

## 6<sup>th</sup> Kyu – Rokukyu 20 practice days since day one of practice.

**Seiza** (1) Bowing/Rei (2) Rise from seiza

**Shikko\*** Knee walking

**Hanmi** Migi & Hidari hanmi (Stance)

**Ukemi** (1) Ushiro ukemi: Back fall & back roll (2) Mae ukemi: Front roll

**Kokyudo** (1) Funakogi undo (2) Ikkyo undo (Exercise)

**Tai sabaki** (1) Tenkan (2) Kaiten (3) Irimi (4) Irimi tenkan (5) Tenshin

**Hanmi** with partner (1) Ai hanmi (2) Gyaku hanmi

**Striking attacks** with partner (1) Tsuki (2) Yokomenuchi (3) Shomenuchi

**Tai no henko** with partner as both uke & nage

**Kokyudosa** Sitting Zagi Kokyuhō with partner

## 5<sup>th</sup> Kyu – Gokyu 40 practice days after passing 6<sup>th</sup> Kyu.

**Shomenuchi Ikkyo** omote & ura

**Shomenuchi Iriminage** ura only

**Katatetori Shihonage** omote & ura

**Ryotetori Tenchinage** omote & ura

**Tsuki Kotegaeshi** ura only

**Ushiro Tekubitori Kotegaeshi** omote & ura

**Morotetori Kokyuhō** omote only

## 4<sup>th</sup> Kyu – Yonkyu 80 practice days after passing 5<sup>th</sup> Kyu.

**Shomenuchi Nikyo** omote & ura

**Yokomenuchi Shihonage** omote & ura

**Tsuki Iriminage** 3 openings

**Ushiro Tekubitori Sankyo** omote & ura

**Ushiro Ryokatatori Kotegaeshi** omote & ura

**Suwari waza:**

**Shomenuchi Ikkyo** omote & ura

**Katatori Nikyo** omote & ura

**Katatori Sankyo** omote & ura

## 3<sup>rd</sup> Kyu – Sankyu 100 practice days after passing 4<sup>th</sup> Kyu.

**Yokomenuchi Iriminage** 3 openings

**Yokomenuchi Kotegaeshi** omote & ura

**Tsuki Kaitennage** omote & ura, short & long version

**Ushiro Ryokatatori Sankyo** omote & ura

**Morotetori Iriminage** 3 openings

**Shomenuchi Sankyo** omote & ura

**Suwari waza\*:**

**Shomenuchi Iriminage** ura only

**Shomenuchi Nikyo** omote & ura

**Hanmi handachi\*:**

**Katatetori Shihonage**, omote & ura

**Katatetori Kaitennage** omote & ura, uchi & soto mawari

## 2<sup>nd</sup> Kyu – Nikyu 200 practice days after 3<sup>rd</sup> Kyu

Seminar attendance is encouraged.

**Shomenuchi Shihonage** omote & ura

**Shomenuchi Kaitennage** omote & ura, short & long version

**Yokomenuchi Gokyo** omote & ura

**Ushiro Tekubitori Shihonage** omote & ura

**Ushiro Kubishime Koshinage** 2 variations

**Ushiro Tekubitori Jujinage** omote only

**Morotetori Nikyo** 2 variations

**Hanmi handachi\*:**

**Shomenuchi Irimi nage** ura only

**Katatetori Nikyo** omote & ura

**Yokomenuchi Kotegaeshi** omote & ura

**Randori** 2 ukes

## 1<sup>st</sup> Kyu – Ikkyu 300 practice days after passing 2<sup>nd</sup> Kyu.

Seminar attendance is encouraged.

**Swari waza\*:**

**Shomenuchi ikkyo** through **gokyo**

Demonstrate 5 techniques for each:

**Hanmi handachi\*:**

**Ushiro Ryokatatori**

**Tachiwaza:**

**Katatori Menuchi**

**Yokomenuchi**

**Morotetori**

**Shomenuchi**

**Tsuki**

**Ryotetori**

**Ushiro Tekubitori**

**Koshinage**

**Tanto tori**

**Randori** 3 ukes

## Shodan – 1<sup>st</sup> Dan

**300 practice days** after passing 1<sup>st</sup> Kyu, minimum time 1 year after.

Must attend one seminar per year.

**All 1<sup>st</sup> Kyu Requirements**

**Tachi tori, Jo tori, Jo waza, Henka waza**

**Randori** 4 ukes

\*Depending on physical ability

†Must attend two seminars per year. Test to be determined by the examiner

Test requirements are cumulative. Students may be asked to perform techniques from previous exams.

# AIKIDO TERMS

**Ai Hanmi** Mutual stance, same foot forward

**Atemi** strike

**Gyaku Hanmi** Opposing stance

**Hanmi handachi** Nage sitting, uke standing

**Henka waza** Switching from one technique to another

**Hidari** Left

**Irimi** Forward movement

**Jiyu waza** Interval attacks with varying techniques

**Jo tori** Disarm uke of the jo

**Jo waza** Techniques performed with jo

**Katatetori** One hand grab to wrist

**Katatori** One hand grab to the shoulder

**Kaeshi waza** Counter techniques

**Kaiten** Pivot

**Katatori Menuchi** Grab to shoulder with strike to the head

**Kokyu** Breath power

**Koshinage** Hip throw

**Ma ai** Distance, space between

**Mae** Forward

**Migi** Right

**Morotetori** Two hands grab to one wrist

**Nage** Person executing a technique

**Omote** Front

**Randori** Freestyle, random rapid simultaneous attacks

**Ryotetori** Both wrists held from the front

**Seiza** Sitting, meditative posture

**Shomenuchi** Strike to the forehead

**Soto mawari** Outside movement

**Suwari waza** Seated techniques

**Tai sabaki** Body movement, foot work

**Tachi tori** Disarm uke of bokken

**Tanto tori** Disarm uke of tanto

**Tenkan** Pivot, step back

**Tenshin** Step, stance change

**Tsuki** Thrust or punch

**Uchi mawari** Inside movement

**Udekime nage** Arm bar throw

**Uke** Person receiving a technique

**Ura** Back

**Ushiro** Behind

**Ushiro Kubishime** Choke from behind with wrist grab

**Ushiro Ryokatatori**

Both shoulders held from behind

**Ushiro Tekubitori** Both wrists held from behind

**Waza** Technique

**Yokomenuchi** Strike to side of head

**Zagi** Sitting—active posture, live toes