



The United States Aikido Federation

Promotional Test Requirements

(As of July 1, 1979)

<p>5th Kyu (60 practice days)</p> <ol style="list-style-type: none"> 1. Shomenuchi Ikkyo (omote & ura) 2. Shomenuchi Iriminage 3. Katatetori Shihonage (omote & ura) 4. Ryotetori TENCHINAGE 5. Tsuki Kotegaeshi (omote & ura) 6. Ushiro Tekubitori Kotegaeshi (omote & ura) 7. Morotetori KOKYUHO 	<p>1st Kyu (300 practice days)</p> <ol style="list-style-type: none"> 1. Katatori Menuchi – 5 techniques 2. Yokomenuchi – 5 techniques 3. Morotetori – 5 techniques 4. Shomenuchi – 5 techniques 5. Ryotetori – 5 techniques 6. Koshinage – 5 techniques 7. Tantotori 8. Hanmi-Handachi (Ushiro Waza – 5 techniques) 9. Freestyle – 3 persons
<p>4th Kyu (80 practice days)</p> <ol style="list-style-type: none"> 1. Shomenuchi Nikkyo (omote & ura) 2. Yokomenuchi Shihonage (omote & ura) 3. Tsuki Iriminage 4. Ushiro Tekubitori Sankyo (omote & ura) 5. Ushiro Ryokatatori Kotegaeshi (omote & ura) 6. Suwariwaza: Shomenuchi Ikkyo (omote & ura) Katatori Nikkyo (omote & ura) Katatori Sankyo (omote & ura) 	<p>Shodan (400 practice days)</p> <ol style="list-style-type: none"> 1. All of 1st Kyu requirements 2. Tachitori 3. Jotori 4. Henkawaza ** 5. Freestyle – 4 persons
<p>3rd Kyu (100 practice days)</p> <ol style="list-style-type: none"> 1. Yokomenuchi Iriminage (2 ways) 2. Yokomenuchi Kotegaeshi (omote & ura) 3. Tsuki Kaitennage (omote & ura) 4. Ushiro Ryokatatori Sankyo (omote & ura) 5. Morotetori Iriminage (2 ways) 6. Shomenuchi Sankyo (omote & ura) 7. Suwariwaza: Shomenuchi Iriminage (omote & ura) Shomenuchi Nikkyo (omote & ura) 8. Hanmi-Handachi: Katatetori Shihonage (omote & ura) Katatetori Kaitennage (uchi & soto mawari*) 	<p>Nidan (600 practice days)</p> <ol style="list-style-type: none"> 1. Attend 2 seminars per year after Shodan 2. All of Shodan requirements 3. Tachitori – 2 persons 4. Freestyle – 5 persons 5. Kaeshiwaza ***
<p>2nd Kyu (200 practice days)</p> <ol style="list-style-type: none"> 1. Shomenuchi Shihonage (omote & ura) 2. Shomenuchi Kaitennage (omote & ura) 3. Yokomenuchi Gokyo 4. Ushiro Tekubitori Shihonage (omote & ura) 5. Ushiro Tekubitori Jujinage 6. Ushiro Kubishime Koshinage 7. Morotetori Nikkyo (omote & ura) 8. Hanmi-Handachi: Shomenuchi Iriminage Katatetori Nikkyo (omote & ura) Yokomenuchi Kotegaeshi 9. Freestyle – 2 persons 	<p>Sandan (700 practice days)</p> <ol style="list-style-type: none"> 1. Attend 2 seminars per year after Nidan 2. Subject of exam to be determined by examiner at the time of the exam <p>Note: Hour requirements are counted from the last test.</p> <p>* Uchi & Soto Mawari – both inside (uchi) and outside (soto) movements. ** Henkawaza – switching from one technique to another. Examiner will call the first technique. *** Kaeshiwaza – counter techniques. Uke applies the technique to nage. Original technique will be called by examiner (e.g., to apply sankyo against nikkyo).</p>

Glossary of Words of Attack

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| <ol style="list-style-type: none"> 1. Hanmi-Handachi – uke standing, nage sitting 2. Jotori – jo techniques 3. Katatetori – one hand grab to wrist 4. Katatori – one hand grab to collar 5. Morotetori – two hands on one 6. Ryotetori – both wrists grabbed from the front 7. Shomenuchi – strike to forehead 8. Suwariwaza – techniques from sitting | <ol style="list-style-type: none"> 9. Tachitori – attack with bokken 10. Tantotori – attack with knife 11. Tsuki – thrust or punch 12. Ushiro Kubishime – choke from behind with free hand grabbing wrist 13. Ushiro Ryokatatori – both shoulders grabbed from behind 14. Ushiro Tekubitori – both wrists grabbed from behind 15. Ushiro Waza – any attack from behind |
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