

Aikido Eastside Kyu Test Requirements

<p>Rokyu (30 class days / 3 months)</p> <p>Ukemi: Forward Roll – over two black bags Backwards Roll</p> <p>Attacks (demonstrated on focus mitts): Tsuki Shomenuchi Yokomenuchi</p> <p>Footwork: Tenkan Irimi (basic) Irimi (triangle) Irimi-tenkan Tai no henko - Tenkan Blending Exercise Kosa dori ikkyo (static – omote & ura) “ kotegaeshi (static - ura) “ hijinage (static – omote & ura) “ iriminage (static) Kokyu tanden ho (top grip & bottom grip)</p>	<p>Sword: Basic Kamae Seigan; Mae Gedan; Gedan Hasso; Jodan; Jodan Hasso</p> <p>Cuts Tsuki from gedan hasso; Tsuki from seigan; Mae giri from seigan; Mae giri from jodan; Kesa giri from jodan hasso; Kesa giri from gedan hasso</p> <p>Paired Blocking and striking exercise</p> <p>Jo: Paired Basic Jo Form</p>
<p>Gokyu (60 class days – 5 months)</p> <p><i>All Previous Techniques - Flowing</i> Katate tori kokyunage (static - omote & ura) “ sumi-otoshi (static - omote and ura) “ shihonage (static - omote and ura) Morotetori kokyunage (static - omote & ura) Ryote tori tenchinage (static - omote & ura) “ shihonage (static – omote & ura) Kata dori ikkyo (flowing – omote & ura) “ nikkyo (static - omote & ura)</p>	<p>Sword: 5 Paired Suburi Tsuki, Kote, Falling Deflection, Rising Deflection; Dō cut</p> <p>Happo Giri</p> <p>Jo: Combination suburi Tsuki-block-yokomen-ushiro tsuki; reverse grip tsuki-hasso gaeshi-yokomen; tsuki-flip- reverse grip tsuki-flip-ushiro tsuki-slide to rear-tsuki; figure eight-hasso gaeshi-yokomen</p>
<p>Yonkyu (72 class days / 6 months)</p> <p><i>All Previous Techniques - Flowing</i> Munetsuki kotegaeshi (ura only) “ kaiten nage (omote & ura) “ hiji nage (ura) “ ikkyo Shomenuchi ikkyo (omote & ura) “ nikkyo (omote & ura) “ sankyo (omote & ura) “ yonkyo (omote & ura) “ iriminage(omote & ura) Yokomenuchi ikkyo (omote, ura, direct entry) “ kotegaeshi (two variations) “ iriminage (irimi tenkan & direct entry) “ shihonage (omote & ura)</p>	<p>Sword: Kumitachi Numbers 1-3</p> <p>Jo: Kumi-jo Numbers 1-3</p>

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<p>Sankyu (72 class days/6 months)</p>	
<p><i>All Previous Techniques – w/ speed & power</i> Suwariwaza shomenuchi ikkyo (omote & ura) “ “ iriminage “ kata dori ikkyo (omote & ura) “ ryokata dori nikkyo (ura) “ yokomenuchi ikkyo (omote, ura, direct entry) Hanmi handachi katate dori shihonage (omote & ura) “ “ shomenuchi iriminage “ “ “ kotegaeshi “ “ ryote dori shihonage (omote & ura) Ushiro ryote dori iriminage “ “ “ shihonage “ “ “ kotegaeshi “ ryokata dori ikkyo “ kubishime kotegaeshi Ushiro waza kokyunage</p>	<p>Sword: <i>Basic Solo Sword Form</i> Jo: <i>31 Movement Jo Kata</i></p>
<p>Nikyu (72 class days / 6 months)</p>	
<p><i>All Previous Techniques – w/ speed & power</i> Morote tori ikkyo (omote & ura) “ “ kotegaeshi (ura) “ “ iriminage Yokomenuchi nikkyo (omote & ura) “ sankyo (omote & ura) “ yonkyo (omote & ura) “ kokyunage (ura & direct entry) Koshinage from shomenuchi (omote from ikkyo) “ from ryokata dori “ from yokomenuchi (ura) “ from katate dori (omote & ura) “ from munetsuki (omote) “ from ushiro tekubi tori Ryotetori kokyunage (omote)</p>	<p>Weapons: All requirements for Shodan</p>
<p>Ikkyu (90 class days/8 months)</p>	
<p>Jiyu waza: Standing Hanmi handachi Suwariwaza Tanto dori: Tsuki Shomenuchi Yokomenuchi Slashing</p>	<p>Weapons: All requirements for Nidan</p>