

AIKIDO OF MADISON, LLC

2219 Atwood Avenue, Madison, WI, 53704

TIME AND TECHNIQUE REQUIREMENTS FOR KYU PROMOTION

	<i>Attack</i>	<i>technique / response</i>
5th kyu 60 hours/6 months	Shomen uchi straight sword strike	ikkyo, nikyo, irimi nage
	Katate dori same-side grab	shiho nage, kokyu tanden, sumi otoshi, kokyu nage (two ways)
	Kosa dori cross-side grab	kote gaeshi
	Yokomen uchi	shiho nage
	Kokyu dosa two-hand "show the pie"	
	Jiyu waza free style	Katate dori <i>with any of the above techniques</i>
Extra	Kosa dori irimi nage Katate dori ikkyo, nikyo	
4th kyu 80 hours/8 months	Shomen uchi straight sword strike	sankyo, yonkyo, kote gaeshi, kaiten nage
	Yokomen uchi diagonal sword strike	ikkyo, kote gaeshi, irimi nage (three ways)
	Kosa dori	udekimi nage under-elbow throw, sometimes called hiji nage
	Mune tsuki stomach punch	kote gaeshi
	Suwari waza Shomen uchi kneeling	ikkyo, irimi nage
	Jiyu waza	Shomen uchi, Yokomen uchi
Extra	Katate dori hiji osae, kaiten nage	
3rd kyu 100 hours/10 months	Ryote dori two hands-on-two	tenchi nage, shiho nage, ikkyo, kokyu nage (two ways)
	Kata dori shoulder grab	ikkyo, nikyo, shiho nage, hiji shime (arm bar)
	Kosa dori	nikyo, sankyo (with and without ikkyo)
	Katate dori/Kosa dori	koshi nage (two ways – head first/hip first)
	Mune tsuki	kaiten nage
	Suwari waza Shomen uchi	sankyo/yonkyo
Hanmi handachi Katate dori kneeling with standing attacker	shiho nage, kaiten nage	
Jiyu waza	Ryote dori, Kata dori	
Extra	Ryote dori kokyu tanden Shomen uchi aiki nage Kata dori sankyo, yonkyo	
2nd kyu 100 hours/10 months	Morote dori two hands-on-one	ikkyo, nikyo, irimi nage, shiho nage, juji nage, kokyu nage, koshi nage
	Mune tsuki stomach punch	ikkyo, irimi nage, kokyu tanden
	Men tsuki face punch	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-count 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 shoulders behind	ikkyo, kokyu tanden, sankyo, aiki otoshi
	Ushiro ryote dori hands	shihonage, kotegaeshi, ikkyo, nikkyo, sankyo, iriminage, koshi nage, juji nage, kokyu tanden
	Ushiro kubishime choke	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 test is \$45. All fees must be paid in advance of the test. Students must meet with the Dojo-cho (chief instructor) prior to their first test.