

Adult Aikido Testing Requirements

Rokyu 30 Class Days/3 Months	
<p><u>Ukemi:</u> Forward Roll - Standing Backwards Roll</p> <p><u>Attacks (Demonstrated on Focus Mitts):</u> Tsuki, Shomenuchi, Yokomenuchi</p> <p><u>Footwork:</u> Tenkan 3 Irimi: Irimi (Basic slide in), Sankaku no Irimi, En no Irimi (Irimi-Tenkan)</p> <p><u>Technique: All Static</u> Kokyu Tanden Ho Kokyu Ho Tenkan & Irimi Escape from wrist grab and from shomen cut Kosa Dori Ikkyo (omote & ura) Kosa Dori Nikkyo (omote & ura) Kosa Dori Irimi Nage (ura) Kosa Dori Kotagaeshi (ura) Katate Dori Shiho Nage (omote & ura) Ushiro Ryote Dori Sankyo (omote)</p>	<p><u>Weapons:</u></p> <p><u>Sword:</u> Kamae: Static & Moving from one to another: Seigan, Gedan, Gyaku Gedan Jodan, Gedan Hasso, Jodan Hasso</p> <p>Basic Attacks: <u>Shomen</u> cut from seigan, gedan hasso and jodan hasso <u>Tsuki</u> to chest from gedan and gedan hasso <u>Yokomen</u> gedan hasso & jodan hasso, <u>Gyaku Yokomen</u> cut from seigan <u>Kesagiri, Kiriage, Yokogiri</u></p> <p><u>Jo:</u> Basic Attacks: <u>Shomen</u> cut from seigan, gedan hasso and jodan hasso <u>Yokomen</u> cut from gedan hasso and jodan hasso <u>Gyaku Yokomen</u> cut from seigan</p> <p>Kata Solo Basic Form (7 movement kata)</p>

Gokyu 60 Class Days/5 Months	
<p><u>Ukemi:</u> Forward roll over kneeling person; Standing forward roll with timing slap; Kneeling slap falls (static); "Systema" rolls from kneeling or squatting; Sideways rolling without using arms or legs Snaking</p> <p><u>Technique:</u> All former techniques dynamic</p> <p><u>Static techniques:</u> Kokyu Tanden Ho (top & bottom grip) Katate Dori Kokyunage (omote & ura) Katate Dori Kaiten Nage (omote & ura) Kata Dori Ikkyo (omote & ura) Kata Dori Nikkyo (omote & ura) Ryote Dori Tenchi Nage (omote & ura) Mune Tsuki Kote Gaeshi (ura) Shomen Uchi Ikkyo (omote & ura) Yokomen Uchi Shiho Nage (omote & ura)</p>	<p><u>Weapons:</u></p> <p><u>Sword:</u> Suburi #1-7 (Saito) Happo Giri Falling Spiral Deflection (off tsuki & shomen uchi) Rising Spiral Deflection (square stance) Partner Basic Form</p> <p><u>Jo:</u> Partner Basic Form (7 movement kata) Suburi #1-10 (Saito)</p>

Yonkyu

72 Class Days/6 Months

Ukemi:

High Ukemi;
"Systema" rolls from standing

Attacks:(demonstrated on focus mitts or bags as relevant):

Backfist
Roundhouse (fist & slap)
Upper Cut
Elbow Strikes
Mule Kick, Front Push Kick
Side & Roundhouse Kicks
Kicks to Knee & Front Push Kick
Knee on Chest Body Slap Kick
Basic Leg Sweeps

Technique:

All Former Techniques Dynamic
Munetsuki Kaiten Nage (omote & ura)
Munetsuki Hiji Nage (2 ways)
Munetsuki Ikkyo (omote & ura)

Technique (Cont.):

Munetsuki Irimi Nage (two ways)
Shomenuchi Nikkyo (omote & ura)
Shomenuchi Sankyo (omote & ura)
Shomenuchi Yonkyo (omote & ura)
Shomenuchi Iriminage (omote & ura)
Yokomenuchi Ikkyo (omote & ura)
Yokomenuchi Iriminage (3 ways)
Ryotedori Shihonage
Katate Ryote Mochi (Dori) Kokyu Tanden Ho

Weapons:

Sword:

Kumitachi 1-3

Jo:

Suburi #11-20 (Saito)
Solo 31 Jo Kata (Saito)
Kumijo 1-3

****At least one Workshop at
Redlands Aikikai Attended in Full****

Sankyu

as in the ASU Handbook, with addition of:

All Previous Techniques
Kumitachi #4 & Kumijo #4

At least one Workshop at Redlands Aikikai Attended in Full Since Last Test

Nikkyu

All techniques as in the ASU Handbook, with addition of:

All Previous Techniques
Kumitachi #5 & Kumijo #5 & 6

Mentored at least two students & At least one Workshop at Redlands Aikikai Attended in Full Since Last Test
At least one FULL Weekend Seminar with an ASU 6th Dan or Above

Ikkyu & Dan Ranks

All techniques as in the ASU Handbook, with addition of:

All Previous Techniques
Kumitachi #6-15

At least one Workshop at Redlands Aikikai Attended in Full Since Last Test
At least one FULL Weekend Seminar with an ASU 6th Dan or Above

For Ikkyu and Dan ranking, the student is expected to train at least 4 days per week, on average, for the 1(2) month(s) before the ikkyu exam (shodan/nidan exam) - preferably 5 days a week.
For shodan (nidan) you must have attended at least two seminars (one week-long training camp) with one or both of our Shihan.

Also, the student will be willing to commit to increased responsibilities in the Dojo & ASU community, including: directing and participating in dojo maintenance/leading classes as possible, and training at in-house workshops and seminars.