

United States Aikido Federation Promotion Requirements

Please note: **green items** are additional requirements for sankyu, nikkyu and ikkyu tests at Capital Aikikai, **green** and **red items** required for Western Maryland Aikikai.

5th Kyu (60 practice days)

- 1.Shomenuchi Ikkyo (omote/ura)
- 2.Shomenuchi Iriminage
- 3.Katatetori Shihonage (omote/ura)
- 4.Ryotetori Tenchinage
- 5.Tsuki Kotegaeshi
- 6.Ushiro Tekubitori Kotegaeshi
- 7.Morotetori Kokyuhō
- 8.**Bokken forms 1 and 2**

4th Kyu (80 practice days)

- 1.Shomenuchi Nikkyo (omote/ura)
- 2.Yokomenuchi Shihonage (omote/ura)
- 3.Tsuki Iriminage
- 4.Ushiro Tekubi Sankyo (omote/ura)
- 5.Ushiro Ryokatatori Kotegaeshi
- 6.Suwari Waza
 - Shomenuchi Ikkyo
 - Katatori Nikkyo (omote/ura)
 - Katatori Sankyo
- 7.**Bokken forms 3 and 4**

3rd Kyu (100 practice days)

- 1.Yokomenuchi Iriminage (two ways)
- 2.Yokomenuchi Kotegaeshi
- 3.Tsuki Kaitennage
- 4.Ushiro Ryokatatori Sankyo (omote/ura)
- 5.Morotetori Iriminage (two ways)
- 6.Shomenuchi Sankyo (omote/ura)
- 7.Suwari Waza:
 - Shomenuchi Iriminage
 - Shomenuchi Nikkyo (omote/ura)
- 8.Hanmi-Handachi
 - Katatetori Shihonage
 - Katatetori Kaitennage (uchi and soto mawari*)
- 9.**Tachitori & Jotori:**
Shomenuchi/Tsuki
- 10.**Bokken forms 5 and 6**

2nd Kyu (200 practice days)

- 1.Shomenuchi Shihonage
- 2.Shomenuchi Kaitennage
- 3.Yokomenuchi Gokyo
- 4.Ushiro Tekubitori Shihonage
- 5.Ushiro Tekubitori Jujinage
- 6.Ushiro Kubishime Koshinage
- 7.Morotetori Nikkyo
- 8.Hanmi-Handachi:
 - Shomenuchi Iriminage
 - Katatetori Nikkyo
 - Yokomenuchi Kotegaeshi
- 9.Tachitori & Jotori:
Shomenuchi/Tsuki
- 10.Freestyle - two people
- 11.Bokken forms 7 and 8

1st Kyu (300 practice days)

- 1.Katatori Menuchi – five techniques
- 2.Yokomenuchi - five techniques
- 3.Morotetori - five techniques
- 4.Shomenuchi - five techniques
- 5.Ryotetori - five techniques
- 6.Koshinage - five techniques
- 7.Tantotori
- 8.Hanmi-Handachi (Ushiro Waza - five techniques)
- 9.Tachitori & Jotori
- 10.Freestyle - three people
- 11.Bokken forms 1-8

Sho-Dan (400 practice days)

- 1.All of 1st Kyu requirements
- 2.Tachitori
- 3.Jotori
- 4.Henkawaza**
- 5.Freestyle - four people
6. 31 – step jo kata
7. CPR and Rescue Breathing certification from accredited institute, i.e. Red Cross, etc.
(current renewal required for subsequent Dan rankings)

Ni-Dan (600 practice days)

- 1.Attend two seminars per year after Sho-Dan
- 2.All of Sho-Dan requirements
- 3.Tachitori - two people
- 4.Freestyle - five people
- 5.Kaeshiwaza***

San-Dan (700 practice days)

- 1.Attend two seminars per year after Ni-Dan.
2. Subject of exam to be determined by examiner at the time of the exam.

Note: Time requirements are counted from the last test

Definitions/Glossary

* Uchi and Soto Mawari - both inside (uchi) and cut-side (soto) movements.

** Hankawaza - switching from one technique to another. Examiner will call the first technique.

*** Kaeshiwaza - counter techniques. Uke applies the technique to nage.

Original technique will be called by examiner (e.g., to apply sankyo against nikkyo).

Glossary of Words of Attack

- 1.Hanmi Handachi - uke standing, nage sitting
- 2.Hanmi-Handachi - uke standing, nage sitting
- 3.Henkawaza - switching from one technique to another.
- 4.Jotori - staff techniques
- 5.Kaeshiwaza - counter techniques
- 6.Katatetori - one hand grab to wrist
- 7.Katatori - one hand grab to collar
- 8.Morotetori - two hands on one
- 9.Ryotetori - both wrists grabbed from the front
- 10.Shomenuchi - strike to forehead
- 11.Soto Mawari - outside movements
- 12.Suwari Waza - techniques from sitting
- 13.Tachitori - attack with sword
- 14.Tantotori - attack with knife
- 15.Tsuki - thrust or punch
- 16.Uchi Mawari - inside movements
- 17.Ushiro Kubishime - choke from behind with free hand grabbing wrist
- 18.Ushiro Ryokatatori - both shoulders grabbed from behind
- 19.Ushiro Tekubitori - both wrists grabbed from behind
- 20.Ushiro Waza - any attack from behind