

Rokkyū (6th level) 30 hours / 3 months

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| 1. ()
(Katate-dori)
(one hand grab) | Tenkan
turning |
| 2. Shōmen-uchi
front face strike | Ikkyō ⇧ ⇨
1st lesson |
| | Irimi-nage
entering throw |
| 3. Mune-tsuki
chest punch | Kotegaeshi-nage
wrist flip throw |
| 4. Katate-dori
one hand grab | Shihō-nage ⇧ ⇨
4-direction throw |
| 5. Yokomen-uchi
side face strike | Shihō-nage ⇧ ⇨
4-direction throw |
| 6. Kokyū-tanden-hō
breath gut (center) method | |

Gokyū (5th level) 60h/4 months

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| 1. Shōmen-uchi
front face strike | Nikyō ⇧ ⇨
2nd lesson |
| 2. Kata-dori
shoulder grab | Ikkyō ⇧ ⇨
1st lesson |
| | Nikyō ⇧ ⇨
2nd lesson |
| 3. Mune-tsuki
chest punch | Kaiten-nage
spin throw |

Yonkyū (4th level) 60h/4 months

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| 1. Shōmen-uchi
front face strike | Sankyō ⇧ ⇨
3rd lesson |
| | Yonkyō ⇧ ⇨
4th lesson |
| 2. Yokomen-uchi
side face strike | Ikkyō ⇧ ⇨
1st lesson |
| | Kotegaeshi-nage
wrist flip throw |
| | Irimi-nage ⇧ ⇨
entering throw |
| 3. Ryōte-dori
both hand grab | Tenchi-nage ⇧ ⇨
heaven-earth throw |
| | Shihō-nage ⇧ ⇨
4-direction throw |
| 4. Katate-dori ryōte-mochi
one hand grab (by) both hand | Kokyū-tanden-hō
breath gut method |

Sankyū (3rd level) 70h/4 months

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| 1. Ushiro-ryōkata-dori
behind both shoulder grab | Ikkyō ⇧ ⇨
1st lesson |
| 2. Ushiro-ryōte-dori
behind both hand grab | Shihō-nage ⇧ ⇨
4-direction throw |
| 3. Ushiro-kubi-shime
behind neck choke | Kotegaeshi-nage
wrist flip throw |
| 4. Ushiro-waza
behind technique | Kokyū-nage
breath throw |



FSU Aikido Club

Kyu-Rank Promotion
Test Requirements

- Techniques required for each level include all techniques from the previous levels.
- ⇧ ⇨ indicates that Nage must perform both Irimi (omote) and Tenkan (ura) movements.
- Mae/ushiro **ukemi** and **shikkō** are also examined.

Note

English in waza listing is literal word-for-word translation.

Careted (ô û â î ë) are stretched vowels:
ô [law], û [shoot], î [heel] etc.

It can make a big difference:
Shikkō = Knee walking Shikko = Pee pee

Terms & Phrases

Uke	Receiver of the technique
Nage	Executer of the technique
Migi hanmi	Stance w/right foot in the front
Hidari hanmi	Stance w/left foot in the front
Ai hanmi	Nage&Uke assume same stance
Gyaku hanmi	Assume opposite stance
Kōsa dori	Katate dori in Ai hanmi
Tai jutsu	Body (no weapon) technique
Ken jutsu	Techniques with swords
Atemi	Punch for distraction/timing
Ma-ai	Distance between Uke & Nage
Kuzushi	Upsetting of Uke's balance
Awase	Harmonizing/blending using Ki

“Onegai shimasu”
I humbly beg (your partnership).

“Arigatō gozai’ mashita”
Thank you very much.

“Hai”
Yes, OK

“Dōzo”
Please

“Yame”
Stop

“Tsugi ‘e’ ikimasu”
We’ll do next (technique)

“Owarimasu”
We’ll stop (for the day) .

“Ohayō gozaimasu”
Good morning.

“Kon’nichiwa”
Good afternoon.

“Konbanwa”
Good evening.

“Sayōnara”
Good-bye.

“Oyasumi nasai”
Good night.

“Bīru kudasai”
Give me a beer, please.

Nikyū (2nd level) 80h/6 months

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| 1. Yokomen-uchi | Ni, San, Yonkyō ⇧ ⇨ |
| 2. Koshi-nage (Hip throw)
from attacks below
(Shōmen-uchi)
(Yokomen-uchi)
(Katate-dori)
(Mune-tsuki) | |
| 3. Han’mi-handachi | |
| Katate-dori | Shihō-nage ⇧ ⇨ |
| Ryōte-dori | Shihō-nage ⇧ ⇨ |
| 4. Suwari-waza (Sitting techniques) | |
| Shōmen-uchi | Ikkyō ⇧ ⇨ |
| Kata-dori | Ikkyō ⇧ ⇨ |
| Yokomen-uchi | Ikkyō ⇧ ⇨ |

Ikkyū (1st level) 90h/6 months

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| 1. Jiyū-waza (free techniques) | |
| Tachi-waza (standing) | |
| Han’mi-handachi (sit/stand) | |
| Suwari-waza (sitting) | |
| 2. Tantō-dori (knife take)
from attacks below
(Mune-tsuki)
(Shōmen-uchi)
(Yokomen-uchi) | |

Aikido Club Kyu-rank Examination Protocol

- You should first bow to shōmen, the test panel, and your partner in that order, and in reverse order at the end of testing.
- The one closer to the test panel shall be Uke first.
- Where applicable, both Irimi (Omote) and Tenkan (Ura) versions of the technique should be performed without being told.
- You may omit pinning on the first few moves on a technique.
- Continue on the technique until a call for change of Uke/Nage or technique is made.
- Be reminded that accuracy is more important than speed.