

NASHVILLE AIKIKAI

TEST

REQUIREMENTS

JUNE 2009

Rokkyu

***Minimum of 45 hours.**

Shomenuchi

**ikkyo
iriminage
kotegaeshi**

Yokomenuchi

shihonage

Kosadori

**iriminage
ikkyo**

Tsuki

kotegaeshi

Katatedori

**kaitenage
shihonage**

Katadori

ikkyo

Other

**tenkan
irimi
kokyu tanden ho
Bokken**

**Shomenuchi
Yokomenuchi
Tsuki
Kumitachi #2**

Jo

**Shomenuchi
Yokomenuchi
Tsuki
Kumijo #1**

Gokyu

***Minimum of 70 hours since last promotion.**

Previous techniques, plus:

Shomenuchi

nikyo

kaitenage

Yokomenuchi

kotegaeshi

Munetsuki

iriminage

ikkyo

kaitenage

Katatedori

iriminage

kokyunage

kotegaeshi

Katadori

nikyo

shihonage

Ryotedori

shihonage

2 kokyunage

Ushiro Ryotedori

kotegaeshi

Suwariwaza

Shomenuchi

ikkyo

iriminage

Other

Kumitachi #1

Kumijo #2

Tanto-dori

Do two techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Jo-dori

Do two techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Tachi-dori

Do two techniques. The person testing may designate the attack and may even do the same technique from different attacks.

free style -- one on one

Yonkyu

***Minimum of 80 hours since last promotion.**

Previous techniques, plus:

Shomenuchi

sankyo

yonkyo

Yokomenuchi

3 imiminage

kotegaeshi

ikkyo

Munetsuki

nikyo

Katatedori

ikkyo

nikyo

sankyo

Katadori

sankyo

kotegaeshi

Ryotedori

tenchinage

ikkyo

nikyo

Ushiro ryotedori

ikkyo

kokyunage

Suwariwaza

Shomenuchi

ikkyo

Katadori

ikkyo

nikyo

Other

Kumitachi #3

Kumijo #3

Tanto-dori

Do four techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Jo-dori

Do four techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Continued on next page.

Tachi-dori

**Do four techniques. The person testing may designate the attack and may even do the same technique from different attacks.
free style -- One on one, attack specified by the instructor.**

Sankyu

***Minimum of 95 hours since last promotion.**

Previous techniques, plus:

Shomenuchi

2 kokyunage

Yokomenuchi

kokyunage

koshinage

nikyo

sankyo

Kosadori

nikyo

Munetsuki

kokyunage

Katatedori

koshinage

yonkyo

Katadori

iriminage

kokyunage

yonkyo

Ryotedori

kotegaeshi

Ushiro Ryokatadori

ikkyo

kotegaeshi

kokyunage

Ushiro Ryotedori

shihonage

nikkyo

kokyunage

Ushiro Kubishime

kotegaeshi

Suwariwaza

Shomenuchi

sankyo

yonkyo

Other

Kumitachi #4

Kumijo#4

Continued on next page.

Tanto-dori

Do five techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Jo-dori

Do five techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Tachi-dori

Do five techniques. The person testing may designate the attack and may even do the same technique from different attacks.

Randori -- three attackers

Nikyu

Students at this level must demonstrate all the basic techniques from the basic attacks.

***Minimum of 110 hours since last promotion.**

Previous techniques, plus:

Shomenuchi

shihonage

koshinage

Yokomenuchi

yonkyo

kaitenage

Munetsuki

koshinage

sankyo

yonkyo

Ryotedori

kaitenage

koshinage

Kosadori

koshinage

sankyo

yonkyo

Ushiro Ryotedori

koshinage

shihonage

Ushiro Ryokatedori

nikyo

iriminage

Kubishimi

sankyo

Suwariwaza

Yokomenuchi

ikkyo

nikyo

sankyo

yonkyo

iriminage

Other

Kumitachi #5

Kumijo #5

Tanto-dori

Do five different techniques. The person testing will not know which attacks will be used.

Continued on next page.

Jo-dori

Do five different techniques. The person testing will not know which attacks will be used.

Tachi-dori

Do five different techniques. The person testing will not know which attacks will be used.

Randori -- four attackers

Ikkyu

Students at this level must demonstrate knowledge of the fundamentals including open-hand techniques, weapon training, and randori.

***Minimum of 125 hours since last promotion.**

Previous techniques, plus:

All previous attacks - Kihon waza, Koshinage, Kokyunage

Additional attacks - Katadori-Shomenuchi, Katatedori-Tsuki

Hanmi Handachi - Kihon waza, Kokyunage

Other

Kumitachi #6 - 12

Kumijo #6

Randori - five attackers

Randori - three attackers with weapons

***An hour credit is given for each day the student trains in class a minimum of one hour.**

Usually a student will average 1 1/2 to 2 hours of clock time for each hour of credit.

More than one hour of credit may not be earned in one day.

Partial hours may not be earned.