

合気道 堀越道場 Kyu Promotion Test Requirements

January, 2006

8 Kyu	Minimum of 3 months practice since starting Aikido and under 15 years of age	
Waza	Zenpo, Kouho-Ukemi, Shikko (mae), IkkyoUndo-Zengo, Shiho (tachiwaza) Uchikata(shomen, yokomen, tsuki). Aihanmi-Katatedori -Iriminage, Ikkyo, Katate-Ryotedori-Kokyonage	
7 Kyu	Minimum of 3 months practice since starting Aikido	
Waza	Including 8 th kyu waza. Funakogi-Undo. Taisabaki (irimi, tenkan, kaiten) Gyakuhanmi-Katatedori -Ikkyo, Iriminage, Shihonage. Munadori -Iriminage. Shomenuchi -Ikkyo.	
6 Kyu	Minimum of 30 days of practice since last examination	
Waza	Tobikoshi-Ukemi. Shikko (mae, ushiro). IkkyoUndo-Shiho (tachiwaza, zagi). Sabaki-Kata (shomen, tsuki). Ryotedori -Ikkyo, Nikyo, Tenchinage. Aihanmi-Katatedori -Shihonage. Shomenuchi -Iriminage. 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. IkkyoUndo-Happo (tachiwaza, zagi). Zagi-Kokyuhō. Yokomenuchi-Ikkyo, Nikyo , Iriminage, Shihonage. Munadori-Nikyo , Sankyo . Ryotedori-Kokyunage .	
4 Kyu	Minimum of 40 days of practice after 5 th Kyu	
Waza	Ken Kirikaeshi-no-bu (tachiwaza)	Jo Tsuki and Men-no-bu (basic stance)
	Shomenuchi -Kotegaeshi, Shihonage, Kaitennage (uchikaiten). Tsuki -Ikkyo~Yonkyo	
	Katate-Ryotedori -Iriminage, Kokyuhō. Zagi-Katatedori -Ikkyo, Nikyo, Iriminage	
3 Kyu	Minimum of 50 days of practice after 4 th Kyu	
Waza	Ken Suburi and Kirikaeshi-no-bu (tachiwaza)	Jo Tsuki, Men, Katate and Hasso-no-bu (basic stance)
	Tsuki -Kotegaeshi, Shihonage . Ryotedori -Ikkyo~Yonkyo. Yokomenuchi -Kaitennage (uchi, soto-kaiten). Ushiro-Ryotedori - Sankyonage , Iriminage	
	Hanmi-Handachi-Ryotedori Shihonage. Zagi-Shomenuchi -Ikkyo~Yonkyo, Kotegaeshi	
2 Kyu	Minimum of 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). Yokomenuchi -Kotegaeshi. Koshinage. Munadori -Ikkyo~Yonkyo.	
Hanmi Handachi	Katatedori -Ikkyo~Yonkyo, Shihonage, Kaitennage (uchi, soto-kaiten)	
Zagi	Yokomenuchi -Ikkyo~Yonkyo, Kotegaeshi, Kokyunage (2ways) .	
Jiyu Waza	Katate-Ryotedori Shomenuchi	
1 Kyu	Minimum of 70 days of practice after 2 nd Kyu	
Ken	Basic Movements Front and Back (tachiwaza, zagi): Suburi, Kirikaeshi, Tsuki-no-bu	
Jo	22-31 no Jo (left hanmi). Tsuki, Men, Katate, Hasso and Nagare-no-bu (left and right hanmi). Shikko-kaiten (2 ways)	
Tachi waza	Katadori-Menuchi -Ikkyo~Yonkyo, Iriminage. Ryotedori-Kotegaeshi (2 ways) Shomenuchi -Kaitenosae (uchi, soto-kaiten), Udegarami, Ikkyogaeshi.	
Hanmi-Handachi	Yokomenuchi -Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Kaitennage (uchi, soto-kaiten)	
Zagi	Tsuki-Ikkyo~Yonkyo , Iriminage	
Ushiro Waza	Ushiro-Ryotedori -Shihonage, Jyujigarami, Koshinage. Ushiro-Ryohijidori -Kotegaeshi Ushiro-Katate -Kubijime Ikkyo-Yonkyo, Iriminage	
Jiyu waza	Katatedori/Yokomenuchi/Tsuki	

Jo-no-bu

Tsuki-no-bu	1. Chokuzuki. 2. Kaeshizuki. 3. Ushirozuki. 4. Tsuki-gedangaeshi. Tsuki-jodangaeshi.
Men-no-bu	1. Shomenuchikomi. 2. Renzouchikomi. 3. Menuchi-Ushirozuki. 4. Menuchi-gedangaeshi. 5. Hidariyokomen-ushirozuki.
Katate-no-bu	1. Katate-gedangaeshi. 2. Katate-tomauchi. 3. Katate-hachinojigaeshi
Haso-no-bu	1. Hasogaeshi-uchi. 2. Hasogaeshi-tsuki. 3. Hasogaeshi-ushirozuki. 4. Hasogaeshi-ushirouchi. 5. Hasogaeshi-ushirobarai.
Nagare-no-bu	1. Hidarinagare-kaeshi-uchi. 2. Miginagare-kaeshi-tsuki.

Ken-no-bu

Suburi-no-bu	1. Shikodachi 2. Hanmi (migi, hidari) 3. Zengo (migi, hidari) 4. Shiho (migi, hidari). 5. Happo (migi, hidari).
Kirikaeshi-no-bu.	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). 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>).