

Aikido of Santa Barbara

Adult Test Requirements

5th Kyu (60 practice days)

1. Shomenuchi Ikkyo (omote & ura)
2. Katatetori Gyaku Hanmi Kaitenage (uchi & soto)
3. Shomenuchi Iriminage
4. Katatetori Shihonage: Ai Hanmi, Gyaku Hanmi (omote & ura)
5. Ryotetori Tenchinage
6. Katatetori Ai Hanmi Kotegaeshi
7. Tsuki Kotegaeshi
8. Ushiro Ryotetori Kotegaeshi
9. Morotetori Kokyuho
10. Morotetori Kokyunage (irimi, tenkan, tenshin)
11. Hanmi Handachi Ryotetori Kokyunage
12. Suwariwaza Katatetori Ai Hanmi Ikkyo (omote & ura)

4th Kyu (80 practice days)

1. Shomenuchi Nikkyo (omote & ura)
2. Katatori Shihonage
3. Yokomenuchi Shihonage (omote & ura)
4. Katatetori Gyaku Hanmi Iriminage
5. Tsuki Iriminage
6. Ushiro Tekubi Ikkyo, Nikkyo, Sankyo (omote & ura)
7. Ushiro Ryokatatori Ikkyo (omote & ura)
8. Ushiro Ryokatatori Kotegaeshi
9. Morotetori Kotegaeshi
10. Morotetori Shihonage
11. Hanmi Handachi Shomenuchi Kotegaeshi
12. Suwari Waza: Shomenuchi Ikkyo; Katatori Nikkyo (omote & ura); Katatori Sankyo

3rd Kyu (100 practice 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. Yokomenuchi Sankyo (omote & ura)
8. Katatetori Ai-Hanmi Yonkyo (omote & ura)
9. Katatori Menuchi Ikkyo (omote & ura)
10. Katatori Menuchi Kokyunage
11. Suwari Waza: Shomenuchi Iriminage; Shome-nuchi Nikkyo (omote & ura)
12. Hanmi-Handachi: Katatetori Shihonage; Katatetori Kaitennage (uchi & soto mawari*)

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. Katatori Menuchi Nikkyo, Sankyo (omote & ura)
9. Katatori Menuchi Shihonage
10. Katatori Menuchi Kotegaeshi
11. Hanmi-Handachi: Shomenuchi Iriminage; Kata-tetori Nikkyo; Yokomenuchi Kotegaeshi
12. Freestyle – 2 persons

1st Kyu (300 practice days)

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

Sho-Dan (400 practice days)

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

Ni-Dan (600 practice days)

- Attend 2 seminars per year after Sho-Dan
- All of Sho-Dan requirements
- Tachitori – 2 persons
- Freestyle – 5 persons
- Kaeshiwaza**

San-Dan (700 practice hours)

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

Note:

Hour requirements are counted from the last test.

*Uchi & Soto Mawari - both inside (uchi) & 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).