

Shudokan Aikido Association-Kyu Test Requirements

Minimum Aikikai/Shudokan Aikido Association (SAA) kyu rank promotion requirements

Gokyu-5th Kyu – Yellow Belt/Stripe (Requirement-60 hours/4-6 months)

Skills & Exercises:

- Seiza/Zaho - Sitting Japanese style with legs folded underneath/formal sitting (pp. 25-26)
- Rei-bowing, courtesy (p. 24)
- Shikko-knee walking (pp. 26-27)
- Kamae (basic stances)-hidari hanmi (left), migi hanmi (right), ai-hanmi (migi/hidari)-mutual, gyaku (migi/hidari)-mirror (p.22). Dojo Cho note: tori's foot position determines name
- Kogeki (attacks)-basic grabs (katatetori, katatori, ushiro ryotetori), basic strikes (shomenuchi, yokomenuchi, tsuki)
- Ukemi (break falls)-p. 38
 - Zenpo Kaiten Ukemi (Mae Ukemi)-front break fall (forward roll from standing and kneeling) with and without slap
 - Ushiro Hanten Ukemi (Ushiro Ukemi)- backward break fall (back roll from standing and kneeling)
 - Yoko Ukemi-side break fall (p. 42)
- Sabaki (body movement) (p. 30-35)-tenkan with and without partner; tai no henka. Irimi (entering), tenkan (pivot turn); hanten (body turn without moving feet); tenshin (sweeping body turn); tenkai (revolving turn)-step with pivot (hanten).
- Unsoku (footwork) (p. 28-29)-ayumi ashi-moving forward with alternating sliding step (suri ashi); tsugi ashi-from chudan no kamae bring back foot up from hanmi close to front foot then step forward on front foot; okuri ashi-from a jodan no kamae step forward with the front foot and bring the back foot up

Breath Power Training (kokyu-ryoku)

- Suwari Waza Kokyu Ho (F)- (p.68) Kokyu-Ho (breath power training) also Za-ho (kokyu dosa) - Partner practice in seiza position; exercise to develop timing or "breath" power
- Morote-dori Kokyu Ho-omote/ura (pp. 64-66)

Weapons Requirements:

- Bokken: kiri-kaeshi cuts; kumitachi ikkyo
- Jo: kiri kaeshi ikkyo; kumijo ikkyo; misogi no jo kata (1st 5 moves)

Required Techniques:

Katame Waza (locking & pinning techniques)

- Katate-dori Dai-Ikkyo (F) (gyaku hanmi) (omote & ura)-same side wrist grab 1st technique (to front and rear) with pin (p.58)
- Shomen-uchi Dai-Ikkyo (F) (gyaku hanmi) (omote & ura)-strike to front of head with first technique (to front and rear) with pin (p. 60)

Nage Waza (Throwing Techniques)

- Tsuki Kote-gaeshi (B) (irimi/tenshin)-mid section punch with wrist turnout throw with pin (standing and seated) (p.102, 104)
- Shomen-uchi Irimi-nage (F)-strike to front of head with entering throw (p. 52)
- Katate-dori Shihonage (F) (gyaku hanmi) (omote & ura)-same side wrist grab 4 direction throw (p. 54-57)

Yonkyu (4th Kyu)-Blue Belt (Requirement-80 hours/6 months; one mini-seminar/workshop)

Skills & Exercises:

- See 5th kyu requirements.

Jiyu Randori/Futari-gake (Freestyle/Multiple Attackers):

- Freestyle off katate dori attacks (ai-hanmi and gyaku hanmi)

Breath Power Training (kokyu-ryoku)

- Suwari Waza Kokyu Ho (F)- (p.68) Kokyu-Ho (breath power training) also Za-ho (kokyu dosa) - Partner practice in seiza position; exercise to develop timing or "breath" power
- Morote-dori Kokyu Ho-omote/ura (pp. 64-66)
- Katate-dori Kokyu-nage-same side wrist grab breath throw

Weapons Requirements:

- Bokken: kiri kaeshi maai keiko; kumitachi nikyo
- Jo: kiri kaeshi nikyo; kumijo nikyo; misogi no jo kata-10 moves

Required Techniques:

- All 5th kyu techniques plus:

Katame Waza (locking & pinning techniques):

- Kata/Katate-dori Dai-Nikyo (omote/ura)-same side shoulder/wrist grab with 2nd technique and pin (p. 122) Rippo (standing)

Nage Waza (throwing techniques):

- Yokomen-uchi Shiho-nage (omote/ura)-strike to side of head four corner throw
- Shomen-uchi Irimi-nage-strike to front of head entering throw
- Ushiro tekubi dori kokyu-nage- rear wrists grabbed with breath throw (projection to front)

Shudokan Aikido Association-Kyu Test Requirements

Sankyu (3rd Kyu)-Blue Belt/Stripe (Requirement-100 hours/7-10 months after 4th kyu; 1-mini-seminar/workshop)

Skills & Exercises:

Skills from previous kyu ranks plus

- ☉ **Ukemi (break falls)- *Tobu Ukemi***-flying breakfall
- ☉ **Tai No Tenkan** (body turning)-ryote-tori shiho-giri (omote), ryote-tori shiho-giri ura (p. 46, 48)

Jiyu Randori/Futari-gake (Freestyle/Multiple Attackers):

- ☉ **Jiyu-Waza**-free style off any grabbing attack (katate-dori required)

Breath Power Training (kokyu-ryoku)

- ☉ **Suwari Waza Kokyu Ho (F)**- (p.68) **Kokyu-Ho** (breath power training) also **Za-ho (kokyu dosa)** - Partner practice in seiza position; exercise to develop timing or "breath" power
- ☉ **Morote-dori Kokyu Ho**-omote/ura (pp. 64-66)

Weapons Requirements:

- ☉ **Bokken:** kiri kaeshi-ushiro & irimi ashi sabaki; kumitachi sankyo
- ☉ **Jo:** kiri kaeshi sankyo; kumijo sankyo; misogi no jo kata-20 moves

Required Techniques:

- ☉ All 4th kyu techniques plus:

Katame Waza (locking & pinning techniques):

- ☉ **Shomen-uchi Dai-Ikkyo through Dai-Yonkyo (Tachi/Suwari Waza) (omote & ura)**-strike to front of head with 1st through 4th techniques (to front and rear) with pin (p. 60,122, 138-140, 150)

Nage Waza (throwing techniques):

- ☉ **Ryote-dori Shiho-nage (B) (omote/ura)**-grabbing both wrists with four direction cutting throw (p. 84)
- ☉ **Yokomen-uchi Shiho-nage (B) (ai-hanmi)**-strike to side of head with four direction throw (p. 82)
- ☉ **Shomen-uchi Irimi-nage (F)**-strike to front of head with entering throw (p. 52)
- ☉ **Tsuki Irimi-nage (irimi/tenshin)**-punch to mid section with entering throw-entering/avoiding (p. 76)
- ☉ **Ryote-dori Tenchi-nage (irimi/tenkan)**-both wrists grabbed heaven & earth throw
- ☉ **Ushiro Tekubi Dori Kote-gaeshi**-rear wrists grabbed with wrist turn out throw and pin.
- ☉ **Morote-dori Kokyu-Nage** (2 ways)-two hand grab breath throw

Katame-Nage Waza (Combination Techniques)

- ☉ **Shomen-uchi/Tsuki Kote-gaeshi**-strike to front of head/punch to midsection with wrist turn out throw and pin (standing/seated)

Nikyu (2nd Kyu)-Brown Belt (Requirement-100 hours/7-10 months after 3rd kyu; one seminar)

Skills & Exercises:

Skills from previous kyu ranks

Miscellaneous Technique: Hanmi Hantachi for the following

- ☉ Katate-dori shiho-nage (omote-ura)
- ☉ Yokomenuchi-kotegaeshi
- ☉ Kata-dori ikkyo (omote/ura)

Jiyu Randori/Futari-gake (Freestyle/Multiple Attackers):

- ☉ **Jiyu-randori** (freestyle) off any attack
- ☉ **Futari-gake:** Ninin-gake: free style off two attackers grabbing morote-dori (kokyu-ho, shiho-nage, dai-nikyo, kokyu-nage)

Breath Power Training (kokyu-ryoku)

- ☉ **Suwari Waza Kokyu Ho (F)**- (p.68) **Kokyu-Ho** (breath power training) also **Za-ho (kokyu dosa)** - Partner practice in seiza position; exercise to develop timing or "breath" power
- ☉ **Morote-dori Kokyu Ho**-omote/ura (pp. 64-66)

Weapons Requirements:

- ☉ **Bokken:** kiri kaeshi-kushin; kumitachi yonkyo
- ☉ **Jo:** kiri kaeshi yonkyo; kumijo yonkyo; misogi no jo kata-30 moves

Required Techniques:

- ☉ All 3th kyu techniques plus:

Katame Waza (locking & pinning techniques):

- ☉ **Shomen-uchi Dai-Ikkyo through Dai-Yonkyo (Tachi/Suwari Waza) (Omote/Ura)**-strike to front of head with 1st through 4th techniques with pin (standing/seated)
- ☉ **Kata/Katate-Dori Dai-Ikkyo through Dai-Yonkyo (Tachi/Suwari Waza) (Omote/Ura)**-same side shoulder/wrist grab with 1st through 4th techniques with pin (standing/seated)

Nage Waza (throwing techniques):

- ☉ **Katate-dori Shiho-nage (Hanmi Hantachi) (Omote/Ura)**-same side wrist grab with four direction throw-tori on knees/uke stands
- ☉ **Shomen-uchi Irimi-nage**-strike to front of head entering throw
- ☉ **Tsuki Irimi-nage (irimi/tenshin)**-punch to midsection entering throw
- ☉ **Katate-dori Irimi-nage (gyaku/ai hanmi)**-same side/opposite side grab entering throw
- ☉ **Katate-dori Kaiten-nage (uchi/soto)**-same side wrist grab wheel throw (inside and outside turning)
- ☉ **Ryote-dori Tenchi-nage (irimi/tenkan)**-both wrists grabbed heaven & earth throw
- ☉ **Koshi-Nage 2 ways:** hip throw two ways
- ☉ **Ushiro Ryotekubi/Ryokata Dori 3 ways (one has to be Shiho-nage)**-rear wrist grab 4 direction throw

Katame-Nage Waza (Combination Techniques)

- ☉ **Shomen-uchi/Tsuki/Katate-dori Kote-gaeshi**-wrist turn our throw omote-ura with strike to front of head, punch to midsection and same side wrist grab

Shudokan Aikido Association-Kyu Test Requirements

Ikkyu (1st Kyu)-Brown Belt/Stripe (Requirement-120 hours/10-12 months after 2nd kyu; one seminar)

Skills & Exercises:

Skills from previous kyu ranks

Miscellaneous Techniques:

- ☉ **Kata-Menuchi** (shomenuchi attack): shoulder grab with strike (3 arts).
- ☉ **Mae-gaeri Kokyu-nage**-front snap kick breath throw with leg pin on one variation

Jiyu Randori/Futari-gake (Freestyle/Multiple Attackers):

- ☉ **Jiyu-Randori (freestyle)**-free style off any attack standing/seated (*katate-dori, ryote-tori and morote-dori* required)
- ☉ **Futari-gake:** Sanin-gake-three grabbing attackers.
- ☉ **Randori** with 3 attackers

Breath Power Training (kokyu-ryoku)

- ☉ **Suwaru Waza Kokyu Ho (F)**- (p.68) **Kokyu-Ho** (breath power training) **also Za-ho (kokyu dosa)** - Partner practice in seiza position; exercise to develop timing or "breath" power
- ☉ **Morote-dori Kokyu Ho**-omote/ura (pp. 64-66)
- ☉ **Ryote-tori kokyu-nage** (3 ways)-both wrists grabbed breath throw

Weapons Requirements:

- ☉ **Bokken:** shiogi & happo giri; kumitachi gokyō (optional)
- ☉ **Jo:** kiri kaeshi-gokyō; kumijo gokyō (optional); misogi no jo kata-36 moves
- ☉ **Tanto Dori**-free style against 3 attacks

Required Techniques:

- ☉ **All 2nd kyu techniques plus:**

Katame Waza (locking & pinning techniques):

- ☉ **Shomen-uchi, Kata-dori, Yokomen-uchi, Ushiro-ryotetori Dai-Ikkyo through Dai-Yonkyo** (*Tachi/Suwaru Waza*) (*Omote/Ura*)-strike to front of head/same side shoulder grab/strike to side of head/rear wrist grabs with 1st through 4th techniques with pin (standing/seated)
- ☉ **Yokomen-uchi Gokyo** (*omote/ura*)-strike to side of head with 5th technique and pin

Nage Waza (throwing techniques):

- ☉ **Ryote-dori/Katate-dori Shiho-nage** (*Hanmi Hantachi/Suwaru Waza*) (*Omote/Ura*)-both wrists grabbed/same side shoulder grab with four direction throw-tori on knees/uke stands & both on knees
- ☉ **Shomen-uchi/Tsuki/Katate-dori Irimi-nage** -strike to front of head/punch to midsection/same side wrist grab with entering throw
- ☉ **Shomen-uchi/Tsuki/Katate-dori Kaiten-nage** (*uchi/soto*)-strike to front of head/punch to midsection/same side wrist grab with wheel throw (inside and outside turning)
- ☉ **Ryote-dori Tenchi-nage** (*irimi/tenkan*)-grabbing both wrists heaven & earth throw
- ☉ **Koshi-nage** (3 ways)-hip throw 3 ways.
- ☉ **Ushiro Tekubi Dori Juji-Nage**-rear wrists grabbed with arm entwining throw
- ☉ **Ushiro-kubijime** (*sankyo/koshi-nage*): rear wrist grab with choke, inward wrist turn and hip throw

Katame-Nage Waza (Combination Techniques)

- ☉ **Shomen-uchi/Tsuki/Katate-dori Kotegaeshi** (*omote/ura*)- strike to front of head/punch to midsection/same side wrist grab with wrist turn out throw

Legend:

Red Highlighted Requirement=World Headquarter Aikikai minimum requirements (repeats are shown because required)

(F) = fundamental techniques. (B) = basic techniques. (p.)=page reference numbers to Best Aikido by Nidai/Sandai Doshu) and The Aikido Master Course: Best Aikido 2, by Nidai Doshu

Notes to Instructors:

- ☉ The average total time from 5th kyu to Shodan will range from approximately 3.5 to 4.5 years. The hours/time in this range includes the time from ikkyu to shodan (see dan test requirements).
- ☉ Seminar requirements are flexible given the instructor and locale. Seminar participation is an essential part of aikido training at all levels and is to be encouraged. Workshops should be performed by Sandan and above. Full seminars should be no less than 4th dan at 2nd kyu and preferably shihan level. Full seminars at ikkyu and shodan levels should be with shihan (6th dan and above). Alternatives may be available depending on the situation and location (e.g., 2-3 workshops for a full seminar at 2nd kyu with at least 4th dan). Exceptions should be cleared with the Board of Directors
- ☉ Instructors have the option to add techniques at all levels. Instructors also have the flexibility to determine the comprehensiveness of testing so as to not make tests overly burdensome and long. Core requirements from each level must be tested and it is suggested random selections from prior tests be chosen to round out the test. If testing through shihan, he/she will determine the comprehensiveness of the test.