



AIKIDO of San Leandro

1033 Macarthur Blvd., San Leandro, CA 94577 • (510) 430-2518

Kyu Test Requirements

6th Kyu (20 training days)

Tae no henko
Tae no henko ki no nagare
Morote dori kokyu ho
Shomen uchi ikkyo omote waza
Shomen uchi ikkyo ura waza
Munetsuki kotegaeshi
Kokyu dosa

5th Kyu (20 training days after 6th kyu)

Tae no henko
Tae no henko ki no nagare
Morote dori kokyu ho
Shomen uchi ikkyo (omote & ura waza)
Katate dori shihonage (omote & ura waza)
Kata dori nikkyo (omote & ura waza)
Munetsuki kotegaeshi
Variations: (5) from katate dori ikkyo omote waza
nikkyo ura waza
shihonage omote and ura waza
kokyunage
Weapons: 1-7 bokken suburi
1-5 jo suburi

4th Kyu (60 training days after 5th kyu)

Shomen uchi ikkyo, nikkyo, sankyo (omote & ura waza)
Ikkyo: katate dori omote waza;
Munetsuki; ryote dori ura waza
Shihonage: katate dori omote & ura waza; yokomen uchi
Kotegaeshi: munetsuki; gyakute tori; shomen uchi
Iriminage: shomen uchi; katate dori
Kokyunage: katate dori; gyakute tori; morote dori
Variations: (5) from ryote dori ikkyo omote waza
nikkyo ura waza
shihonage omote and ura waza
kokyunage
Weapons: happo giri
migi no awase
hidari no awase
go no awase
shichi no awase
31 jo kata
1-10 jo suburi



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3rd Kyu (80 training days after 4th kyu)

Shomen uchi	ikkyo, nikkyo, sankyo, yonkyo (omote & ura waza)
Ikkyo:	katate dori omote waza; ryote dori ura waza munetsuki; ushiro
Shihonage:	katate dori (omote & ura waza); yokomen uchi; shomen uchi
Iriminage:	shomen uchi; katate dori
Kotegaeshi:	katate dori; munetsuki; gyakute tori; shomen uchi
Koshinage:	katate dori; munetsuki; ryote dori; ushiro
Kokyunage:	katate dori; gyakute tori; morote dori
Ushiro:	(2) from each – ryote dori; ryokata dori; kubishime
Weapons:	ichi no kumitachi ki musubi no tachi 1-20 jo suburi 13 jo kata

2nd Kyu (120 training days after 3rd kyu & 6 months)

Suwari waza:	shomen uchi ikkyo – yonkyo (omote & ura waza)
Tachi waza:	(any attack) ikkyo – yonkyo (omote & ura waza)
Kotegaeshi:	(5) from any attack
Shihonage:	yokomen uchi; shomen uchi; any grab
Iriminage:	shomen uchi; (3) katate dori, (3) kata dori
Tenchinage:	ryote dori
Kaiten nage:	katate dori (soto mawari, uchi mawari)
Jujigarami:	ushiro ryote; kata; mune dori
Koshinage:	(5) from any attack
Kokyunage:	(4) from any attack
Ushiro:	(3) from each – ryote dori, ryokata dori, kubishime
Jiyu waza:	1 then 2 attackers
Weapons:	1-5 kumitachi 31 kumijo
Tanken dori:	tsuki kotegaeshi; yokomen uchi gokkyo; knife held to center of back

1st Kyu (150 training days after 2nd kyu & 9 months)

Suwari waza:	any attack ikkyo – gokkyo (omote & ura waza)
Hanmi handachi:	any technique
Shihonage:	including demo of throwing 4 directions
Iriminage:	including variations from shomen
Tanken dori	
Tachi dori	
Jo dori	
Jiyu waza	
3 ken tai jo	
3 kumijo	
13 jo awase	