

AIKIDO OF MADISON, LLC

2219 Atwood Avenue, Madison, Wi.

TIME AND TECHNIQUE REQUIREMENTS FOR KYU PROMOTION

5th kyu – 60 hours/6 months

shomen uchi: ikkyo, nikyo, irimi nage
katate dori: shiho nage,
kokyū tanden,
sumi otoshi,
kokyū nage (two ways)
katate dori hantai kote gaeshi
yokomen uchi shiho nage
Kokyu dosa

Jiyu waza: katate dori

extra:

katate dori hantai irimi nage
katate dori: ikkyo, nikyo

4th kyu – 80 hours/8 months

Shomen uchi: sankyo, yonkyo, kote gaeshi, kaiten nage
Yokomen uchi: ikkyo, kote gaeshi, irimi nage (three ways)
Katate dori hantai udekimi nage (hiji nage)
Munetsuki kote gaeshi

Suwari waza: shomen uchi: ikkyo, irimi nage

Jiyu waza: shomen uchi, yokomen uchi

Extra:

Katate dori: hiji osae, kaiten nage

3rd kyu – 100 hours/10 months

Ryote dori: tenchi nage, shiho nage, ikkyo, kokyu nage (two ways)
Kata dori: ikkyo, nikyo, shiho nage, hiji shime (arm bar)
Katate dori hantai: nikyo,
sankyo (with and without ikkyo),
Katate dori/kosa dori koshi nage (two ways – head first/hip first)
Mune tsuki kaiten nage

Jiyu waza: ryote dori/kata dori

Suwari waza: shomen uchi sankyo/yonkyo

Hanmi handachi: katate dori: shiho nage, kaiten nage

Extra:

Ryote dori kokyu tanden
Shomen uchi aiki nage
Kata dori: sankyo, yonkyo

2nd kyu – 100 hours/10 months

Morote dori: ikkyo, nikyo, irimi nage, shiho nage, juji nage,
kokyu nage, koshi nage
Mune tsuki: ikkyo, irimi nage, kokyu tanden
Men tsuki: kaiten nage, shiho nage, kote gaeshi, kokyu tanden,
irimi nage, ikkyo, koshi nage

Suwari waza: kata dori: ikkyo, nikyo

Hanmi handachi: shomen uchi: ikkyo, irimi nage
Ryote dori shiho nage

Bokken: uchi no kata

Jo: 31 kata

Jiyu waza: morote dori, men tsuki, mune tsuki

Extra:

Morote dori kote gaeshi
Mune tsuki hiji shime (arm bar)
Men tsuki aiki otoshi

Ikkyu – 120 hours/12 months

Ushiro ryokata dori: ikkyo, kokyu tanden, sankyo, aiki otoshi
Ushiro ryote dori: shihonage, kotegaeshi, ikkyo, nikkyo, sankyo,
iriminage, koshi nage, juji nage, kokyu tanden
Ushiro kubishime: kotegaeshi, shiho nage, ikkyo
Ushiro kokyu nage (one way from each attack)

Koshi nage from: shomen uchi, katate dori, yokomen uchi,
mune tsuki, men tsuki, morote dori

Suwari waza: kata dori: sankyo, yonkyo

Hanmi handachi: Kata dori ikkyo
Yokomen uchi ikkyo

Bokken: first three kumi tachi

Jo: first three kumi jo

Jiyu waza: ushiro

Extra:

Front kick: kokyu tanden, kaiten nage, leg control (analogous to hiji osae)

Any student applying for a kyu promotion must be an ASU member in good standing. In order for you to be eligible to take a test, you must have completed the required hours of training and you must have been training consistently for the number of months specified. You must also gain the consent of your instructors. Please note that no matter how many hours you practice in one day, one day's training only counts as one hour.

The fee for a kyu certificate is \$25 for each kyu grade. All fees must be paid in advance of the test.