

Aikido Shugyo Dojo Testing Requirements

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. All practice days are minimum requirements 2. All techniques from previous tests are required 3. Practice days begin at zero when successfully completed present test 4. Practice days begin at zero when not active for two months or more. | <ol style="list-style-type: none"> 5. Demonstrate omote and ura where appropriate 6. Be prepared as uke and nage. NO uke choice 5th kyu – 1st kyu. 7. \$10.00 fee when successfully completed present kyu test |
|--|---|

6th Kyu (60 practice days)	
Ukemi	Mae kaiten, Ushiro kaiten, Shikko (mae & ushiro)
Attacks	Ai-hanmi Katate-dori, Gyaku-hanmi Katate-dori, Ryote-dori
Techniques	Gyaku-hanmi Katate-dori – Tai no henko (kihon & awase), Shiho-nage Ai-hanmi Katate-dori – Ikkyo, Nikkyo, Irimi-nage, Kote-gaeshi Ryote-dori Kokyu-ho (swari-waza/zagi)
Other	Dojo Etiquette
5th Kyu (80 practice days)	
Ukemi	Mae kaiten (crossover)
Attacks	Shomen-uchi, Tsuki
Techniques	Katate-dori – Sankyo, Yonkyo, Shiho-nage (hanmi handachi) Shomen-uchi – Ikkyo, Nikkyo Tsuki – Kote-gaeshi
Weapons	Bokken – Ichi no suburi, Ni no suburi, San no suburi Jo – Choku tsuki, Kaeshi tsuki, Ushiro tsuki, Tsuki gedan gaeshi, Tsuki jodan gaeshi
4th Kyu (100 practice days)	
Ukemi	Mae kaiten (armless)
Attacks	Yokomen-uchi, Morote-dori
Techniques	Shomen-uchi – Sankyo, Yonkyo, Irimi-nage Yokomen-uchi – Ikkyo, Nikkyo, Sankyo, Yonkyo Morote-dori – Kokyu-ho, Ikkyo, Nikkyo, Sankyo, Yonkyo Katate-dori – Kaiten-nage (uchi & soto), Jiuji-nage Tsuki – Kaiten-nage Ryote-dori – Tenchi-nage
Weapons	Bokken – Yon no suburi, Go no suburi, Roku no suburi, Shichi no suburi Jo – Shomen uchikomi, Renzoku uchikomi, Shomen-uchi gedan gaeshi, Shomen-uchi ushiro tsuki, Gyaku-yokomen ushiro tsuki
3rd Kyu (120 practice days)	
Ukemi	Ushiro Mae kaiten, High fall
Attacks	Katate-dori
Techniques	Swari-waza – Shomen-uchi – Ikkyo, Nikkyo, Sankyo, Yonkyo Swari-waza – Katate-dori – Ikkyo, Nikkyo, Sankyo, Yonkyo Shomen-uchi – Kote-gaeshi, Kaiten-nage Yokomen-uchi – Gokyo, Shiho-nage, Kote-gaeshi Morote-dori – Irimi-nage, Shiho-nage Ryote-dori – Shiho-nage Tsuki – Irimi-nage
Weapons	Bokken – Happo giri, Migi no awase, Hidari no awase Jo – Hassogaeshi Uchi, Hassogaeshi Tsuki, Hassogaeshi Ushirotsuki, Hassogaeshi Ushiro uchi, Hassogaeshi Ushiro harai

Aikido Shugyo Dojo Testing Requirements

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. All practice days are minimum requirements 2. All techniques from previous tests are required 3. Practice days begin at zero when successfully completed present test 4. Practice days begin at zero when not active for two months or more. | <ol style="list-style-type: none"> 5. Demonstrate omote and ura where appropriate 6. Be prepared as uke and nage. NO uke choice 5th kyu – 1st kyu. 7. \$10.00 fee when successfully completed present kyu test |
|--|---|

2nd Kyu (140 practice days)	
Ukemi	Koshinage fall, Ushiro otoshi
Attacks	Ushiro Ryote-dori
Techniques	Kata-dori – Ikkyo, Nikkyo, Sankyo, Yonkyo Ushiro Ryote-dori – Ikkyo, Nikkyo, Sankyo, Yonkyo Morote-dori – Kokyu-nage, Koshinage Ryote-dori – Kokyu-ho, Kokyu-nage Katate-dori – Jiyu-waza
Weapons	Tanto – Shomen-uchi, Yokomen-uchi, Tsuki (5 techniques each)
1st Kyu (160 practice days)	
Techniques	Shomen-uchi – Ikkyo, Nikkyo, Sankyo, Yonkyo (swari-waza/zagi & tachi-waza), Irimi-nage, Kote-gaeshi, Kaiten-nage Yokomen-uchi – Ikkyo, Nikkyo, Sankyo, Yonkyo (swari-waza/zagi & tachi-waza), Gokyo Katate-dori – Ikkyo, Nikkyo, Sankyo, Yonkyo (swari-waza/zagi & tachi-waza) Kata-dori-menuchi – Ikkyo, Nikkyo, Sankyo, Yonkyo, Shiho-nage, Kokyu-nage Ushiro Ryote-dori – Ikkyo, Nikkyo, Sankyo, Yonkyo Ryote-dori – Tenchi-nage, Kokyu-ho, Shiho-nage (hanmi handachi & tachi-waza), Kokyu-ho (swari-waza/zagi) Tsuki – Kote-gaeshi, Kaiten-nage, Irimi-nage Katate-dori – Irimi-nage, Kote-gaeshi, Kaiten-nage (uchi & soto), Shiho-nage (hanmi handachi & tachi-waza) Katate-dori – Jiyu-waza Ryote-dori – Jiyu-waza Morote-dori – Jiyu-waza
Weapons	Tanto – Shomen-uchi, Yokomen-uchi, Tsuki (3 techniques each) Bokken – (5 techniques) Jo - (uke & nage - 5 techniques)
Shodan (One year & 200 practice days since 1st kyu test)	
All 1 st kyu techniques from swari-waza, hanmi handachi & tachi-waza	
Nidan (Two years & 350 practice days since shodan test)	
All Shodan requirements, Tanto-dori & Futari-gake (two person randori)	
Sandan (Three years & 500 practice days since nidan test)	
All Nidan requirements, Tachi-dori, Jo-dori & Taninzu-gake (multiple attacker randori)	
Yondan (Four years & 650 practice days since sandan test)	
Advanced Weapons Prerequisite Test (Minimum Rank of 4th kyu required)	
Ukemi	Bokken – Mae kaiten, Ushiro kaiten, Ushiro otoshi Jo – High falls
Weapons (A high degree of proficiency required)	All weapons techniques from kyu tests including: Tachi-dori – 5 techniques / Jo-dori – jo-nage, jo-uke (5 techniques each) Tanto-dori – Shomen-uchi, Yokomen-uchi, Tsuki & Ushiro kubishime (3 techniques each) Bokken – Go no awase, Shichi no awase / Bokken uke – Kaeshi barai, Maki otoshi Jo – Sanju ichi jo kata Katate no bu – Katate gedan gaeshi, Katate jodan gaeshi, Katate hachi no ji gaeshi Nagare no bu – Hidari nagare gaeshi uchi, Migi nagare gaeshi tsuki