

Kyu Promotion Test Requirements

January 2019

7th Kyu	Minimum of 3 months of practice after starting Aikido		
Waza	Zenko, Koho-ukemi Funakogi-undo Sayu-kokyuhō-undo Taisabaki (Tenkan, Kaiten, Irimi) Uchikata (Shōmen-uchi, Yokomen-uchi, Tsuki) Ikkyō-undo: Zengo, Shiho (Tachiwaza) Shikko (Mae) Aihanmi-katatedori Ikkyō, Shihonage Munadori Ikkyō, Iriminage Shōmen-uchi Iriminage Gyakuhanmi-katatedori Kōkyunage		
6th Kyu	Minimum of 20 days of practice after being promoted to 7 th kyu		
Waza	Ikkyō-undo: Zengo, Shiho (Tachiwaza, Zagi) Shikko (Mae, Ushiro) Sotai-dosa (Irimi, Tenkan, Kaiten) Gyakuhanmi-katatedori Nikyō, Iriminage, Shihonage Kaitennage (Uchi-kaiten) Ryotedori Ikkyō, Shihonage Shōmen-uchi Ikkyō, Nikyō		
5th Kyu	Minimum of 30 days of practice after being promoted to 6 th kyu		
Weapons	Ken	Suburi-no-bu (Tachiwaza)	Jo Tsuki-no-bu (basic stance)
Waza	Shikko-kaiten Ikkyō-undo: Happo (Tachiwaza, Zagi) Sabaki-kata (Shōmen-uchi, Tsuki) Shōmen-uchi Nikyō, Sankyō, Kotegaeshi, Shihonage, Kaitennage (Uchi-kaiten) Ryotedori Iriminage, Tenchinage Zagi-kokyuhō		
4th Kyu	Minimum 40 days of practice after being promoted to 5 th kyu.		
Weapons	Ken	Kirikaeshi-no-bu (Tachiwaza)	Jo Tsuki and Men-no-bu (basic stance)
Waza	Tsuki Ikkyō, Nikyō, Shihonage Yokomen-uchi Iriminage, Kotegaeshi Katate-ryotedori Iriminage, Kōkyuhō, Kōkyunage Munadori Sankyō, Yonkyō Zagi-shōmen-uchi Ikkyō, Nikyō, Iriminage		
3rd Kyu	Minimum 50 days of practice after being promoted to 4 th kyu.		
Weapons	Ken	Suburi and Kirikaeshi-no-bu (Tachiwaza, Zagi)	Jo Tsuki, Men and Katate-no-bu (basic stance)
Waza	Tsuki Kotegaeshi, Yonkyō Ushiro-ryotedori Nikyō, Sankyō, Iriminage, Kōkyunage Yokomen-uchi Shihonage, Kaitennage (Uchi-kaiten, Soto-kaiten) Hanmi-handachi-ryotedori Shihonage Zagi-shōmen-uchi Kotegaeshi Zagi-katatedori Sankyō, Yonkyō		
2nd Kyu	Minimum 60 days of practice after being promoted to 3 rd kyu.		
Ken	Ashi-no-fumikae-no-bu (Tachiwaza), Tsuki-no-bu (Tachiwaza, Zagi)		
Jo	Tsuki, Men, Katate and Hasso-no-bu (basic stance)		
Tachi waza	Katate-ryotedori Iriminage (2 ways), Kotegaeshi Gyakuhanmi-katatedori Ikkyō (with Sabaki), Iriminage (with Sabaki) Shōmen-uchi Koshinage		
Hanmi Handachi	Katatedori Ikkyō~Yonkyō, Kaitennage (Uchi-kaiten, Soto-kaiten)		
Zagi	Yokomen-uchi Ikkyō~Yonkyō, Kotegaeshi, Iriminage		
Ushirowaza	Ushiro-ryotedori Ikkyō~Yonkyō, Kotegaeshi Ushiro-katatedori-kubijime Sankyonage		
Jiyu waza	Shōmen-uchi Katate-ryotedori Tsuki		
1st Kyu	Minimum 70 days of practice after being promoted to 2 nd kyu.		
Ken	Zengo-no-ido (moving forward and backward): Suburi, Kirikaeshi, Tsuki-no-bu (Tachiwaza)		
Jo	13-no-jo (Hidari-hanmi) Tsuki, Men, Katate, Hasso and Nagare-no-bu (basic stance) Shikko-kaiten (2 ways)		
Tachi waza	Katadori-menuchi Ikkyō~Yonkyō, Iriminage Ryotedori Kotegaeshi (2 ways) Yokomen-uchi Kaiten-osae (Uchi-kaiten, Soto-kaiten), Udegarami, Ikkyō-gaeshi, Koshinage		
Hanmi Handachi	Shōmen-uchi Ikkyō~Yonkyō, Iriminage		
Zagi	Tsuki Ikkyō~Yonkyō, Iriminage, Kotegaeshi		
Ushiro waza	Ushiro-ryotedori Shihonage, Jyujigarami Ushiro-ryohijidori Kotegaeshi, Ikkyō Ushiro-katatedori-kubijime Ikkyō, Nikyō, Iriminage		
Jiyu waza	Katate-ryotedori Yokomen-uchi Katatedori (with Sabaki)		

Jo-no-bu

Tsuki-no-bu	1. Choku-zuki 2. Kaeshi-zuki 3. Ushiro-zuki 4. Tsuki-gedan-gaeshi 5. Tsuki-jodan-gaeshi
Men-no-bu	1. Shōmen-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

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	1. Mae - suburi (migi, hidari), kirikaeshi (migi, hidari) 2. Ushiro - suburi (migi, hidari), kirikaeshi (migi, hidari)
Tsuki-no-bu (kimon, 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>).