

Kyu Promotion Test Requirements

January 2018

7 Kyu	Minimum of 6 months practice since starting Aikido		
Waza	Zenpo, Kouho-ukemi Sayu-kokyuhou-undo Aihanmi-katatedori Gyakuhanmi-katatedori	Funakogi-undo Uchikata (shomen, yokomen, tsuki) Ikkyo, Shihonage Kokyunage	Shikko (mae) Taisabaki (tenkan,kaiten,irimi) Munadori Ikkyo, Iriminage Shomen-uchi
6 Kyu	Minimum of 20 days of practice since last examination.		
Waza	Tobikoshi-ukemi Sotai-dosa (tenkan,kaiten,irimi) Ryotedori Gyakuhanmi-katatedori	Shikko (mae, ushiro) Ikkyo, Shihonage Tenchinage Nikyo, Iriminage, Shihonage Kaitennage (uchi-kaiten)	Ikkyo-undo: Zengo, Shiho (tachiwaza, zagi) Shomen-uchi Ikkyo, Shihonage
5 Kyu	Minimum of 30 days of practice after 6 th kyu		
Waza	Ken including 6th kyu waza Shomen-uchi Zagi-kokyuhou	Suburi-no-bu (tachiwaza) Shikko-kaiten Nikyo, Sankyo Kotegaeshi,, Kaitennage (uchi-kaiten)	Jo Tsuki-no-bu (basic stance) Ikkyo-undo: happo (tachiwaza, zagi) Sabaki-kata (shomen, tsuki) Ryotedori Iriminage, Shihonage
4 Kyu	Minimum 40 days of practice after 5 th kyu.		
Waza	Ken Tsuki Katate-ryotedori Zagi-shomen-uchi	Kirikaeshi-no-bu (tachiwaza) Ikkyo, Nikyo, Shihonage Iriminage, Kokyuhou, Kokyunage Ikkyo, Nikyo, Iriminage	Jo Tsuki and Men-no-bu (basic stance) Yokomen-uchi Munadori
3 Kyu	Minimum 50 days of practice after 4 th kyu.		
Waza	Ken Tsuki Ushiro-ryotedori Zagi - Shomen-uchi	Suburi and Kirikaeshi-no-bu (tachiwaza, zagi) Kotegaeshi, Sankyo, Yonkyo Nikyo,Sankyo, Iriminage, Kokyunage Kotegaeshi	Jo Tsuki, Men, Katate and Hasso-no-bu (basic stance) Yokomen-uchi Hanmi-handachi-ryotedori Zagi - Katatedori
2 Kyu	Minimum 60 days of practice after 3 rd kyu.		
Ken	Ashino-fumikae-no-bu (tachiwaza), Tsuki-no-bu (tachiwaza, zagi)		
Jo	13-no-jo (left-hanmi) Tsuki, Men, Katate, Hasso and Nagare-no-bu (basic stance)		
Tachi waza	Katate-ryotedori Iriminage (2 ways), Kotegaeshi Munadori Ikkyo~Yonkyo		
Hanmi Handachi	Katatedori Ikkyo~Yonkyo, Kaitennage (uchi, soto-kaiten)		
Zagi	Yokomen-uchi Ikkyo~Yonkyo, Kotegaeshi, Iriminage,		
Ushirowaza	Ushiro-ryotedori Ikkyo~Yonkyo, Kotegaeshi Ushiro-katatedori-kubijime Sankyonage		
Jiyu waza	Gyakuhanmi-katatedori (with Sabaki) Katate-ryotedori Shomen-uchi		
1 Kyu	Minimum 70 days of practice after 2 nd kyu.		
Ken	Zengo-no-ido (basic movements, forward and backward): Suburi, Kirikaeshi, Tsuki no bu (tachiwaza, zagi)		
Jo	31-no-jo (left hanmi) Tsuki, Men, Katate, Hasso, Nagare-no-bu (left and right hanmi)		
Tachi waza	Shikko-kaiten (2 ways) Katadori-menuchi Ikkyo~Yonkyo, Iriminage Yokomen-uchi Kaiten-osae (uchi, soto-kaiten), Udegarami, Ikkyo-gaeshi, Koshinage		
Hanmi Handachi	Shomen-uchi Ikkyo~Yonkyo, Iriminage		
Zagi	Tsuki Ikkyo~Yonkyo, Iriminage, Kotegaeshi		
Ushiro waza	Ushiro-ryotedori Shihonage, Jyujigarami Ushiro-katatedori-kubijime Ikkyo, Nikyo, Iriminage		
Jiyu waza	Tsuki Katate-ryotedori Yokomen-uchi		

Jo-no-bu

Tsuki-no-bu	1. Choku-zuki 2. Kaeshi-zuki 3. Ushiro-zuki 4. Tsuki-gedan-gaeshi 5. Tsuki-jodan-gaeshi
Men-no-bu	1. Shomen-uchikomi 2. Renzoku-uchikomi 3. Menuchi-ushiro-zuki 4. Menuchi-gedan-gaeshi 5. Hidari-yokomen-ushiro-zuki
Katate-no-bu	1. Katate-gedan-gaeshi 2. Katate-toma-uchi 3. Katate-hachinoji-gaeshi
Hasso-no-bu	1. Hasso-gaeshi-uchi 2. Hasso-gaeshi-zuki 3. Hasso-gaeshi-ushiro-zuki 4. Hasso-gaeshi-ushiro-uchi 5. Hasso-gaeshi-ushiro-barai
Nagare-no-bu	1. Hidari-nagare-kaeshi-uchi 2. Migi-nagare-kaeshi-zuki

Ken-no-bu

Suburi-no-bu	1. Shikodachi 2. Hanmi (migi, hidari) 3. Zengo (migi, hidari) 4. Shiho (migi, hidari)
Kirikaeshi-no-bu	5. Happo (migi, hidari) From 2 to 5 must be performed both standing (<i>tachiwaza</i>) and sitting (<i>zagi</i>).
Ashi-no-fumikae no-bu (kihon, tsuki)	1. Mae - suburi (migi, hidari), kirikaeshi (migi, hidari) 2. Ushiro - suburi (migi, hidari), kirikaeshi (migi, hidari)
Tsuki-no-bu (kihon, fumikomi)	1. Hanmi (migi, hidari) 2. Zengo (migi, hidari) 3. Shiho (migi, hidari) 4. Happo (migi, hidari) All must be performed both standing (<i>tachiwaza</i>) and sitting (<i>zagi</i>).