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 shikko are also examined.

Note

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

- Careted (ö ô å ë í) are stretched vowels: ö [law], ô [shoot], í [hugl] etc.

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

Terms & Phrases

Uke  Receiver of the technique
Nage  Executer of the technique
Migi hammi  Stance w/right foot in the front
Hidari hammi  Stance w/left foot in the front
Ai hammi  Assume same stance
Nage & Uke
Gyaku hammi  Assume opposite stance
Kôsa dori  Katate dori in Ai hammi
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

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

“Arigatô gozai’mashit’a” Thank you very much.
“Hai” Yes, OK
“Dôzo” Please
“Yame” Stop
“Tsugi ‘e’ ikimasu”
We’ll do next (technique)

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

“Ohayô gozaimasu”
Good morning.

“Kon’ichiwa” Good afternoon.
“Konbanwa”  Good evening.
“Sayônara” Good-bye.

“Oyasumi nasai”  Good night.

“Biru kudasai”  Give me a beer, please.

Aikido Club Kyu-rank Examination Protocol

1.

You should first bow to shôômen, the test panel, and your partner in that order, and in reverse order at the end of testing.

2. The one closer to the test panel shall be Uke first.

3.

Where applicable, both Irimi (Omote) and Tenkan (Ura) versions of the technique should be performed without being told.

4.

You may omit pinning on the first few moves on a technique.

5.

Continue on the technique until a call for change of Uke/Nage or technique is made.

6.

Be reminded that accuracy is more important than speed.