

## UKA Grading Syllabus – Airenjuku Beginners Guide

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### 6<sup>th</sup> Kyu.

Grading can be taken minimum of 3 months or 40 hours after beginning training.

#### Solo Exercises

##### Ukemi

##### Break falling

Mae

Forward roll

Ushiro

Backward roll

##### Shikko

##### Knee Walking

##### Taisabaki

##### Body Movement

Tsugi ashi

Sliding front foot movement where both feet move

Ayumi ashi

Stepping forward movement where back foot moves off line

Kaiten

Pivoting from left to right posture or visa versa

Tenkan

Turning and stepping back

Irimi tankan

Stepping forward and turning

Front foot irimi tenkan

Slide front foot forward, turn and step back (tenkan). Raise hands above your head and return the movement back cutting hands down

#### Striking attacks

Shomen uchi

Straight strike to the top of the head

Yokomen uchi

Diagonal strike to the temple or neck

Chudan tsuki

Middle section punch

Maigiri

Front snap kick

#### Partner Exercises

##### Ai hamni katatedori

##### Left hand grabs left wrist. Right hand grabs right wrist

Irimi

Front foot – in front of your partner. Back foot, stepping behind

Kaiten

Stepping off the line of the attack and pivoting the body

Uchi Kaiten

Stepping underneath the arm

Soto Kaiten

Using kaiten movement use the hand to cut over partners wrist and forward

Breaking the grip (gaidan – lower section, chudan – middle section, jodan – upper section)

## **Gyaku hamni katatedori Partners left hand grabs right wrist and visa versa to create mirror image**

Irimi	Front foot and back foot moving across the front of your partner
Kaiten	Steeping off the line of the attack and pivoting the body
Tenkan	Turning to the side of your partner
Uchi kaiten	Steeping underneath the arm
Soto kaiten	Using kaiten movement use the hand to cut over partners wrist and forward
Ushiro tankan	Steeping back off the line and then cutting the arm across partners body
Uchi irimi	Steeping off the line and turning hand and arm so that it aims towards partners armpit

## **Techniques. All techniques to be performed from omote (in front) and from ura (behind)**

### **Ai hamni katatedori Left hand grabs left wrist. Right hand grabs right wrist**

<b>Suwariwaza</b>	<b>Both people kneeling</b>
Ikkyo	Straight arm lock
Irimi nage	Entering throw, controlling partner's neck and projecting with other arm
Kokyuhō	Breathing exercise (performed at the end of the grading)
<b>Tachiwaza</b>	<b>Both people standing</b>
Ikkyo	Straight arm lock
Irimi nage	Entering throw, controlling partner's neck and projecting with other arm

## **Gyaku hamni katatedori Partners left hand grabs right wrist and visa versa to create mirror image**

<b>Tachiwaza</b>	<b>Both people standing</b>
Ikkyo	Straight arm lock
Shiho nage	Four Directional Throw. Cutting and turning under partners arm, controlling the wrist to cut down and project partner
Kokyuhō	Breathing and extension exercises using irimi, kaiten, tenkan etc.