

# Redlands Aikikai

## Kyu Test Requirements

Chetan Prakash, Head Instructor, Redlands Aikikai

**Note:** The following test requirements include and expand considerably on that which is in the [ASU Handbook](#). It should be noted that the Redlands Aikikai supplemental requirements are based on my experience with my teacher Saotome Shihan and on what I have found most efficacious in preparing students to develop the skills required. It is my intention that students should be adequately prepared, *technically*, for testing at the shodan and nidan test levels at the point when they take their Ikkyu test; at least another year, at a minimum, is needed for the student to mature to the level at which they are ready to test for shodan (and then two-and-a-half more years for nidan). Once you have attained to the Ikkyu rank, please consult the Unofficial [Yudansha Training Handbook](#) compiled by Guy Hagen Sensei.

FROM THE ASU HANDBOOK:

The examination system in Aikido is not structured on competition. You will be graded on the following points:

- Your understanding of basic technique appropriate to your level.
- Your spontaneous movement and response appropriate for the attack.
- Your ability to adapt your movement to the force of the attack.
- The concentration and awareness you maintain throughout the examination.
- Continuity of movement is important, not speed.
- Confidence and courage are important, not ego.
- Be prepared to uke for someone else of your same level during the examination period. Your ukemi will be graded.

### Time and Responsibility Requirements for Kyu Ranks

**An increasing involvement in the maintenance and running of, and leadership in, the Dojo is expected as the student grows in rank.**

	Rokyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
<b>Training Days (minimum)</b>	30	60	60	72	80 at 3 times a week	90 at 3 times a week
<b>Months</b>	3	5	5	5	6	6
<b>Seminars</b>			1 Full-Day at Redlands Aikikai	1 Full-Day at Redlands Aikikai since last test	1 full-day at Redlands Aikikai since last test and 1 Full Weekend with ASU 6 <sup>th</sup> Dan or above	1 full-day Seminar at Redlands Aikikai since last test and 2 Full Weekends with ASU 6 <sup>th</sup> Dan or above
<b>Training Uke</b>			For 1 student	For 1 student since last test	For 1 student since last test	For 1 student since last test
<b>Frequency of Training</b>					3 days/week average	3 days/week average 4 days/week or more in month prior to test
<b>Other</b>			Willingness to be uke during kyu tests	Willingness to be uke during kyu tests	Willingness to be uke during kyu tests	Willingness to be uke during kyu & dan tests

The minimum training days for Nikyu and above presume that you train, on average, three times a week or more. If your training frequency is substantially less than this, the time requirements for the next test may triple, at the discretion of Prakash Sensei (this includes dan ranks). For **yudansha examination time requirements**, please consult the [ASU Handbook](#). In addition, yudansha testing at Redlands Aikikai requires the same Frequency, Seminar and Training Uke activities as for 1<sup>st</sup> kyu above, except that you need to average **4-5 days/week, and include ato geiko, for at least three months prior to the test.**

## Tachi Waza (Empty-Hand Arts)

Rokyu (30 days)	Gokyu (60 days)	Yonkyu (60 days)	Sankyu (72 days)	Nikyu (80 days)	Ikkyu (90 days)
<p><b>All Attacks Static</b></p> <p><b>SUWARI WAZA</b> <i>Katate Ryote Dori</i> <i>Kokyu Tanden Ho</i></p> <p><b>TACHI WAZA</b></p> <p><b>Katate Dori</b> <i>Shihonage</i></p> <p><b>Shomen Uchi</b> <i>Ikkyo</i> <i>Iriminage</i></p> <p><b>Mune Tsuki</b> <i>Kotegaeshi (ura)</i></p> <p><b>Yokomen Uchi</b> <i>Shihonage</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>Escapes from</b> wrist grab shomen uchi</p> <p><b>Ushiro Ryotekubi Dori</b> Sankyo (omote)</p> <p><b>Note:</b> Arts as required in the ASU Handbook are in italics</p>	<p><b>All Previous Arts Dynamic +</b></p> <p><b>TACHI WAZA</b></p> <p><b>Kata Dori</b> <i>Ikkyo</i> <i>Nikyo</i></p> <p><b>Shomenuchi</b> <i>Nikyo</i></p> <p><b>Mune Tsuki</b> <i>Kaiten Nage</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>Katate Dori</b> Kokyunage, Kaitennage Kote Gaeshi (omote)</p> <p><b>Kosa Dori</b> Ikkyo, Nikyo Irimi Nage (ura) Kotagaeshi (ura)</p>	<p><b>All Previous Arts +</b></p> <p><b>SUWARI WAZA</b> <b>Shomen Uchi</b> <i>Ikkyo (ASU 2<sup>nd</sup> kyu)</i></p> <p><b>TACHI WAZA</b> <b>Yokomen Uchi</b> <i>Ikkyo</i> <i>Iriminage (3)</i> <i>Kotegaeshi</i></p> <p><b>Ryote Dori</b> <i>Tenchinage</i> <i>Shihonage</i></p> <p><b>Katate Dori Ryote Mochi</b> (Also called <b>Morote Dori</b> or <b>Katate Ryote Dori</b>) <b>Kokyu Tanden Ho</b> <i>(3 arts done both sides, student selects from: Ikkyo, Kokyunage, Kotegaeshi, Iriminage, Shihonage, Hijinage ..)</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>SUWARI WAZA</b> <b>Shomen Uchi</b> Nikyo, Sankyo Yonkyo</p> <p><b>TACHI WAZA</b> <b>Shomen Uchi</b> Sankyo, Yonkyo Iriminage (3)</p> <p><b>Mune Tsuki</b> Ikkyo, Kokyunage Iriminage (2)</p>	<p><b>All Previous Arts +</b></p> <p><b>SUWARI WAZA</b> <b>Kata Dori</b> <i>Ikkyo</i> <i>(ASU 2<sup>nd</sup> kyu)</i></p> <p><b>TACHI WAZA</b> <b>Ushiro Ryokata Dori</b> <i>Ikkyo</i></p> <p><b>Ushiro Ryotekubi Dori</b> <i>Shihonage</i></p> <p><b>Ushiro Kubishime</b> <i>Kote Gaeshi</i></p> <p><b>Ushirowaza</b> <i>Kokyunage</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>TACHI WAZA</b> <b>Shomen Uchi</b> Kaitennage Kokyunage (2) Kotegaeshi</p> <p><b>Mune Tsuki</b> Nikyo, Sankyo Hijinage (2)</p> <p><b>Katate Dori</b> Ikkyo, Kotegaeshi (2) Hijinage</p> <p><b>Ryote Dori</b> Ikkyo, Kotegaeshi Kokyunage</p> <p><b>Kata Dori</b> Iriminage, Kokyunage</p> <p><b>Ryokata Dori</b> Kokyunage, Ikkyo</p> <p><b>Ushiro Ryokata Dori</b> Kokyunage (2)</p> <p><b>Ushiro Ryotekubi Dori</b> Kotegaeshi</p> <p><b>Ushiro Kubishime</b> Kokyunage, Sankyo (2)</p>	<p><b>All Previous Arts +</b></p> <p><b>SUWARI WAZA</b> <b>Yokomen Uchi</b> <i>Ikkyo</i></p> <p><b>HANMIHANDACHI</b> <b>Katate Dori</b> <i>Shihonage</i> <b>Ryote Dori</b> <i>Shihonage</i></p> <p><b>TACHI WAZA</b> <i>Koshinage from:</i> <b>Shomen Uchi</b> <b>Yokomen Uchi</b> <b>Mune Tsuki &amp; Katate Dori.</b></p> <p><b>Yokomen Uchi</b> <i>Nikyo, Sankyo</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>SUWARI WAZA</b> <b>Kata Dori</b> <i>Nikyo</i> <b>Mune Dori</b> <i>Ikkyo</i> <b>Mune Tsuki</b> <i>Kotegaeshi</i></p> <p><b>HANMI-HANDACHI</b> <b>Katate Dori</b> Kaitennage <b>Shomen Uchi</b> Iriminage</p> <p><b>TACHI WAZA</b> <b>Shomen Uchi</b> Gokyo, Shihonage</p> <p><b>Yokomen Uchi</b> Gokyo, Kaitennage</p> <p><b>Katate Dori</b> Jujigaramage</p> <p><b>Kosa/Morote Dori</b> Koshinage</p> <p><b>Ushiro Ryotekubi Dori</b> <i>Ikkyo</i></p> <p><b>Ushiro Kubishime</b> Koshinage Jujigaramage</p> <p><b>Ushiro Ryokata Dori</b> Agotsuki Age</p>	<p><b>All Previous Arts +</b></p> <p><b>JIYU WAZA</b> <i>Suwariwaza</i> <i>Hanmihandachi</i> <i>Tachiwaza</i></p> <p><b>TANTO DORI</b> <i>Munetsuki</i> <i>Shomenuchi</i> <i>Yokomenuchi</i></p> <p><b>SUPPLEMENTAL</b></p> <p><b>Tanto Dori</b> Ushiro: 2 arts Slash attack</p> <p><b>Jo Dori &amp; Tachi Dori</b> Total of 5 different arts from: Munetsuki Shomenuchi Yokomenuchi</p> <p><b>Jo Nage</b></p> <p><b>RANDORI</b> 3 persons Ryokatadori,</p> <p><b>Defense from:</b> Men Tsuki/jab Roundhouse to head Elbow strikes, Sode Dori, Ryohiji Dori Front Double-hand choke Ushiro Ryohijidori Ushiro Eridori Katadori Shomenuchi Katatedori Munetsuki Kicks/Sweeps</p>

## Buki Waza (Weapons Arts)/Attacks/Ukemi

Rokyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
<p><b><u>Footwork</u></b> Basic Irimi, En No Irimi (Irimi-Tenkan), Sankaku No Irimi; Tenkan</p> <p><b><u>Ukemi</u></b> Forward Roll -Standing</p> <p><b><u>Empty-Hand Strikes</u></b> Tsuki, Shomenuchi, Yokomenuchi</p> <p><b><u>Bokken</u></b> <b>Kamae</b> (Static &amp; Moving between kamae): Seigan, Gedan, Jodan, Gedan Hasso, Jodan Hasso, Yoko, Waki (Gyaku where applicable)</p> <p><b><u>Attacks</u></b> Shomen: from seigan &amp; gedan hasso Tsuki: from gedan, gedan hasso Yokomen: from gedan hasso Hasso: from jodan hasso Gyaku Yokomen: from seigan Kesagiri, Kiriage, Yokogiri</p> <p><b><u>Jo</u></b> <b><u>Attacks</u></b> Shomen: from seigan, gedan hasso Yokomen: from gedan hasso and jodan hasso Gyaku Yokomen: from seigan</p> <p><b><u>Kata</u></b> Solo Basic Form (9 Jo kata)</p>	<p><b><u>Ukemi</u></b> Backwards Roll</p> <p>Forward roll with timing slap; Kneeling slap falls, Snaking</p> <p><b><u>Bokken</u></b> Suburi #1-7;</p> <p>Falling Spiral Deflection (off tsuki &amp; shomenuchi): static &amp; dynamic;</p> <p>Partner Basic Form</p> <p><b><u>Jo</u></b> Suburi #1-5</p> <p>Partner Basic Form (9 Jo kata)</p>	<p><b><u>Ukemi</u></b> Forward roll over kneeling person; "Pushup/Squat" rolls, Sideways rolls</p> <p><b><u>Bokken</u></b> Happo Giri;</p> <p>Kumitachi #1</p> <p><b><u>Jo</u></b> Suburi #6-10;</p> <p>31-Jo Kata;</p> <p>Kumijo 1-2</p>	<p><b><u>Ukemi</u></b> High Ukemi</p> <p><b><u>Empty-Hand Strikes</u></b> Backfist; Hook; Roundhouse (fist/slap); Upper Cut; Head-butt; Elbow Strikes</p> <p><b><u>Bokken</u></b> Saotome Suburi &amp; Awase</p> <p>Kumitachi #2 Rising Spiral Deflection (square stance)</p> <p><b><u>Jo</u></b> Suburi #14-18</p> <p>Kumijo #3</p>	<p><b><u>Kicks</u></b> Side &amp; Roundhouse; Mule Kick; Front Push Kick Leg Sweep Kicks to Knee; Knee strikes to chest/leg; Body Slap Kick (to groin)</p> <p><b><u>Bokken</u></b> Kumitachi #3 &amp; 4</p> <p><b><u>Jo</u></b> Suburi #11-13,</p> <p>Kumijo #4</p>	<p><b><u>Bokken</u></b> Kumitachi #5</p> <p><b><u>Jo</u></b> Suburi #19-20</p> <p>Kumijo #5-6</p>