

The United States Aikido Federation Promotional Test Requirements

5th kyu (60 hours)

1. Shomenuchi Ikkyo (omote & ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (omote & ura)
4. Ryotetori Tenchinage
5. Tsuki Kotegaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuno

4th kyu (80 hours)

1. Shomenuchi Nikkyo (omote & ura)
2. Yokomenuchi Shihonage (omote & ura)
3. Tsuki Iriminage
4. Ushiro Tekubi Sankyo (omote & ura)
5. Ushiro Ryokatatori Kotegaeshi
6. Suwari Waza: Shomenuchi Ikkyo
7. Suwari Waza: Katatori Nikkyo (omote & ura)
8. Suwari Waza: Katatori Sankyo

3rd kyu (100 hours)

1. Yokomenuchi Iriminage (uchi & soto)
2. Yokomenuchi Kotegaeshi
3. Tsuki Kaitennage
4. Ushiro Ryokatatori Sankyo (omote & ura)
5. Morotetori Iriminage (uchi & soto)
6. Shomenuchi Sankyo (omote & ura)
7. Suwari Waza: Shomenuchi Iriminage
8. Suwari Waza: Shomenuchi Nikkyo (omote & ura)
9. Hanmi Handachi: Katatetori Shihonage
10. Hanmi Handachi: Katatetori Kaitennage (uchi & soto)

2nd kyu (150 hours)

1. Shomenuchi Shihonage
2. Shomenuchi Kaitennage
3. Yokomenuchi Gokyo
4. Ushiro Tekubitori Shihonage
5. Ushiro Tekubitori Jujinage
6. Ushiro Kubishime Koshinage
7. Morotetori Nikkyo
8. Hanmi Handachi: Shomenuchi Iriminage
9. Hanmi Handachi: Katatetori Nikkyo
10. Hanmi Handachi: Yokomenuchi Kotegaeshi
11. Freestyle: 2 persons

1st kyu (200 hours)

1. Katatori Menuchi – 5 techniques
2. Yokomenuchi – 5 techniques
3. Morotetori – 5 techniques
4. Shomenuchi – 5 techniques
5. Ryotetori – 5 techniques
6. Koshinage – 5 techniques
7. Tantotori
8. Hanmi Handachi: (Ushiro Waza – 5 techniques)
9. Freestyle: 3 persons

Sho-Dan (300 hours)

1. All 1st kyu requirements
2. Tachitori
3. Jotori
4. Henkawaza
5. Freestyle: 4 persons

Ni-Dan (500 hours)

1. Attend 2 seminars per year after Sho-Dan
2. All Sho-Dan requirements
3. Tachitori: 2 persons
4. Freestyle: 5 persons
5. Kaeshiwaza

San-Dan (600 hours)

1. Attend two seminars per year after Ni-Dan.
Subject of exam to be determined by examiner at time of exam.

(as of July 1st, 1979)

Note: Hour requirements are counted from last test.

Glossary of Words

1. Hankawaza – switching techniques
2. Hanmi Handachi – one sitting, one standing
3. Jotori – small staff techniques
4. Kaeshiwaza – counter techniques
5. Katatetori – one hand grab at wrist
6. Katatori – one hand grab at collar
7. Morotetori – two hands grab at wrist
8. Omote & Ura – front & back
9. Ryotetori – both wrists grabbed at front
10. Shomenuchi – overhead strike
11. Suwari Waza – sitting position
12. Tachitori – attack with boken
13. Tantotori – attack with knife
14. Tsuki – midsection strike
15. Uchi & Soto – inside & outside
16. Kubishime – one arm choke and wrist grab
17. Ryokatatori – both shoulders grabbed
18. Tekubitori – both wrists grabbed at wrist
19. Ushiro waza – any attack from behind