

Kyu Promotion Test Requirements

January 2018

7 Kyu	Minimum of 6 months practice since starting Aikido		
Waza	Zenko, Kouho-ukemi Funakogi-undo Shikko (mae) Ikkyo-undo: Zengo, Shiho (tachiwaza) Sayu-kokyuhou-undo Uchikata (shomen, yokomen, tsuki) Taisabaki (tenkan,kaiten,irimi) Aihanmi-katatedori Ikkyo, Shihonage Munadori Ikkyo, Iriminage Shomen-uchi Iriminage Gyakuhanmi-katatedori Kokyunage		
6 Kyu	Minimum of 20 days of practice since last examination.		
Waza	Tobikoshi-ukemi Shikko (mae, ushiro) Ikkyo-undo: Zengo, Shiho (tachiwaza, zagi) Sotai-dosa (tenkan,kaiten,irimi) Ryotedori Ikkyo, Tenchinage Shomen-uchi Ikkyo, Shihonage Gyakuhanmi-katatedori Nikyo, Iriminage, Shihonage Kaitennage (uchi-kaiten)		
5 Kyu	Minimum of 30 days of practice after 6 th kyu		
Waza	Ken	Suburi-no-bu (tachiwaza)	Jo Tsuki-no-bu (basic stance)
	including 6th kyu waza Shikko-kaiten Ikkyo-undo: happo (tachiwaza, zagi) Sabaki-kata (shomen, tsuki) Shomen-uchi Nikyo, Sankyo Kotegaeshi,, Kaitennage (uchi-kaiten) Ryotedori Iriminage, Shihonage Zagi-kokyuhou		
4 Kyu	Minimum 40 days of practice after 5 th kyu.		
Waza	Ken	Kirikaeshi-no-bu (tachiwaza)	Jo Tsuki and Men-no-bu (basic stance)
	Tsuki Ikkyo, Nikyo, Shihonage Yokomen-uchi Iriminage, Shihonage, Kotegaeshi Katate-ryotedori Iriminage, Kokyuhou, Kokyunage Munadori Sankyo, Yonkyo Zagi-shomen-uchi Ikkyo, Nikyo, Iriminage		
3 Kyu	Minimum 50 days of practice after 4 th kyu.		
Waza	Ken	Suburi and Kirikaeshi-no-bu (tachiwaza, zagi)	Jo Tsuki, Men, Katate and Hasso-no-bu (basic stance)
	Tsuki Kotegaeshi, Sankyo, Yonkyo Yokomen-uchi Kaitennage (uchi, soto-kaiten) Ushiro-ryotedori Nikyo,Sankyo, Iriminage, Kokyunage Hanmi-handachi-ryotedori Shihonage Zagi - Shomen-uchi Kotegaeshi Zagi - Katatedori Ikkyo~Yonkyo		
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 Shomen-uchi Ikkyogaeshi, Koshinage 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) Shikko-kaiten (2 ways)		
Tachi waza	Katadori-menuchi Ikkyo~Yonkyo, Iriminage Ryotedori Kotegaeshi (2 ways) 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-ryohijidori Kotegaeshi, Ikkyo 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 (kimon, tsuki)	1. Mae - suburi (migi, hidari), kirikaeshi (migi, hidari) 2. Ushiro - suburi (migi, hidari), kirikaeshi (migi, hidari)
Tsuki-no-bu (kimon, 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>).