



合気道千葉千種道場昇級昇段審査規定

ARIANA ACADEMY AIKIDO AIKIKAI

Kyu Promotion Test Requirements



January 2023

ESFAHANIDOJO

8 Kyu	Minimum of 3 months Practice since starting Aikido and under 15 years of age.			
Waza	Zenpo, kouho – ukemi. Shikko (mae). Ikkyo – undo: Zengo , Shiho (tachiwaza). Uchikata (shomen , yokomen , tsuki) Taisabaki (irimi, tenkan , kaiten) Aihanmi – katatedori Iriminage , Ikkyo , Shihonage. Gyakuhanmi – katatedori kokyunage , Ikkyo.			
7 Kyu	Minimum of 3 months Practice since starting Aikido.			
Waza	Including 8 th kyu waza, Funakogi – undo, Sotai – dosa (irimi, tenkan , kaiten), Sayu – kokyuho – undo Gyakuhanmi – katatedori Iriminage , Shihonage. Munadori Ikkyo , Iriminage. Shomen – uchi Ikkyo.			
6 Kyu	Minimum of 20 days of Practice since last examination.			
Waza	Tobikoshi – ukemi, Shikko (mae , ushiro), Ikkyo – undo : Shiho (tachiwaza , zagi), Sabaki – kata (Shomen , Tsuki), Ryotedori Ikkyo , Nikyo , Tenchinage. Shomen – uchi Iriminage , Shihonage , Nikyo. Gyakuhanmi – katatedori Kaitennage (uchi – kaiten).			
5 Kyu	Minimum of 30 days of Practice after 6 th Kyu.			
Waza	Ken	Suburi – no – bu (tachi waza)	Jo	Tsuki – no – bu (basic – stance)
	Including 6 th kyu waza. Shikko – kaiten. Ikkyo – undo : happo (tachiwaza , zagi). Yokomen – uchi Ikkyo , Nikyo , Iriminage , Shihonage. Shomen – uchi Sankyo , Yonkyo. Ryotedori – Iriminage , Shihonage , Kokyunage. Zagi – kokyuho.			
4 Kyu	Minimum 40 days of Practice after 5 th Kyu.			
Waza	Ken	kirikaeshi – no – bu (tachiwaza , zagi)	Jo	Tsuki and Men – no – bu (basic – stance)
	Shomen – uchi Kotegaeshi , Nikyo , Yonkyo , Shihonage , Kaitennage (uchi, soto, kaiten). Tsuki Ikkyo , Nikyo, Shihonage. Yokomen – uchi Kotegaeshi , Katate – Ryotedori Iriminage , kokyunage, Kokyuho. Munadori Sanky , Yonkyo. Zagi-shomen-uchi Ikkyo , Nikyo, Iriminage.			
3 Kyu	Minimum 50 days of Practice after 4 th Kyu.			
Waza	Ken	Suburi and kirikaeshi – no – bu (tachiwaza , zagi)	Jo	Tsuki , Men , Katate and Hasso – no-bu (basic – stance)
	Tsuki Kotegaeshi , Sankyo , Yonkyo. Ryotedori Ikkyo ~ Yonkyo. Yokomen – uchi Kaitennage (uchi , soto – kaiten) Ushiro – Ryotedori Nikyo , Sankyo , Iriminage , Kokyunage. Hanmi-handachi – Ryotedori Shihonage (omute – ura) Zagi – Shomen – uchi Kotegaeshi. Zagi – katatedori Ikkyo ~ Yonkyo.			
2 Kyu	Minimum 60 days of Practice after 3 th Kyu			
Ken	Ashino – fumikae – no – bu (tachiwaza) , Tsuki – no – bu (tachiwaza , zagi)			
Jo	13 – no – jo (left – hanmi) Tsuki , Men , Katate , Hasso and Nagare – no – bu (basic stance)			
Tachi Waza	Katate – Ryotedori Iriminage (2 ways) , Kotegaeshi . Yokomen – uchi Ikkyogaeshi , Kotegaeshi . Gyakuhanmi – katatedori Koshinage. Munadori Ikkyo ~ Yonkyo. Shomen – uchi Kotegaeshi.			
Hanmi Handachi	Katatedori Ikkyo ~ Yonkyo , Kotegaeshi , Kaitennage (uchi , soto – kaiten).			
Zagi	Yokomen – uchi Ikkyo ~ Yonkyo , Kotegaeshi , Iriminage .			
Ushiro waza	Ushiro – Ryotedori Ikkyo ~ Yonkyo , Kotegaeshi . Ushiro – katatedori – kubijime Sankyonage.			
Jiyu Waza	Katate – ryotedori , Shomen – uchi , Gyakuhanmi – katatedori .			
1 Kyu	Minimum 70 days of Practice after 2 nd Kyu.			
Ken	Zengo-no-idou (basic movements , forward and backward): Suburi , kirikaeshi , Tsuki no bu (tachiwaza , zagi), Kihon Fumikomi (Tachiwaza,zagi).			
Jo	31 – no – Jo (left - hanmi) Tsuki , Men , Katate , Hasso and Nagare - no - bu (left and right - hanmi).			
Suwari Waza	Shikko - kaiten (2 ways)			
Tuchi waza	Katadori - menuchi Ikkyo ~ Yonkyo , Iriminage . Ryotedori Kotegaeshi (2 ways) Shomen - uchi Kaiten - osac (uchi , soto - kaiten) , Udegarami , Ikkyo-gaeshi , Koshinage .			
Hanmi Handachi	Shomen - uchi Ikkyo ~ Yonkyo , Iriminage , Kotegaeshi .			
Zagi	Tsuki Ikkyo ~ Yonkyo , Iriminage , Kotegaeshi .			
Ushiro Waza	Ushiro - Ryotedori Shihonage , Jyujigarami . Ushiro – Ryohijidori Kotegneshi , Ikkyo . Ushiro - katatedori - kubljime Ikkyo ~ Yonkyo, Iriminage .			
Jiyu Waza	Tsuki Katate – Ryotedori Yokomen – Uchi Shomen – uchi			
Jo – no – bu				
Tsuki - no - bu	1.Choku-zuki 2. Kaeshi-zuki 3. Ushiro-zuki 4. Tsuki-gedan-gaeshi 5. Tsuki-jodan-gaeshi			
Men - no - bu	1.Shomen-uchikomi 2. Renzoku-uchikomi 3. Menuchi-ushiro-zuki 4. Menuchi-gedan-gaeshi 5. Hidari-yokomen-ushiro-zuki			
Katate - no - bu	1.Katate-gedan-gaeshi 2. Katate-toma-uchi 3. Katate-hachinoji-gaeshi			
Hasso - no - bu	1.Hasso-gaeshi-uchi 2. Hasso-gaeshi-zuki 3.Hasso-gaeshi-ushiro-zuki 4.Hasso-gaeshi-ushiro-uchi 5.Hasso-gaeshi-ushiro-barai			
Nagare - no - bu	1.Hidari - nagare - kaeshi-uchi 2. Migi - nagare - kaeshi-zuki			
Ken – no – bu				
Suburi - no - bu	1. Shikodachi 2. Hanmi (migi , hidari) 3. Zengo (migi , hidari) 4. Shiho (migi , hidari) 5. Happo (migi , hidari) From 2 to 5 must be			
kirikaesh-no-bu	performed both standing (tachiwaza) and sitting (zagi)			
Ashi-no-fumikae-no-bu(kihon , tsuki)	1. Mae - suburi (migi , hidari) , kirikaeshi (migi , hidari) 2. Ushiro - suburi (migi , hidari) , kirikaeshi (migi , hidari)			
Tsuki - no - bu (kihon , fumikomi)	1. Hanmi (migi , hidari) 2. Zengo (migi , hidari) 3. Shiho (migi , hidari) 4. Happo (migi , hidari) All must be performed both standing(tachiwaza) and sitting (zagi)			