

Kyu Promotion Test Requirements

January 2014

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| 8 Kyu | Minimum of 3 months practice since starting Aikido and under 15 years of age. | | |
| Waza | Zenko, Kouho-ukemi Shikko (mae) Ikkyo-undo: Zengo, Shiho (tachiwaza) Uchikata (shomen, yokomen, tsuki) Taisabaki (irimi, tenkan, kaiten) Aihanmi-katatedori Iriminage, Ikkyo, Shihonage Gyakuhanmi-katatedori Kokyunage, Ikkyo | | |
| 7 Kyu | Minimum of 3 months practice since starting Aikido. | | |
| Waza | including 8 th kyu waza Funakogi-undo Sotai-dosa (irimi, tenkan, kaiten) Sayu-kokyuho-undo Gyakuhanmi-katatedori Iriminage, Shihonage Munadori Ikkyo, Iriminage Shomen-uchi Ikkyo | | |
| 6 Kyu | Minimum of 20 days of practice since last examination. | | |
| Waza | Tobikoshi-ukemi Shikko (mae, ushiro) Ikkyo-undo: Shiho (tachiwaza, zagi) Sabaki-kata (shomen, tsuki) Ryotedori Ikkyo, Nikyo, Tenchinage Shomen-uchi Iriminage, Shihonage, Nikyo Gyakuhanmi-katatedori Kaitennage (uchi-kaiten) | | |
| 5 Kyu | Minimum of 30 days of practice after 6 th kyu | | |
| Waza | Ken | Suburi-no-bu (tachiwaza) | Jo Tsuki-no-bu (basic stance) |
| | including 6 th kyu waza Shikko-kaiten Ikkyo-undo: happo (tachiwaza, zagi) Zagi-kokyuho Shomen-uchi Kotegaeshi, Sankyo, Yonkyo, Kaitennage (uchi-kaiten) Ryotedori Iriminage, Shihonage | | |
| 4 Kyu | Minimum 40 days of practice after 5 th 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 | | |
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| 3 Kyu | Minimum 50 days of practice after 4 th 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 Ikkyo~Yonkyo, Iriminage, Kokyunage Hanmi-handachi-ryotedori Shihonage Zagi - Shomen-uchi Kotegaeshi Zagi - Katatedori Ikkyo~Yonkyo | | |
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| 2 Kyu | Minimum 60 days of practice after 3 rd 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 | Katate-ryotedori Shomen-uchi Gyakuanmi-katatedori | | |
| 1 Kyu | Minimum 70 days of practice after 2 nd 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-osaie (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

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| 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

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| 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 (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 (<i>tachiwaza</i>) and sitting (<i>zagi</i>). |