Kyu Promotion Test Requirements

January 2018

7 Kyu	Minimum of 6 months practice since starting Aikido
Waza	Zenpo, Kouho-ukemi Funakogi-undo Shikko (mae) Ikkyo-undo: Zengo, Shiho (tachiwaza) Sayu-kokyuho-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 6th 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-kokyuho
4 Kyu	Minimum 40 days of practice after 5th 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, Kokyuho, Kokyunage **Munadori** Sankyo, Yonkyo **Zagi- shomen-uchi** Ikkyo, Nikyo, Iriminage
3 Kyu	Minimum 50 days of practice after 4th 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 3rd 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 2nd 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 Kirikaeshi-no-bu	1. Shikodachi 2. Hanmi (migi, hidari) 3. Zengo (migi, hidari) 4. Shiho (migi, hidari) 5. Happo (migi, hidari) From 2 to 5 must be performed both standing (*tachiwaza*) and sitting (*zagi*).
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 (*tachiwaza*) and sitting (*zagi*).