

West County Aikido Kyu Rank Exams (Adults)

Techniques and Requirements

RANK DAYS	REQUIRED BASIC TECHNIQUES	ADDITIONAL OR OPTIONAL TECHNIQUES
5th Kyu 60 days*	Katatetori Shihonage (Omote & Ura) Shomenuchi Ikkyo (Omote & Ura) Shomenuchi Iriminage (Kokunage) Munetsuki Kotegaishi Kokyu Ho (Kokyu Dosa)	Ryotetori Tenchinage (Omote and Ura) Ushiro Tekubitori Kokyunage
4th Kyu 60 days*	<u><i>The techniques shown above plus</i></u> Yokomenuchi Shihonage (Omote & Ura) Shomenuchi Nikkyo (Omote & Ura) Shomenuchi Kotegaishi Munetsuki Kaitenage (Omote & Ura) Ushiro Tekubitori Ikkyo (Omote & Ura)	Munetsuki Iriminage (Kokyunage) Ushiro Tekubitori Sankyo (Omote & Ura) Ushiro Tekubitori Kotegaishi (Omote & Ura) <u><i>Suwari Waza</i></u> Katatetori Ikkyo (Omote & Ura) Katatetori Nikkyo (Omote & Ura) Katatetori Sankyo (Omote & Ura)
3rd Kyu 60 Days*	<u><i>The techniques shown above plus</i></u> Yokomenuchi Ikkyo (Omote & Ura) Yokomenuchi Kokyunage Shomenuchi Sankyo (Omote & Ura) Shomenuchi Kaitenage (Omote & Ura) Katatetori Kokyunage Ushiro Tekubitori Kotegaishi (Omote & Ura)	Yokomenuchi Kotegaishi Ushiro Katadori Sankyo (Omote & Ura) Katatetori Ryotemochi (Morotetori) Iriminage <u><i>Suwari Waza</i></u> Shomenuchi Nikkyo (Omote & Ura) Shomenuchi Sankyo (Omote & Ura) <u><i>Hamni-Handachi</i></u> Katatetori Kokyunage (Zemponage) Katatetori Kaitenage
2nd Kyu 70 Days*	<u><i>The techniques shown above plus</i></u> Yokomenuchi Iriminage (Kokyunage) Shomenuchi Yonkyo (Omote & Ura) Katatetori Kaitenage (Omote & Ura) Katatetori Ryotemochi (Morotetori) Kokyunage Ushiro Katadori Ikkyo (Omote & Ura)	Shomenuchi Shihonage (Omote & Ura) Yokomenuchi Gokyo Ushiro Tekubitori Shihonage (Omote & Ura) Ushiro Tekubitori Jujinage Ushiro Tekubitori Kubishime Sankyo (Omote & Ura) Katatetori Ryotemochi (Morotetori) Nikkyo (Omote & Ura) <u><i>Hamni-Handachi</i></u> Shomenuchi Iriminage (Kokyunage) Katatetori Nikkyo (Omote & Ura) Yokomenuchi Kotegaishi
1st Kyu 90 Days*	<u><i>The techniques shown above plus</i></u> Yokomenuchi Nikkyo (Omote & Ura) Yokomenuchi Sankyo (Omote & Ura) Ryotetori Tenchinage (Omote & Ura) <u><i>Suwari Waza</i></u> Shomenuchi Ikkyo (Omote & Ura) Shomenuchi Iriminage (Kokyunage) <u><i>Hamni-Handachi</i></u> Katatetori Shihonage (Omote & Ura) <u><i>Jiyuwaza (freestyle against one)</i></u> Ryotetori Ryokatatori (Munetori)	<u><i>5 Techniques: (Henka Waza)</i></u> Katatori Yokomenuchi Katatetori Ryotemochi (Morotetori) Shomenuchi Ryotetori Ushiro Waza <u><i>Hamni-Handachi</i></u> <u><i>Jiyuwaza (freestyle against two)</i></u> Ryotetori <u><i>Ryokatatori</i></u>

* Minimum number of training/practice days required since last exam. Having the required number of days does not mean you are ready to test. Testing will be by recommendation of the dojo instructors and the permission of the dojo chief sensei.

(Omote = Irimi, Ura = Tenkan)