

# Kyu Promotion Test Requirements

January 2018

|                           |   |   |  |
|---------------------------|---|---|--|
| <b>7<sup>th</sup> Kyu</b> | Minimum of 3 months of practice after starting Aikido   |   |  |
| Waza                      | Zenko, Koho-ukemi Funakogi-undo Sayu-kokyuhō-undo Taisabaki (Tenkan, Kaiten, Irimi)<br>Uchikata (Shomen-uchi, Yokomen-uchi, Tsuki) Ikkyō-undo: Zengo, Shiho (Tachiwaza) <b>Shikko (Mae)</b><br><b>Aihanmi-katatedori</b> Ikkyō, Shihonage <b>Munadori</b> Ikkyō, Iriminage <b>Shomen-uchi</b> Iriminage<br><b>Gyakuhanmi-katatedori</b> Kokyunage |   |  |
| <b>6<sup>th</sup> Kyu</b> | Minimum of 20 days of practice after being promoted to 7 <sup>th</sup> kyu  |   |  |
| Waza                      | Ikkyō-undo: Zengo, Shiho (Tachiwaza, Zagi) Shikko (Mae, Ushiro) Sotai-dosa (Irimi, Tenkan, Kaiten)<br><b>Gyakuhanmi-katatedori</b> Nikyō, Iriminage, Shihonage Kaitennage (Uchi-kaiten)<br><b>Ryotedori</b> Ikkyō, Tenchinage <b>Shomen-uchi</b> <b>Ikkyō</b> , Shihonage   |   |  |
| <b>5<sup>th</sup> Kyu</b> | Minimum of 30 days of practice after being promoted to 6 <sup>th</sup> kyu  |   |  |
| <b>Weapons</b>            | <b>Ken</b>  | Suburi-no-bu (Tachiwaza)                      | <b>Jo</b> Tsuki-no-bu (basic stance)                 |
| Waza                      | Shikko-kaiten Ikkyō-undo: Happo (Tachiwaza, Zagi) Sabaki-kata (Shomen-uchi, Tsuki)<br><b>Shomen-uchi</b> Nikyō, Sankyō, Kotegaeshi, Kaitennage (Uchi-kaiten)<br><b>Ryotedori</b> Iriminage, Shihonage Zagi-kokyuhō  |   |  |
| <b>4<sup>th</sup> Kyu</b> | Minimum 40 days of practice after being promoted to 5 <sup>th</sup> kyu.  |   |  |
| <b>Weapons</b>            | <b>Ken</b>  | Kirikaeshi-no-bu (Tachiwaza)                  | <b>Jo</b> Tsuki and Men-no-bu (basic stance)         |
| Waza                      | <b>Tsuki</b> Ikkyō, Nikyō, Shihonage <b>Yokomen-uchi</b> Iriminage, Kotegaeshi<br><b>Katate-ryotedori</b> Iriminage, Kokyuhō, Kokyunage <b>Munadori</b> Sankyō, Yonkyō<br><b>Zagi-shomen-uchi</b> Ikkyō, Nikyō, Iriminage   |   |  |
| <b>3<sup>rd</sup> Kyu</b> | Minimum 50 days of practice after being promoted to 4 <sup>th</sup> kyu.  |   |  |
| <b>Weaons</b>             | <b>Ken</b>  | Suburi and Kirikaeshi-no-bu (Tachiwaza, Zagi) | <b>Jo</b> Tsuki, Men and Katate-no-bu (basic stance) |
| Waza                      | <b>Tsuki</b> Kotegaeshi, Yonkyō <b>Ushiro-ryotedori</b> Nikyō, Sankyō, Iriminage, Kokyunage<br><b>Yokomen-uchi</b> Shihonage, Kaitennage (Uchi-kaiten, Soto-kaiten)<br><b>Hanmi-handachi-ryotedori</b> Shihonage<br><b>Zagi-shomen-uchi</b> Kotegaeshi <b>Zagi-katatedori</b> Sankyō, Yonkyō  |   |  |
| <b>2<sup>nd</sup> Kyu</b> | Minimum 60 days of practice after being promoted to 3 <sup>rd</sup> kyu.  |   |  |
| <b>Ken</b>                | Ashi-no-fumikae-no-bu (Tachiwaza), Tsuki-no-bu (Tachiwaza, Zagi)  |   |  |
| <b>Jo</b>                 | Tsuki, Men, Katate and Hasso-no-bu (basic stance)   |   |  |
| Tachi waza                | <b>Katate-ryotedori</b> Iriminage (2 ways), Kotegaeshi<br><b>Gyakuhanmi-katatedori</b> Ikkyō (with Sabaki), Iriminage (with Sabaki) <b>Shomen-uchi</b> Koshinage  |   |  |
| Hanmi Handachi            | <b>Katatedori</b> Ikkyō~Yonkyō, Kaitennage (Uchi-kaiten, Soto-kaiten)   |   |  |
| Zagi                      | <b>Yokomen-uchi</b> Ikkyō~Yonkyō, Kotegaeshi, Iriminage   |   |  |
| Ushirowaza                | <b>Ushiro-ryotedori</b> Ikkyō~Yonkyō, Kotegaeshi <b>Ushiro-katatedori-kubijime</b> Sankyonage   |   |  |
| Jiyu waza                 | Shomen-uchi Katate-ryotedori Tsuki  |   |  |
| <b>1<sup>st</sup> Kyu</b> | Minimum 70 days of practice after being promoted to 2 <sup>nd</sup> kyu.  |   |  |
| <b>Ken</b>                | Zengo-no-ido (moving forward and backward): Suburi, Kirikaeshi, Tsuki-no-bu (Tachiwaza)   |   |  |
| <b>Jo</b>                 | 13-no-jo (Hidari-hanmi) Tsuki, Men, Katate, Hasso and Nagare-no-bu (basic stance)<br>Shikko-kaiten (2 ways)   |   |  |
| Tachi waza                | <b>Katadori-menuchi</b> Ikkyō~Yonkyō, Iriminage <b>Ryotedori</b> Kotegaeshi (2 ways)<br><b>Yokomen-uchi</b> Kaiten-osaе (Uchi-kaiten, Soto-kaiten), Udegarami, Ikkyō-gaeshi, Koshinage  |   |  |
| Hanmi Handachi            | <b>Shomen-uchi</b> Ikkyō~Yonkyō, Iriminage  |   |  |
| Zagi                      | <b>Tsuki</b> Ikkyō~Yonkyō, Iriminage, Kotegaeshi  |   |  |
| Ushiro waza               | <b>Ushiro-ryotedori</b> Shihonage, Jyujigarami <b>Ushiro-ryohijidori</b> Kotegaeshi, Ikkyō<br><b>Ushiro-katatedori-kubijime</b> Ikkyō, Nikyō, Iriminage   |   |  |
| Jiyu waza                 | Katate-ryotedori Yokomen-uchi Katatedori (with Sabaki)  |   |  |

## 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<br>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<br>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         | 1. Mae - suburi (migi, hidari), kirikaeshi (migi, hidari)<br>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)<br>All must be performed both standing ( <i>tachiwaza</i> ) and sitting ( <i>zagi</i> ). |