

AIKIDO KOPSTAL-BRIDEL



20110626

TEST REQUIREMENTS

KYU TESTS

5th Kyu (60 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

4th Kyu (80 days)

1. Shomenuchi Nikkyo (omote & ura)
2. Yokomenuchi Shihonage (omote & ura)
3. Tsuki Iriminage
4. Ushiro Tekubitori Sankyo (omote & ura)
5. Ushiro Ryokatatori Kotegaeshi
6. Suwari Waza:
 1. Shomenuchi Ikkyo
 2. Katatori Nikkyo (omote & ura)
 3. Katatori Sankyo

3rd Kyu (100 days)

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

2nd Kyu (200 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:
 1. Shomenuchi Iriminage
 2. Katatetori Nikkyo
 3. Yokomenuchi Kotegaeshi
9. Freestyle-2 persons

1st Kyu (300 days)

1. Katatori Menuchi - 5 techniques
2. Yokomenuchi - 5 techniques
3. Morotetori -5 techniques
4. Shomenuchi -5 techniques
5. Ryotetori -5 techniques
6. Koshinage -5 techniques
7. Tantotori
8. Hanmi-Handachi (Ushiro Waza-5 techniques)
9. Freestyle-3 persons

DAN TESTS

Sho Dan (400 days)

1. All of 1st Kyu requirements
2. Tachitori
3. Jotori
4. Henkawaza **
5. Freestyle-4 persons

Ni Dan (500 days)

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

San Dan (600 days)

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

Notes:

* Uchi & Soto Mawari-both inside (uchi) and outside (soto) movements

** Henkawaza-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)

General :

The number of days is reset to zero after last exam taken.

One day is counted for being on the mat for at least one practice session (note that if one practices for 3 or 4 hours a day, that will also count as one day).

This list of test requirements is copied from the book *ULTIMATE AIKIDO* of Yoshimitsu YAMADA Sensei, 8th Dan Aikikai.