

AIKIDO KYU EXAMINATION CRITERIA

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
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 4 steps 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 4 steps 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 Ushirodori 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 Tsuki:(8 steps forward, 8 steps back chudan) Tenshin 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