

AIKIDO KYU EXAMINATION CRITERIA

| KYU | HITORIWAZA | KUMIWAZA/TSUZUKIWAZA |
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| 5° KYU min. 4 months practise after Shokyu | Jo Kenko Taiso: Udefuri Undo Udefuri Choyaku Undo Tenkan Undo Sayu Undo Sayu Choyaku Undo Ushiro Ukemi Undo Zempo Kaiten Undo Shikko forward | Katate Kosadori Kokyunage Katatedori Ryotemochi Kokyunage Katatedori Tenkan Kokyunage Katatedori Ryotemochi Tenkan Kokyunage Udemawashi Zagi Ryotedori Kokyunage |
| 4° KYU min. 4 months practise after 5° kyu | Jo Aiki Taiso: Funakogi Undo Ikkyo Undo Tenshin Undo Zengo Undo Happo Undo Mae Ukemi and Ushiro Ukemi (for each side 3 forward and 3 backward) | Katatedori Ikkyo Munetsuki Ikkyo Munetsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedori Zemponage Ushirokubishime Kokyunage Uragaeshi Ushiro Katatedori Ikkyo |
| 3° KYU min. 6 months practise after Chukyu | Koteoroshi Undo Sankyo Undo Nikyo Undo Tekubikosa Undo Hanmi-Gyakuhanmi Undo Ushirotori Undo UshiroTekubitori Zenshin Undo UshiroTekubitori Koshin Undo Shikko backward | Jo and Jo: Shomenuchi, Yokomenuchi, Yokobarai, Douchi, Ashiuchi Katatedori Kokyunage Irimi Katatedori Kokyunage (get rid) Yokomenuchi Kokyunage Katatedori Shihonage (irimi/tenkan) Yokomenuchi Shihonage: (t-i, t-t, i-i, i-t) Ryotedori Zemponage Ushirotori Zemponage Tantodori: Munetsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage |
| 2° KYU min. 6 months practise after 3°kyu | One-hand bokken-exercises: Moving bokken vertically Shomenuchi Moving bokken horizontally Cutting forward horizontally Shikko turning | Zagi: Shomenuchi Ikkyo (irimi/tenkan) Katadori Ikkyo (irimi) Katadori Nikyo (irimi) Katadori Sankyo (irimi) Katadori Yonkyo (irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (irimi/tenkan) Ushiro Ryokatadori Kokyunage Ushiro Ryokatadori Zemponage Jodori: Tsukikaeshi Jodori: Munetsuki Zemponage Hitorigake (one man attack) |
| 1° KYU min. 8 months practise after Jokyu | Two-hand bokken-exercises: Shomenuchi Tenshin Tsuki: (8 steps forward, 8 steps backward in chudan) Happogiri Jo 1 | Tsuzukiwaza 14 (Suwariwaza) Tsuzukiwaza 16 (Handachi) Tsuzukiwaza 1 (Katatedori) or free* Tsuzukiwaza 3 (Katatedori Ryotemochi) or free Niningake (two men attack) |

*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza

AIKIDO DAN EXAMINATION CRITERIA

| DAN | TSUZUKIWAZA |
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| SHODAN min. 12 month after Shoden | Katatedori, Tsuzukiwaza 11 Katatedori Ryotemochi, Tsuzukiwaza 13 Ushiro Katatedorj, Tsuzukiwaza 2 Yokomenuchi, Tsuzukiwaza 8 Tantodori 1st, Tsuzukiwaza 21 Jo+bokken 1st, Tsuzukiwaza 25 (esaminated use Jo) Bokken 1 st , Tsuzukiwaza 27 (Happo Giri with partner) Sanningake |
| NIDAN min. 18 month after Chuden | Ryotedori, Tsuzukiwaza 4 Shomenuchi, Tsuzukiwaza 7 Ushirotori, Tsuzukiwaza 6 UshiroRyoKatadori, Tsuzukiwaza 15 Tantodori 2nd, Tsuzukiwaza 22 Bokkendori, Tsuzukiwaza 23 Tsuzukiwaza 26, (jo+bokken 2nd, esaminated use Jo), Tsuzukiwaza 28, (bokken+bokken 2nd kata with partner) Yoningake |
| SANDAN min. 2 years after Joden | RyoKatadori, Tsuzukiwaza 5 Tzuki – Keri, Tsuzukiwaza 9 Ushirokatatedori ,Tsuzukiwaza 12 Yokomenuchi, Tsuzukiwaza 18 Tzuki, Tsuzukiwaza 19 Jodori, Tsuzukiwaza 24 Jo+bokken 1st, Tsuzukiwaza 25 (esaminated use bokken) Jo+bokken 2nd, Tsuzukiwaza 26 (esaminated use bokken) Taninzukake, Tsuzukiwaza 10 |
| YONDAN min. 3 years after Joden | All Hitoriwaza KatadoriMenuchi, Tsuzukiwaza 17 Jonage, Tsuzukiwaza 20 Kumi tachi 1st, Tsuzukiwaza 29 Kumi tachi 2nd, Shinken with partner, Tsuzukiwaza 30 |