

AIKIKAI  
KYU PROMOTION TEST REQUIREMENTS

5th Kyu (80 days)\*

T	Katatetori	Shihonage
T	Katatetori	Kaitennage
T	Ryotetori	Tenchinage
T	Munetsuki	Kotegaeshi
T	Shomenuchi	Iriminage
TS	Shomenuchi	Ikkyo
S	Ryotetori	Kokyuhō

4th Kyu (100 days)\*

TS	Shomenuchi	Ikkyo
TS	Shomenuchi	Nikyo
TS	Katatori	Ikkyo
TS	Katatori	Nikyo
T	Munetsuki	Kotegaeshi
T	Shomenuchi	Kotegaeshi
T	Munetsuki	Iriminage
T	Shomenuchi	Iriminage
T	Shomenuchi	Shihonage
T	Yokomenuchi	Shihonage
S	Ryotetori	Kokyuhō

3rd Kyu (125 days)\*

T	Ushiro Ryotetori	Ikkyo
T	Ushiro Ryotetori	Nikyo
TS	Shomenuchi	Sankyo
TS	Shomenuchi	Yonkyo
TS	Katatori	Sankyo
TS	Katatori	Yonkyo
T	Morotetori	Iriminage
T	Yokomenuchi	Iriminage
T	Shomenuchi	Iriminage
T	Shomenuchi	Kaitennage
T	Munetsuki	Kaitennage
T	Ushiro Ryotetori	Shihonage
H	Katatetori	Shihonage
J	Katatetori	3 techniques
S	Ryotetori	Kokyuhō

2nd Kyu (150 days)\*

H	Ushiro Katatori	Sankyo
T	Ushiro Ryotetori	Sankyo
T	Ushiro Ryotetori	Yonkyo
T	Shomenuchi	Gokyo
T	Yokomenuchi	Gokyo
T	Katatetori	Kotegaeshi
TH	Yokomenuchi	Kotegaeshi
TH	Shomenuchi	Iriminage
T	Katatetori	Iriminage
T	Ushiro Ryotetori	Iriminage
T	Ryokatatori	Jujinage
T	Ushiro Ryotetori	Jujinage
T	Shomenuchi	Koshinage
T	Ushiro Ryotetori	Koshinage
T	Shomenuchi	Shihonage
T	Ushiro Ryotetori	Shihonage
J	Shomenuchi	3 techniques
J	Ryotetori	3 techniques
T	Morotetori	Kokyuhō
S	Ryotetori	Kokyuhō

1st Kyu (200 days)\*

TS	Shomenuchi	Ikkyo
TS	Shomenuchi	Nikyo
TS	Shomenuchi	Sankyo
T	Shomenuchi	Yonkyo
T	Yokomenuchi	Gokyo
T	Katatetori	3 Nage
T	Ryotetori	3 Nage
T	Morotetori	3 Nage
T	Munetsuki	3 Nage
T	Yokomenuchi	3 Nage
T	Shomenuchi	3 Nage
T	Ushiro Ryotetori	3 Nage
H	Katatetori	Shihonage
H	Tsuki	Kaitennage
T	Tantotori	3 techniques
J	Yokomenuchi	3 techniques
J	Tsuki	3 techniques
J	Ushiro	3 techniques
T	Morotetori	Kokyuhō
S	Ryotetori	Kokyuhō

T-Tachi Waza      S-Suwari Waza      H-Hanmi Handachi      J-Jyu Waza

OMOTE and URA shall be applied as called for.

(days) - Number of training days required after attaining previous rank.