

# Kyu Promotion Test Requirements

January 2016

<b>8 Kyu</b>	Minimum of 3 months practice since starting Aikido and under 15 years of age.		
Waza	Zenko, Koho-ukemi Shikko (mae) Ikkyo-undo: Zengo, Shiho (tachiwaza) Uchikata (shomen, yokomen, tsuki) Taisabaki (tenkan, kaiten, irimi) <b>Aihanmi-katatedori</b> Iriminage, Ikkyo, Shihonage <b>Gyakuhanmi-katatedori</b> Kokyunage, Ikkyo		
<b>7 Kyu</b>	Minimum of 3 months practice since starting Aikido.		
Waza	Including 8 <sup>th</sup> kyu waza Funakogi-undo Sotai-dosa (Irimi, Tenkan, Kaiten) Sayu-kokyuho-undo <b>Gyakuhanmi-katatedori</b> Iriminage, Shihonage <b>Munadori</b> Ikkyo, Iriminage <b>Shomen-uchi</b> Ikkyo		
<b>6 Kyu</b>	Minimum of 20 days of practice since last examination.		
Waza	Tobikoshi-ukemi Shikko (mae, ushiro) Ikkyo-undo: Shiho (tachiwaza, zagi) Sabaki-kata (shomen, tsuki) <b>Ryotedori</b> Ikkyo, Nikyo, Tenchinage <b>Shomen-uchi</b> Iriminage, Shihonage, Nikyo <b>Gyakuhanmi-katatedori</b> Kaitennage (uchi-kaiten)		
<b>5 Kyu</b>	Minimum of 30 days of practice after 6 <sup>th</sup> kyu		
Waza	<b>Ken</b>	Suburi-no-bu (tachiwaza)	<b>Jo</b> Tsuki-no-bu (basic stance)
	Shikko-kaiten Ikkyo-undo: happo (tachiwaza, zagi) Zagi-kokyuho <b>Shomen-uchi</b> Kotegaeshi, Sankyo, Yonkyo, Kaitennage (uchi-kaiten) <b>Ryotedori</b> Iriminage, Shihonage		
<b>4 Kyu</b>	Minimum 40 days of practice after 5 <sup>th</sup> kyu.		
Waza	<b>Ken</b>	Kirikaeshi-no-bu (tachiwaza)	<b>Jo</b> Tsuki and Men-no-bu (basic stance)
	<b>Tsuki</b> Ikkyo, Nikyo, Shihonage <b>Yokomen-uchi</b> Iriminage, Shihonage, Kotegaeshi <b>Katate-ryotedori</b> Iriminage, Kokyuho, Kokyunage <b>Munadori</b> Sankyo, Yonkyo <b>Zagi-shomen-uchi</b> Ikkyo, Nikyo, Iriminage		
<b>3 Kyu</b>	Minimum 50 days of practice after 4 <sup>th</sup> kyu.		
Waza	<b>Ken</b>	Suburi and Kirikaeshi-no-bu (tachiwaza, zagi)	<b>Jo</b> Tsuki, Men and Katate-no-bu (basic stance)
	<b>Tsuki</b> Kotegaeshi, Sankyo, Yonkyo <b>Yokomen-uchi</b> Kaitennage (uchi, soto-kaiten) <b>Ushiro-ryotedori</b> Nikyo, Sankyo, Iriminage, Kokyunage <b>Hanmi-handachi-ryotedori</b> Shihonage <b>Zagi-shomen-uchi</b> Kotegaeshi <b>Zagi-katatedori</b> Ikkyo~Yonkyo		
<b>2 Kyu</b>	Minimum 60 days of practice after 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 <b>Gyakuhanmi-katatedori</b> Ikkyo (with Sabaki) Iriminage (with Sabaki)		
Hanmi Handachi	<b>Katatedori</b> Ikkyo~Yonkyo, Kaitennage (uchi, soto-kaiten)		
Zagi	<b>Yokomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage,		
Ushirowaza	<b>Ushiro-ryotedori</b> Ikkyo~Yonkyo, Kotegaeshi <b>Ushiro-katatedori-kubijime</b> Sankyonage		
Jiyu waza	Katate-ryotedori Shomen-uchi Tsuki		
<b>1 Kyu</b>	Minimum 70 days of practice after 2 <sup>nd</sup> kyu.		
<b>Ken</b>	Zengo-no-ido (basic movements, forward and backward): Suburi, Kirikaeshi, Tsuki-no-bu (tachiwaza)		
<b>Jo</b>	13-no-jo (left-hanmi) Tsuki, Men, Katate, Hasso and Nagare-no-bu (basic stance)		
	Shikko-kaiten (2 ways)		
Tachi waza	<b>Katadori-menuchi</b> Ikkyo~Yonkyo, Iriminage <b>Ryotedori</b> Kotegaeshi (2 ways) <b>Yokomen-uchi</b> Kaiten-osaе (uchi, soto-kaiten), Udegarami, Ikkyo-gaeshi, Koshinage		
Hanmi Handachi	<b>Shomen-uchi</b> Ikkyo~Yonkyo, Iriminage		
Zagi	<b>Tsuki</b> Ikkyo~Yonkyo, Iriminage, Kotegaeshi		
Ushiro waza	<b>Ushiro-ryotedori</b> Shihonage, Jyujigarami <b>Ushiro-ryohijidori</b> Kotegaeshi, Ikkyo <b>Ushiro-katatedori-kubijime</b> Ikkyo, Nikyo, Iriminage		
Jiyu waza	Katate-ryotedori Yokomen-uchi Gyakuanmi-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 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) 5. Happo (migi, hidari) From 2 to 5 must be performed both standing ( <i>tachiwaza</i> ) and sitting ( <i>zagi</i> ).
Kirikaeshi-no-bu	
Ashi-no-fumikae no-bu	1. Mae - suburi (migi, hidari), kirikaeshi (migi, hidari) 2. Ushiro - suburi (migi, hidari), kirikaeshi (migi, hidari)
Tsuki-no-bu (kion, 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> ).