

# AIKIDO OF MADISON, LLC

2219 Atwood Avenue, Madison, Wi.

## TIME AND TECHNIQUE REQUIREMENTS FOR KYU PROMOTION

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### 5<sup>th</sup> kyu – 60 hours/6 months

shomen uchi: ikkyo, nikyo, irimi nage  
katate dori: shiho nage,  
kokyū tanden,  
sumi otoshi,  
kokyū nage (two ways)  
katate dori hantai kote gaeshi  
yokomen uchi shiho nage  
Kokyu dosa

**Jiyu waza:** katate dori

**extra:**

katate dori hantai irimi nage  
katate dori: ikkyo, nikyo

### 4<sup>th</sup> kyu – 80 hours/8 months

Shomen uchi: sankyo, yonkyo, kote gaeshi, kaiten nage  
Yokomen uchi: ikkyo, kote gaeshi, irimi nage (three ways)  
Katate dori hantai udekimi nage (hiji nage)  
Munetsuki kote gaeshi

**Suwari waza:** shomen uchi: ikkyo, irimi nage

**Jiyu waza:** shomen uchi, yokomen uchi

**Extra:**

Katate dori: hiji osae, kaiten nage

### 3<sup>rd</sup> kyu – 100 hours/10 months

Ryote dori: tenchi nage, shiho nage, ikkyo, kokyu nage (two ways)  
Kata dori: ikkyo, nikyo, shiho nage, hiji shime (arm bar)  
Katate dori hantai: nikyo,  
sankyo (with and without ikkyo),  
Katate dori/kosa dori koshi nage (two ways – head first/hip first)  
Mune tsuki kaiten nage

**Jiyu waza:** ryote dori/kata dori

**Suwari waza:** shomen uchi sankyo/yonkyo

**Hanmi handachi:** katate dori: shiho nage, kaiten nage

**Extra:**

Ryote dori kokyu tanden  
Shomen uchi aiki nage  
Kata dori: sankyo, yonkyo

### 2<sup>nd</sup> kyu – 100 hours/10 months

Morote dori: ikkyo, nikyo, irimi nage, shiho nage, juji nage,  
kokyu nage, koshi nage  
Mune tsuki: ikkyo, irimi nage, kokyu tanden  
Men tsuki: kaiten nage, shiho nage, kote gaeshi, kokyu tanden,  
irimi nage, ikkyo, koshi nage

**Suwari waza:** kata dori: ikkyo, nikyo

**Hanmi handachi:** shomen uchi: ikkyo, irimi nage  
Ryote dori shiho nage

**Bokken:** uchi no kata

**Jo:** 31 kata

**Jiyu waza:** morote dori, men tsuki, mune tsuki

**Extra:**

Morote dori kote gaeshi  
Mune tsuki hiji shime (arm bar)  
Men tsuki aiki otoshi

### Ikkyu – 120 hours/12 months

Ushiro ryokata dori: ikkyo, kokyu tanden, sankyo, aiki otoshi  
Ushiro ryote dori: shihonage, kotegaeshi, ikkyo, nikkyo, sankyo,  
iriminage, koshi nage, juji nage, kokyu tanden  
Ushiro kubishime: kotegaeshi, shiho nage, ikkyo  
Ushiro kokyu nage (one way from each attack)

Koshi nage from: shomen uchi, katate dori, yokomen uchi,  
mune tsuki, men tsuki, morote dori

**Suwari waza:** kata dori: sankyo, yonkyo

**Hanmi handachi:** Kata dori ikkyo  
Yokomen uchi ikkyo

**Bokken:** first three kumi tachi

**Jo:** first three kumi jo

**Jiyu waza:** ushiro

**Extra:**

Front kick: kokyu tanden, kaiten nage, leg control (analogous to hiji osae)

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Any student applying for a kyu promotion must be an ASU member in good standing. In order for you to be eligible to take a test, you must have completed the required hours of training and you must have been training consistently for the number of months specified. You must also gain the consent of your instructors. Please note that no matter how many hours you practice in one day, one day's training only counts as one hour.

The fee for a kyu certificate is \$25 for each kyu grade. All fees must be paid in advance of the test.