

Kyu Promotion Test Requirements

January 2017

7th Kyu	Minimum of 3 months of practice after starting Aikido		
Waza	Zenko, Koho-ukemi Funakogi-undo Sayu-kokyuho-undo Taisabaki (tenkan,kaiten,irimi) Uchikata (shomen, yokomen, tsuki) Ikkyo-undo: Zengo, Shiho (tachiwaza) Aihanmi-katatedori Ikkyo, Shihonage Munadori Ikkyo, Iriminage Shomen-uchi Iriminage Gyakuhanmi-katatedori Kokyunage		
6th Kyu	Minimum of 20 days of practice after passing test for 7 th kyu		
Waza	Ikkyo-undo: Zengo, Shiho (tachiwaza, zagi) Shikko (mae, ushiro) Sotai-dosa (Irimi, Tenkan, Kaiten) Gyakuhanmi-katatedori Nikyo, Iriminage, Shihonage Kaitennage (uchi-kaiten) Ryotedori Ikkyo, Tenchinage Shomen-uchi Shihonage		
5th Kyu	Minimum of 30 days of practice after passing test for 6 th kyu		
Waza	Ken Suburi-no-bu (tachiwaza)	Jo Tsuki-no-bu (basic stance)	
	Shikko-kaiten Ikkyo-undo: happo (tachiwaza, zagi) Sabaki-kata (shomen, tsuki) Shomen-uchi Nikyo, Sankyo, Kotegaeshi, Kaitennage (uchi-kaiten) Ryotedori Iriminage, Shihonage Zagi-kokyuho		
4th Kyu	Minimum 40 days of practice after passing test for 5 th kyu.		
Waza	Ken Kirikaeshi-no-bu (tachiwaza)	Jo Tsuki and Men-no-bu (basic stance)	
	Tsuki Ikkyo, Nikyo, Shihonage Yokomen-uchi Iriminage, Kotegaeshi Katate-ryotedori Iriminage, Kokyuho, Kokyunage Munadori Sankyo, Yonkyo Zagi-shomen-uchi Ikkyo, Nikyo, Iriminage		
3rd Kyu	Minimum 50 days of practice after passing test for 4 th kyu.		
Waza	Ken Suburi and Kirikaeshi-no-bu (tachiwaza, zagi)	Jo Tsuki, Men and Katate-no-bu (basic stance)	
	Tsuki Kotegaeshi, Yonkyo Ushiro-ryotedori Nikyo, Sankyo, Iriminage, Kokyunage Yokomen-uchi Shihonage, Kaitennage (uchi, soto-kaiten) Hanmi-handachi-ryotedori Shihonage Zagi-shomen-uchi Kotegaeshi Zagi-katatedori Sankyo, Yonkyo		
2nd Kyu	Minimum 60 days of practice after passing test for 3 rd kyu.		
Ken	Ashi-no-fumikae-no-bu (tachiwaza), Tsuki-no-bu (tachiwaza, zagi)		
Jo	Tsuki, Men, Katate and Hasso-no-bu (basic stance)		
Tachi waza	Katate-ryotedori Iriminage (2 ways), Kotegaeshi Gyakuhanmi-katatedori Ikkyo (with Sabaki) Iriminage (with Sabaki) Shomen-uchi Koshinage		
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	Shomen-uchi Katate-ryotedori Tsuki		
1st Kyu	Minimum 70 days of practice after passing test for 2 nd kyu.		
Ken	Zengo-no-ido (basic movements, forward and backward): Suburi, Kirikaeshi, Tsuki-no-bu (tachiwaza)		
Jo	13-no-jo (left-hanmi) Tsuki, Men, Katate, Hasso and Nagare-no-bu (basic stance)		
	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	Katate-ryotedori Yokomen-uchi Gyakuhanmi-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>).