

5th Kyu (60+ Practice hours + 10 Service Hours)

USAF REQUIREMENTS:

- ◆ Shomenuchi Ikkyo (omote/ura)
- ◆ Ryotetori Tenchinage (omote/ura)
- ◆ Morotetori Kokyunage (omote/ura)
- ◆ Shomenuchi Iriminage
- ◆ Tsuki Kotegaeshi
- ◆ Katatetori Shihonage (omote/ura)
- ◆ Ushiro Tekubitori Kotegaeshi—also called Ushiro Ryotetori Kotegaeshi)

You are expected to recognize the following

TECHNIQUES:

4 BASIC PINS (Ikkyo / Nikyo / Sankyo / Yonkyo)

4 BASIC THROWS (Shihonage / Kotegaeshi / Iriminage / Kaitenage)

UKE MOVEMENTS:

STRIKES: Shomenuchi / Yokomenuchi / Tsuki

GRABS: Katatetori / Katatetori ai-hanmi / Katatori / Katatori ai-hanmi
Ryotetori / Morotetori / Ushiro Ryotetori

OPTIONALS

The following list is made of techniques which may appear on the 5th kyu test. The examiner may ask for any random techniques in addition to the listed techniques.

- ◇ Forward and backward ukemi
- ◇ Ikkyo from all attack forms
- ◇ Katatetori Kokyunage
- ◇ Kokyudosa
- ◇ Best Technique
- ◇ Techniques from the 4th kyu test

2nd Kyu (150 practice hours + 15 Service Hours)

USAF REQUIREMENTS

- ◆ Shomenuchi Shihonage (O/U)
- ◆ Shomenuchi Kaitenage (O/U)
- ◆ Yokomenuchi Gokyo (O/U)
- ◆ Ushiro Tekubitori Shihonage (O/U)
- ◆ Ushiro Tekubitori Jujinage
- ◆ Ushiro Kubishime Jujinage
- ◆ Morotetori Nikyo

HANMI-HANDACHI

- ◆ Shomenuchi Iriminage
- ◆ Katatetori Nikyo (O/U)
- ◆ Yokomenuchi Kotegaeshi

FREESTYLE - 2 PERSONS

OPTIONAL

- ◇ Any basic technique from any attack
- ◇ Ushiro Kubishime Shihonage (O/U)
- ◇ Ushiro Kubishime Koshinage - 2 ways
- ◇ Ushiro Ryokatatori Iriminage
- ◇ Ushiro Ryokatatori Kokyunage -3 ways
- ◇ Morotetori Shihonage (O/U) 2 sides
- ◇ Ushiro Ryotetori Kokyunage-3 ways
- ◇ Morotetori Kokyunage-3 ways
- ◇ Jujinage 3 ways

HANMI-HANDACHI

- ◇ Shomenuchi Kotegaeshi
- ◇ Shomenuchi Sankyo (O/U)
- ◇ Yokomenuchi Shihonage (O/U)
- ◇ Katatetori Sumiotoshi (O/U)
- ◇ Katatetori Kokyunage - 2 ways

4th Kyu 80+ Practice Hours + 10 Service Hours)

USAF REQUIREMENTS

- ◆ Shomenuchi Nikyo (O/U)
- ◆ Yokomenuchi Shihonage (O/U)
- ◆ Tsuki Iriminage - 3 ways
- ◆ Ushiro Ryotetori Sankyo (O/U)
- ◆ Ushiro Ryokatatori Kotegaeshi
Suwari Waza
- ◆ Shomenuchi Ikkyo (O/U)
- ◆ Katatori Nikyo (O/U)
- ◆ Katatetori Sankyo (O/U)

OPTIONALS

- ◇ Nikyo from all attacks
- ◇ Katatetori Kotegaeshi - any style
- ◇ Katatetori Iriminage ai-hanmi (& gyaku)
2 ways
- ◇ Ryotetori Shihonage (O/U)
- ◇ Ushiro Ryokatatori Shihonage (O/U)
- ◇ Yokomenuchi Ikkyo (O/U)
- ◇ Ryotetori Kokyunage - any style
- ◇ Katatetori Shihonage (O/U) ai-hanmi

3rd Kyu (100+ practice hours + 10 Service Hours)

USAF REQUIREMENTS

- ◆ Yokomenuchi Iriminage-3 ways
- ◆ Yokomenuchi Kotegaeshi
- ◆ Tsuki Kaitenage (O/U)
- ◆ Ushiro Ryokatatori Sankyo (O/U)
- ◆ Morotetori Iriminage-3 ways
- ◆ Shomenuchi Sankyo (O/U)

SUWARI WAZA

- ◆ Shomenuchi Iriminage
- ◆ Shomenuchi Nikyo (O/U)

HANMI-HANDACHI

- ◆ Katatetori Shihonage (O/U)
- ◆ Katatetori Kaitenage (O/U)

OPTIONALS

- ◇ Sankyo from any attack
- ◇ Ushiro Ryokatatori - 3 techniques
- ◇ Ryokatatori - 3 techniques
- ◇ Jujinage - 3 techniques
- ◇ Best Technique
- ◇ Yokomenuchi 3 techniques- no shihonage

SUWARI WAZA

- ◇ Shomenuchi Ikkyo, Nikyo, Sankyo & Yonkyo (O/U)

HANMI-HANDACHI

- ◇ Ryotetori Shihonage (O/U)

1st Kyu (200 practice hours + 15 Service Hours)

USAF REQUIREMENTS

- ◆ Katatori Menuchi - 5 techniques
- ◆ Yokomenuchi - 5 techniques
- ◆ Morotetori - 5 techniques
- ◆ Shomenuchi - 5 techniques
(no iriminage)
- ◆ Ryotetori - 5 techniques
- ◆ Koshinage - 5 techniques
- ◆ Tantotori: tsuki,shomenuchi,and yokomenuchi

HANMI-HANDACHI

- ◆ Ushiro - 5 techniques

FREESTYLE - 3 PERSONS

OPTIONAL

- ◇ Tsuki - 5 techniques
- ◇ Katatori Tsuki - 5 techniques
- ◇ Katatetori - 5 techniques
- ◇ Jo Waza: ai-ahnmi, gyaku-hanmi,
and morotetori

SUWARI WAZA

- ◇ Shomenuchi Iriminage
- ◇ Shomenuchi Nikyo (O/U)
- ◇ Tsuki Ikkyo (O/U)
- ◇ Tsuki Nikkyo (O/U)
- ◇ Tsuki Sankyo (O/U)
- ◇ Tsuki Tonkyo (O/U)

HANMI-HANDACHI

- ◇ Tsuki Sankyo (O/U)
- ◇ Tsuki Yonkyo (O/U)
- ◇ Katatetori Iriminage
- ◇ Katatetori ai-hanmi Iriminage
- ◇ Jujinage - 3 techniques



**AIKIDO
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(Continued from front)

APPLICATION FORM: The form must be filled out completely and accurately approximately one month before the test (exact date will vary with testing schedule). Please note that the date of test & birth date lines require DAY 1st, then month (opposite of American custom). Please ask an experienced student to review your application before turning it in. The majority of applications received have errors on them which, if not corrected, could make you ineligible to test.

RECOMMENDED BEFORE APPLYING TO TEST: Ability to perform a mock test for at least one level ABOVE the rank for which the application is being made. It is also highly recommended that you review and study **TOHEI SHIHAN'S VIDEO** on basic techniques.

TECHNICAL KNOWLEDGE: You must be able to execute all techniques for the test level PRIOR to making application. You will need to perform a mock test for a student who holds rank at least two levels above the rank of the test for which application is being made. That student is usually your sponsor, and they are to recommend you to Sensei if they find you are ready for testing. It is your responsibility to practice for, and be prepared for the test. Seek help from a variety of senior students. Do not limit yourself to preparing only with your sponsor.

TESTING ETIQUETTE: Prior to the mock test, you need to know how to bow, when to bow, to whom you should bow & in what order during the test as well as how to accept the certificate if you pass the test. Sensei will review the order during mock testing.

Whether or not you are testing, the proper etiquette is for all students attending the seminar to be on the mat during the test in support of those members who are testing.

DURING THE SEMINAR: At the Seminar where the test is being held, you are expected to attend both days and the majority of classes. If for any reason you are unable to do this, talk with Sensei in advance.

DURING THE TEST:

When your name is called, line up in the order that you are called in. (1st name called is closest to the testing instructor). Bow first to the picture of O-Sensei, then to the picture of Tohei Sensei, and then to your partner. At each change in technique, return to your original Position. If you do not hear the name of the technique clearly, it is acceptable to bow and ask "Excuse me, Sensei. I did not hear." Begin each technique as quickly as possible after it is called out. After the test is complete, repeat the bowing sequence that was done at the line-up.

Demonstrate the highest level of etiquette possible. Wear your best gi (& hakama if applicable). If you are unable to hear or understand the examiner, bow & politely ask them to repeat the name of the technique. Listen, bow again, and return to your test.

Have an "uke" picked out prior to the test in case you will need one. Often it is not known whether or not you will need an uke until the moment of the test and it may cause unnecessary delays if you have to scramble to find someone at the last moment.

No cameras, no talking during the test.

AFTER THE SEMINAR: Express gratitude to Sensei and to your Sempai after the test for helping you.

TEST RESULTS: If you passed the test, you will receive your certificate within approximately two months of the test. At that time your name will be updated on the rank board. If it has not been updated within two weeks, please contact the membership chairperson or speak with Sensei.

This summary is designed to help you know what is expected of you on your tests. It is not a complete listing of everything you should know. Please work closely with your Sensei and your Sempai to be sure you are properly prepared.

WHEN TO TEST: Testing opportunities are infrequent. You may test at any USAF seminar where testing is offered if you have met all of the requirements for testing and have followed the proper procedures.

REQUESTING TO TEST: Although it is traditional in most dojo for the Sensei to tell a student to test rather than the student requesting to test, in Aikido of Austin, Birdsong Sensei is open to the student making the request and encourages that initiative. The proper etiquette is to ask Sensei for permission to test AFTER you are already prepared. It is appropriate to talk with Sensei about your goals for testing before you are ready, but at the time of requesting application, you need to already have the hours and knowledge required for the test. It is not appropriate to ask to test with the intention that you will have the hours and the knowledge by the time of the test.

SENSEI MUST APPROVE ALL APPLICATIONS for testing. He will be looking for the following criteria among others:

• **ATTITUDE IN THE DOJO AND SENSE OF RESPONSIBILITY**

- Solid knowledge of the form of all techniques on the test.
- Good posture
- Strong zanshin
- Proper distance (maai)

• Speed. While speed of execution is not a major issue on the 5th kyu test, it becomes more important with each successive test. On all tests, you should begin each technique promptly, and move through the test in an efficient manner. Speed is age-appropriate, and is never to be gained at the expense of proper form.

HOURS REQUIREMENTS: Although the USAF requires a minimum number of hours for each test, Sensei generally prefers considerably more hours and requires a minimum of 6-9 months in the dojo before testing for 5th kyu, 6-9 months between 5th and 4th kyu, one year each between 4th, 3rd and 2nd kyu tests and a year or more preferred between 2nd and 1st kyu. Having the full number of hours and time in the dojo, however, is not a guarantee that Sensei will allow you to test. There are many factors in his decision including (but not limited to) your abilities, attitude, helpfulness in the dojo, attendance at the dojo and attendance at seminars.

REQUIRED SEMINAR ATTENDANCE/MEMBERSHIP BOOKS:

1ST AND 2ND KYU: Students are **required** to attend 2 seminars/year before promotion (per membership book). Students are encouraged to attend seminars outside of their own dojo and especially the major seminars in Chicago.

4TH KYU AND 3RD KYU should attempt to attend 1 or 2 seminars/year, although this is not an official requirement for testing.

Membership books are to be signed at official USAF seminars only.

TEST FEES: Test fees are due at the time you submit the application. Please place dues in the dues box & the application in the application folder.

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Kyu Test Requirements & Responsibilities