

USAF | Kyu/Dan Test Requirements



6th Kyu (Rokukyu) 20 practice days since beginning

Seiza (a) Bowing/Rei (b) Rise from seiza
Shikko*
Hanmi (a) Migi hanmi (b) Hidari hanmi
Ukemi (a) Ushiro ukemi (1) back fall (2) back roll*
(b) Mae ukemi*
Kokyu undo (a) Funakogi undo (b) Ikkyo undo
Tai sabaki (a) Tenkan (b) Irimi (c) Irimi tenkan
(d) Tenshin
Hanmi (w/partner) (a) Ai hanmi (b) Gyaku hanmi
Atemi (w/partner) (a) Tsuki (b) Yokomenuchi
(c) Shomenuchi
Tai no henko (w/partner) as both uke and nage
Kokyudosa – Zagi Kokyuho (sitting) (w/partner)

5th Kyu (Gokyu) 40 practice days after 6th Kyu

Shomenuchi Ikkyo (omote & ura)
Shomenuchi Iriminage
Katatetori Shihonage (omote & ura)
Ryotetori Tenchinage (omote & ura)
Tsuki Kotegaeshi (tenkan)
Ushiro Tekubitori Kotegaeshi (omote & ura)
Morotetori Kokyunage (omote & ura)

4th Kyu (Yonkyu) 80 practice days after 5th Kyu

Shomenuchi Nikyo (omote & ura)
Yokomenuchi Shihonage (omote & ura)
Tsuki Iriminage (irimi, tenkan & tenshin variations)
Ushiro Tekubitori Sankyo (omote & ura)
Ushiro Ryokatatori Kotegaeshi (omote & ura)
Suwari waza:
Shomenuchi Ikkyo (omote & ura)
Katatori Nikyo (omote & ura)
Katatori Sankyo (omote & ura)

3rd Kyu (Sankyu) 100 practice days after 4th Kyu

Yokomenuchi Iriminage (3 variations)
Yokomenuchi Kotegaeshi (omote & ura)
Tsuki Kaitennage (omote & ura)
Ushiro Ryokatatori Sankyo (omote & ura)
Morotetori Iriminage (2 variations)
Shomenuchi Sankyo (omote & ura)
Suwari waza:
Shomenuchi Iriminage
Shomenuchi Nikyo (omote & ura)
Hanmi handachi:
Katatetori Shihonage (omote & ura)
Katatetori Kaitennage (uchi & soto mawari**)

*Instructor's option depending on age and ability.

**Uchi & Soto mawari—Both inside (Uchi) and outside (Soto) movements.

2nd Kyu (Nikyu) 200 practice days after 3rd Kyu Seminar attendance is encouraged

Shomenuchi Shihonage (omote & ura)
Shomenuchi Kaitennage (omote & ura)
Yokomenuchi Gokyo (omote & ura)
Ushiro Tekubitori Shihonage (omote & ura)
Ushiro Kubishime Koshinage (2 variations)
Ushiro Tekubitori Jujinage (omote & ura)
Morotetori Nikyo (omote & ura)
Hanmi handachi:
Shomenuchi Iriminage
Katatetori Nikyo (omote & ura)
Yokomenuchi Kotegaeshi (omote & ura)
Jiyu waza and Randori (2 attackers)

1st Kyu (Ikkyu) 300 practice days after 2nd Kyu Must attend two seminars per year

Katatori Menuchi – 5 Techniques
Yokomenuchi – 5 Techniques
Morotetori – 5 Techniques
Shomenuchi – 5 Techniques
Ryotetori – 5 Techniques
Koshinage – 5 Techniques
Hanmi handachi:
Ushiro waza – 5 Techniques
Tanto tori
Jiyu waza and Randori (3 attackers)

Shodan 300 practice days after 1st Kyu Must attend two seminars per year

All 1st Kyu Requirements
Tachi tori and Bokuto waza
Jo tori and Jo waza
Henka waza***
Jiyu waza and Randori (4 attackers)

Nidan 600 practice days after Shodan/Not<2 years Must attend two seminars per year

All Shodan Requirements
Tachi tori (2 attackers)
Kaeshi waza****
Jiyu waza and Randori (5 attackers)

Sandan 700 practice days after Nidan/Not<3 years Must attend two seminars per year

Subject of examination to be determined by examiner at the time of examination

***Henka waza—Switching from one technique to another. Examiner will call the first technique.

****Kaeshi waza—Counter techniques. Uke applies the technique to Nage. Original technique will be called by examiner. (e.g., to apply Sankyo against Nikyo).

Nomenclature

Bokuto waza
Techniques performed with bokken

Hanmi handachi
Uke standing and Nage sitting

Jiyu waza
Interval attacks w/nage varying techniques

Jo tori
Disarm attacker of jo

Jo waza
Techniques performed with jo

Katatetori
One hand grab to wrist

Katatori
One hand grab to shoulder

Katatori Menuchi
Grab to shoulder with strike to head

Morotetori
Two hands grab to one wrist

Randori
Freestyle—rapid "all-out" simultaneous attacks

Ryotetori
Both wrists held from the front

Seiza
Sitting—meditative posture

Shomenuchi
Strike to forehead

Suwari waza
Techniques performed while sitting

Tai sabaki
Body movement

Tachi tori
Disarm attacker of bokken

Tanto tori
Disarm attacker of tanto

Tsuki
Thrust or punch with closed fist

Undo
Exercise

Ushiro Kubishime
Choke from behind with wrist grab

Ushiro Ryokatatori
Both shoulders held from behind

Ushiro Tekubitori
Both wrists held from behind

Waza
Technique

Yokomenuchi
Strike to side of head

Zagi
Sitting—active posture