

# SouthCoast Aikido Testing Requirements

## Kyu test requirements

Khn- kihon (static)

Knn- kinonagare (movement as yawarakai, though may be full kinonagare as needed)

\*Unless stated “knn,” techniques are done in kihon

\*May be revised if instructor sees fit to do so to match the ability of the student

### 6th KYU: Min 20 days training

1. Ukemi: forward roll, backward roll, break-fall, roll-slap
2. Taino henko - khn/knn
3. Morote dori kokyu ho
4. Kokyu dosa

### 5th Kyu: Min. 40 days training after 6th kyu

All of the above plus the following:

1. Shomen uchi ikkyo omote and ura waza
2. Shomen uchi nikkyo omote and ura waza
3. Kata dori nikkyo
4. Mune tsuki kotegaeshi
5. Shomen uchi iriminage
6. Kokyu nage variations: ryote dori tenchi nage, katate
7. Jiyu waza: ryokata attack
  
8. Ken: Ken kami, 1st Ken suburi
9. Jo: Tsuki kami, Jo tsuki

### 4th Kyu: Min. 60 days training after 5th kyu

All of the above plus the following:

1. Shomen uchi ikkyo --- sankyo - nage initiates
2. Ikkyo: yokomen, katate, tsuki ikkyo nage
3. Shihonage: yokomen, katate - khn/knn
4. Kotegaeshi: tsuki, gyakute - khn/knn, shomen
5. Irimi nage: (2) shomen - nage initiates/uke strikes, katate
6. Kaiten nage: tsuki
7. Kokyu nage: ryokata - knn, (2) katate, gyakute, (2) morote - knn
8. Hiji gatame: gyakute
9. Jiyu waza: ryokata attack
  
10. Ken: 7 Ken suburi
11. Jo: 1-5 Jo suburi

# SouthCoast Aikido Testing Requirements

## 3rd Kyu: Min. 80 days training after 4th Kyu

All of the above plus the following:

1. High-falls\*
2. Shomen uchi ikkyo --- yonkyo - nage initiates
3. Ikkyo: ushiro ryote, kata menuchi ikkyo nage, gyakute - khn/knn
4. Shihonage: katate - khn/knn, ryote - khn/knn, yokomen, shomen - khn
5. Irimi nage: tsuki, katate, (2) shomen, (2) yokomen
6. Kotegaeshi: munedori - khn/knn, katate - khn/knn, yokomen
7. Kaiten nage: shomen
8. Koshi nage: katate, ryote
9. Kokyu nage: shomen, katate, tsuki
10. Ushiro waza: (2) ushiro reokata - (1) from a push
11. Jiyu Waza: Front attacks only
  
12. Ken: Happo giri, Migi and Hidari awase
13. Jo: 1-20 suburi

## 2nd Kyu: Min. 120 days training after 3rd kyu

All of the above plus the following:

1. Suwari waza shomen uchi ikkyo --- yonkyo
2. Ikkyo: ryote, morote, ushiro eridori, kata dori ikkyo koshi nage
3. Nikkyo: morote - knn, katate - khn,knn
4. Sankyo: (1) shomen variation
5. Kotegaeshi: (2) katate - khn/knn, kata menuchi, (2) yokomen
6. Shiho nage: shomen - khn/knn, kata menuchi, reote - khn/knn
7. Irimi nage: (2) shomen, (3) kata menuchi, morote
8. Tenchi nage: (3) ryote - khn/knn
9. Kaiten nage: katate - uchi + soto mawari - khn/knn
10. Jyujigarami: (2) variations
11. Koshi nage: (2) ryote, (2) ushiro ryote, yokomen or shomen
12. Ushiro waza: ushiro ryote dori kokyu nage,  
Ushiro ryote dori irimi nage,  
Ushiro katate dori kubishime sankyo,  
Ushiro ryokata (2)- khn/knn
13. Kokyu nage (2) katate - khn/knn, (2) yokomen
14. Any technique from a strike or grab.
15. Jiyu waza
  
16. Ken: 5th and 7th awase
17. Jo: Roku no jo, 13 Jo kata
18. Tanken dori: tsuki kotegaeshi, yokomen gokkyo, knife at center of the back

# SouthCoast Aikido Testing Requirements

**1st KYU: Min. 150 days training after 2nd kyu**

All of the above plus the following:

1. Suwari waza yokomen uchi ikkyo --- gokkyo
2. Hanmi handachi: any technique
3. Perform technique to blend with change of attack (Henka waza) - e.g. Raise elbow in nikkyo
4. Shihonage - include 4 directions
5. Iriminage - include shomen variations
6. Any technique from any grab/attack/series
7. Tanken dori
8. Tachi dori
9. Jo dori
10. Jiyu waza
  
11. Ken: Ki mutsubi no tachi
12. Jo: 31 Jo kata, Roku no awase

*Knn = Kinonagare*

*Khn = Kihon*