

## Promotion Test Requirements. Kyu Ranks. Hellenic Aikido Aikikai.

### 7th Kyu

Minimum 2 months and 20 days of training

#### Ki tests and exercises

SEIZA Sitting Japanese style with legs folded underneath

SHIZENTAI Natural stance with feet shoulder width

ORENAITE Unbendable arm, tested while in hanmi stance

BASIC TAISABAKI Hidari/Migi Hanmi, Tsuki-Ashi, Ayumi-Ashi, Tenkan, Irimi Ten

KOHO TENDO UNDO Rolling back and forward from sitting, kneeling and standing

MAE UKEMI SUWARI WAZA Rolling tumbling forward from kneeling position

USHIRO UKEMI SUWARI WAZA Rolling tumbling backward from kneeling position

RYOTETORI KOKYUHO SUWARIWAZA (KOKYUDOSA)

Exercise to develop timing and breath power, partner practice in seiza position

#### Techniques: tachiwaza

KATATETORI AI HANMI IKKYO omote & ura

KATATETORI AI HANMI KOTEGAESHI

KATATETORI AI HANMI KOKYUNAGE Controlling the head variation

KATATORI IKKYO omote & ura

### 5th Kyu

Minimum of 3 months and 40 days of training after 6th Kyu

#### Ki tests and exercises

MAE UKEMI BREAKFALL

USHIRO UKEMI BREAKFALL

SHIKKO Forward, backward and turning

ZENGO UNDO

Raising and lowering the arms as if cutting with a sword 180 degree pivoting motion

SHIHO UNDO

Raising and lowering the arms as if cutting with a sword in the 4 basic directions

GAKYU HANMI TAISABAKI Uchi Kaiten, Soto Kaiten, with partner

MOROTETORI KOKYUHO (TACHIWAZA)

Exercise to develop timing and breathe power, partner practice, standing position

#### Techniques: tachiwaza

SHOMENUCHI IKKYO

SHOMENUCHI IRIMINAGE

MUNETSUKI KOTEGAESHI

USHIRO TEKUBITORI IKKYO

USHIRO TEKUBITORI KOTEGAESHI

RYOTETORI TENCHINAGE

RYOTETORI SHIHONAGE

KATATORI NIKKYO

#### Weapons

KAMAE NO BOKKEN Demonstration of five basic sword stances

BOKKEN AND JO SUBURI Demonstration of basic strikes

1-7 KEN SUBURI

1-5 JO SUBURI

### 6th Kyu

Minimum of 3 months and 30 days of training after 7th Kyu

#### Ki tests and exercises

MAE UKEMI TACHI WAZA Rolling tumbling forward from standing position

USHIRO UKEMI TACHI WAZA Rolling tumbling backward from standing position

SHOMENUCHI, YOKOMENUCHI, MUNETSUKI demonstration of basic strikes

FUNAGOKI UNDO Rowing exercise

SHOMENUCHI IKKYO UNDO Arms raising and lowering as if cutting with a sword

GAKYU HANMI TAISABAKI Tenkan, Irimi, (also with partner)

KOKYUDOSA RENZOKU Continuously one side to another without pause

#### Techniques: tachiwaza

KATATETORI GAKYU HANMI IKKYO omote & ura

KATATETORI GAKYU HANMI IRIMINAGE omote & ura

KATATETORI GAKYU HANMI SHIHONAGE omote & ura

SHOMENUCHI KOKYUNAGE Controlling the head variation

SHOMENUCHI KOTEGAESHI

### 4th Kyu

3 months and 60 days after 5th Kyu - at least one seminar

#### Ki tests and exercises

UDEFURI UNDO Swinging the arms exercise left and right

UDEFURI CHOYAKU UNDO

Swinging the arms exercise with stepping and turning motion

SAYU UNDO

left and right exercise, extending arms to the left and right and sinking the hips

SAYU CHOYAKU UNDO left and right exercise, with skipping step

USHIRO TEKUBITORI UNDO Grasped from behind exercise

HAPPO UNDO Arms raising and lowering as if sword-cutting in the 8 basic directions

AI HANMI, GAKYU HANMI TAISABAKI with partner

#### Techniques: tachiwaza

SHOMENUCHI NIKKYO

YOKOMENUCHI SHIHONAGE

MUNETSUKI IRIMINAGE

USHIRO TEKUBITORI SANKYO

USHIRO RYOKATATORI KOTEGAESHI

USHIRO TEKUBITORI KOKYUNAGE

RYOTETORI KOKYUNAGE

KATATETORI KAITENAGE Uchi, soto

#### Techniques: suwari waza

SHOMENUCHI IKKYO

KATATORI NIKKYO

KATATORI SANKYO

#### Weapons

BOKKEN SHOMENUCHI TAISABAKI Tsuki-ashi, Ayumi-ashi, with partner exercise

KEN NO AWASE: MIGI, HIDARI

1-10 JO SUBURI

## 3rd Kyu 6 months and 80 days after 4th Kyu - at least one seminar

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### Ki tests and exercises

TAISABAKI TOSHU Empty hand body movements

GAKYU HANMI TAISABAKI

Tenkan-Irimi-Uchi Kaiten-Soto Kaiten-Kokyuho with partner

### Techniques: tachiwaza

YOKOMENUCHI KOTEGAESHI

YOKOMENUCHI IRIMINAGE 2 ways

MUNETSUKI KOKYUNAGE

MUNETSUKI KAITENAGE uchi, soto

USHIRO RYOKATATORI SANKYO

SHOMENUCHI SANKYO

MOROTETORI IRIMINAGE

MOROTETORI IKKYO

JIYU WAZA (1 person)

### Techniques: suwari waza

SHOMENUCHI IKKYO NIKYO SANKYO YONKYO

SHOMENUCHI IRIMINAGE

### Techniques: hamni hantachi waza

KATATETORI GAKYU HANMI SHIHONAGE

KATATETORI GAKYU HANMI KAITENAGE

### Weapons

BOKKEN KATA 1 Happo Giri – cutting in 8 directions - 13 movements

BOKKEN TAISABAKI Kata forms 1 - 3

1-13 JO SUBURI

## 2nd Kyu 6 months and 80 days after 3rd Kyu - at least one seminar

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### Techniques: tachiwaza

SHOMENUCHI KAITENAGE

SHOMENUCHI SHIHONAGE

YOKOMENUCHI GOKYO

USHIRO KATATORI KOKYUNAGE

USHIRO TEKUBITORI JUJINAGE

USHIRO TEKUBITORI SHIHONAGE

RYOKATATORI KOTEGAESHI

RYOKATATORI KOKYUNAGE

MOROTETORI NIKKYO

MOROTETORI KOTEGAESHI

MOROTETORI KOKYUNAGE

RYOTETORI KOSHINAGE

KATATORI GAMENUCHI IKKYO

KATATORI MENUCHI IRIMINAGE

JIYU WAZA Free technique against 2 persons

### Techniques: hamni hantachi waza

KATATETORI GAKYU HANMI NIKKYO

KATATETORI GAKYU HANMI SANKYO

YOKOMENUCHI KOTEGAESHI

MUNETSUI KOTEGAESHI

SHOMENUCHI IRIMINAGE

### Weapons

JO - KATA 1 First stuff form 22 movements

BOKKEN TAISABAKI Kata forms 1 – 6

1-18 JO SUBURI

## 1st Kyu

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6 months and 80 days after 2nd Kyu - at least one seminar

### Techniques: tachiwaza

KATATORI MENUCHI 5 Techniques

YOKOMENUCHI 5 Techniques

MOROTETORI 5 Techniques

SHOMENUCHI 5 Techniques

RYOTETORI 5 Techniques

USHIROTEKUBITORI 5 Techniques

YOKOMENUCHI Ikkyo – Gokyo

YOKOMENUCHI SUDORI

KOSHINAGE Ushiro Katetetori Kubishime-Yokomenuchi-Ryotetori

MAEGERI KOKYNAGE Front snapping kick

JIYU WAZA (Randori) Free technique 3 Persons

### Techniques: hamni hantachi waza

USHIRO WAZA 5 Techniques

JIYU WAZA Free style

### Weapons

TANTOTORI 3 techniques against Shomenuchi, Yokomenuchi, Munetsuki

BOKKEN KATA 2 Second form, 13 movements

JO KATA 2 Second stuff form, 22 movements

BOKKEN TAISABAKI Kata forms 1 – 9

KEN NO AWASE: GO, SICHI

1-20 JO SUBURI

Successful completion of seminars and courses will also be taken into consideration.

Be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you are actually testing.