

AIKIDO OF ARLINGTON

Test Requirements

6th KYU

minimum 15 days practice

TAI NO HENKO
MOROTE DORI KOKYU HO
SHOMENUCHI IKKYO (o&u)
KOKYU DOSA

FORWARD AND BACKWARD ROLLS

1 - 2 jo suburi

1-3 ken suburi

5th KYU

40 days practice, all the above plus:

MUNEDORI KOTEGAESHI
KATADORI IKKYO, NIKKYO (o&u)
KATATADORI KOKYUNAGE
RYOTEDORI TENCHINAGE

KATATEDORI SHIHONAGE (o&u)
KATATEDORI IRIMINAGE (holding up, down, & middle)

1 - 10 jo suburi

1 - 7 ken suburi

4th KYU

60 days, all the above plus:

GYAKUTE/TSUKI KOTEGAESHI
SHOMENUCHI IKKYO, NIKKYO, SANKYO
(o&u)
SHOMENUCHI IRIMINAGE
YOKOMENUCHI SHIHONAGE

RYOKATADORI/RYOTEDORI
KOKYUNAGE

KATATEDORI KAITENAGE (uchi & soto)

USHIRO RYOTEDORI KOTEGAESHI

jo: 1 - 20 jo suburi

ken: right & left, 5th & 7th awase

3rd KYU

80 days, all the above plus:

Suware Waza: SHOMENUCHI IKKYO,
NIKKYO, SANKYO (o&u)

Hanmi Handachi: KATATEDORI
KAITENAGE (o&u)

Standing:

USHIRO EDIDORI SANKYO (o&u)
YOKOMENUCHI IKKYO, NIKKYO,
SANKYO (o&u)
YOKOMENUCHI IRIMINAGE (2)

Any Attack: KOKYUNAGE (2)
SHOMENUCHI SHIHONAGE (o&u)
USHIRO TEKUBITORI KOSHINAGE

RYOTEDORI KOSHINAGE
SHOMENUCHI KOTEGAESHI

JIYU WAZA (1)

ken: 1st Kunitachi

Ki Mutsubi No Tachi

jo: 31 Kata

13 Kata

2nd KYU

120 days & six months practice after 3rd KYU

Suware Waza:

SHOMENUCHI IKKYO - YANKYO (o&u)
SHOMENUCHI IRIMINAGE

Any Attack: KOKYUNAGE (3)
KATATEDORI, USHIRO RYOTEDORI JUJINAGE
JIYU WAZA: 1 then 2 attackers

Standing:

SHOMENUCHI KOSHINAGE
YOKOMENUCHI KOTEGAESHI
MOROTEDORI KOSHINAGE
USHIRO RYOKATADORI IKKYO (o&u)
USHIRO RYOTEDORI KOKYUNAGE
(three ushiro holds)

Tanto: YOKOMENUCHI GOKKYO, Knife held to
center of back
ken: 1st and 2nd kumitachi
Happo giri variations
jo: 1 - 17 kumijo (of the 31)

1st KYU

150 days & 9 months practice after 2nd KYU, all the above plus:

Suware Waza:

YOKOMENUCHI IKKYO - GOKKYO (o&u)

Hanmi Handachi: (2) USHIRO WAZA,
(2) ANY OTHER

Standing:

SHIHONAGE, throwing in 4 directions
IRIMINAGE VARIATIONS (5)
KATAMENUCHI IKKYO, NIKKYO (o&u)
ANY TECHNIQUE FROM ANY ATTACK

TANKEN DORI
TACHI DORI
JO DORI
JIYU WAZA
31 Kumijo
13 Jo Awase
1 - 4 Kumitachi

SHODAN

All 1st KYU plus:

From 5 different attacks:

SHIHONAGE
KOTEGAESHI
KOSHINAGE
KOKYUNAGE
IRIMINAGE

KATAMENUCHI KOTEGAESHI,
SHIHONAGE & IRIMINAGE
1 - 3 Ken Tai Jo
1 - 5 Kumitachi
Jo Nage