushiro Eri Dori	Ushiro Katate Dori Kubi Shime	(Gyaku Hanmi) Katate Dori	Ai Hanmi Katate Dori	Ryote Dori	Morote Dori**	Kata Dori	Ryokata Dori	Kata Dori Men Uchi	Muna Dori	Shomen Uchi	Yokomen Uchi	Chudan Tsuki	Jodan Tsuki
Ikkyo		5				4											4	5			4				5			
Nikyo																	4	4			4				4			
Sankyo												4																
Shiho Nage																	4	5								4		
Ude Kime Nage																	4	5								4		
Irimi Nage		4				4											4	5							5			
Kote Gaeshi																	4	5							5			
Tenchi Nage																	5		6									
Uchi Kaiten Nage																	4											
Kokyu Nage																	6											
Kokyu Nage Naname***																	6											
Kokyu Ho			6																									

\* "Ushiro Tekubi Dori"

\*\* "Katate Ryote Dori"

\*\*\* "Sokumen Irimi Nage", "Kokyu Ho"

Gültig ab 1. Dezember 2018  
Effective from 1 December 2018