

AIKIDO OF HONOLULU

Kyu and Dan Requirements

KYU TESTS

5th Kyu (60 hours)

1. Shomenuchi Ikkyo (omote & ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (omote & ura)
4. Ryotetori Tenchinage
5. Tsuki Kotegaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuhō

4th Kyu (80 hours)

1. Shomenuchi Nikkyo (omote & ura)
2. Yokomenuchi Shihonage (omote & ura)
3. Tsuki Iriminage
4. Ushiro Tekubitori Sankyo (omote & ura)
5. Ushiro Ryokatatori Kotegaeshi
6. Suwari Waza:
Shomenuchi Ikkyo
Katatori Nikkyo (omote & ura)
Katatori Sankyo

3rd Kyu (100 hours)

1. Yokomenuchi Iriminage (2 ways)
2. Yokomenuchi Kotegaeshi
3. Tsuki Kaitennage
4. Ushiro Ryokatatori Sankyo (omote & ura)
5. Morotetori Iriminage (2 ways)
6. Shomenuchi Sankyo (omote & ura)
7. Suwari Waza:
Shomenuchi Iriminage
Shomenuchi Nikkyo (omote & ura)
8. Hanmi Handachi:
Katatetori Shihonage
Katatetori Kaitennage (uchi & soto mawari*)
9. Jo Suburi
10. Bokken Suburi

2nd Kyu (150 hours)

1. Shomenuchi Shihonage
2. Shomenuchi Kaitennage
3. Yokomenuchi Gokyo
4. Ushiro Tekubitori Shihonage
5. Ushiro Tekubitori Jujinage
6. Ushiro Kubishime Koshinage
7. Morotetori Nikkyo
8. Hanmi Handachi:
Shomenuchi Iriminage
Katatetori Nikkyo
Yokomenuchi Kotegaeshi
9. Jo:
31 Kata
13 Kata
Jo Tori
10. Bokken Tori
11. Randori – 2 persons

1st Kyu (200 hours)

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. Tanto Tori
8. Hanmi Handachi (Ushiro Waza – 5 techniques)
9. Jo Tori
10. Bokken Tori
11. Freestyle – 3 persons

DAN TESTS

Sho-Dan (300 hours)

1. All of 1st Kyu requirements
2. Tachi Tori
3. Jo Tori
4. Henkawaza**
5. Freestyle-4 persons

Ni-Dan (500 hours)

1. Attend 2 seminars per year after Sho-Dan
2. All of Sho-Dan requirements
3. Tachi Tori-2
4. Freestyle – 5 persons
5. Kaeshiwaza***

San-Dan (600 hours)

1. Attend 2 seminars per year after Ni-Dan.
2. Subject of exam to be determined by examiner at the time of the exam.

NOTE: Hour requirements are counted from the last test. Only one hour is counted per day of practice.

*Uchi and soto mawari – inside (uchi) and outside (soto).

**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).