

Redlands Aikikai

Aikido Test Requirements

Chetan Prakash Sensei, Head Instructor, Redlands Aikikai

© Chetan Prakash, July 20, 2025

Note: The following test requirements include and expand considerably on that which is in the *ASU Student Handbook* (<https://asu.org/student-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*, (<https://asu.org/asu-yudansha-exam-preparation-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
Training Days (minimum)	30	60	60	72	80 at 3 times a week	90 at 3 times a week
Months	3	5	5	5	6	6
Seminars			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 th Dan or above	1 full day at Redlands Aikikai since last test and 2 Full Weekends with ASU 6 th Dan or above
Training Uke			For 1 student	For 1 student since last test	For 1 student since last test	For 1 student since last test
Frequency of Training					3 days/week average	3 days/week average 4 days/week or more in month prior to test
Other			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.

For **yudansha examination time requirements**, please consult the *ASU Handbook* and the *ASU Examination and Qualifying Event Policies* (<https://asu.org/asu-testing-policies/>). Please also regularly consult the. In addition, yudansha testing at Redlands Aikikai requires the same Seminar and Training Uke activities as for 1st kyu above, except that **for Frequency you need to average 4-5 days/week, including 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)
All Attacks Static SUWARI WAZA <i>Katate Ryote Dori</i> <i>Kokyu Tanden Ho</i>	All Previous Arts Dynamic +	All Previous Arts + SUWARI WAZA Shomen Uchi <i>Ikkyo (ASU 2nd kyu)</i>	All Previous Arts + SUWARI WAZA Kata Dori <i>Ikkyo</i> <i>(ASU 2nd kyu)</i>	All Previous Arts + SUWARI WAZA Yokomen Uchi <i>Ikkyo</i> HANMIHANDACHI Katate Dori <i>Shihonage</i> Ryote Dori <i>Shihonage</i>	All Previous Arts + JIYU WAZA <i>Suwariwaza</i> <i>Hanmihandachi</i> <i>Tachiwaza</i>
TACHI WAZA Katate Dori <i>Shihonage</i> Shomen Uchi <i>Ikkyo</i> <i>Iriminage</i> Mune Tsuki <i>Kotegaeshi (ura)</i> Yokomen Uchi <i>Shihonage</i>	TACHI WAZA Kata Dori <i>Ikkyo</i> <i>Nikyo</i> Shomenuchi <i>Nikyo</i> Mune Tsuki <i>Kaiten Nage</i>	TACHI WAZA Yokomen Uchi <i>Ikkyo</i> <i>Iriminage (3)</i> <i>Kotegaeshi</i> Ryote Dori <i>Tenchinage</i> <i>Shihonage</i> Katate Dori Ryote Mochi (Also called Morote Dori or Katate Ryote Dori) Kokyu Tanden Ho <i>(3 arts done both sides, student selects from: Ikkyo, Kokyunage, Kotegaeshi, Iriminage, Shihonage, Hijinage ..)</i>	TACHI WAZA Ushiroyokata Dori <i>Ikkyo</i> Ushiroyotekubi Dori <i>Shihonage</i> Ushiroyokata Dori <i>Kote Gaeshi</i> Ushirowaza <i>Kokyunage</i> SUPPLEMENTAL TACHI WAZA Shomen Uchi <i>Kaitennage</i> <i>Kokyunage (2)</i> <i>Kotegaeshi</i> Mune Tsuki <i>Nikyo, Sankyo</i> <i>Hijinage (2)</i> Katate Dori <i>Ikkyo, Kotegaeshi (2)</i> <i>Hijinage</i> Ryote Dori <i>Ikkyo, Kotegaeshi</i> <i>Kokyunage</i> Kata Dori <i>Iriminage, Kokyunage</i> Ryokata Dori <i>Kokyunage, Ikkyo</i> Ushiroyokata Dori <i>Kokyunage (2)</i> Ushiroyotekubi Dori <i>Kotegaeshi</i> Ushiroyokata Dori <i>Kokyunage, Sankyo (2)</i>	TACHI WAZA <i>Koshinage from:</i> Shomen Uchi Yokomen Uchi Mune Tsuki & Katate Dori. Yokomen Uchi <i>Nikyo, Sankyo</i> SUPPLEMENTAL SUWARI WAZA Kata Dori <i>Nikyo</i> Mune Dori <i>Ikkyo</i> Mune Tsuki <i>Kotegaeshi</i> HANMI-HANDACHI Katate Dori <i>Kaitennage</i> Shomen Uchi <i>Iriminage</i> TACHI WAZA Shomen Uchi <i>Gokyo, Shihonage</i> Yokomen Uchi <i>Gokyo, Kaitennage</i> Katate Dori <i>Jujigaramenage</i> Kosa/Morote Dori <i>Koshinage</i> Ushiroyotekubi Dori <i>Ikkyo</i> Ushiroyokata Dori <i>Koshinage</i> <i>Jujigaramenage</i> Ushiroyokata Dori <i>Aqotsuki Age</i>	TANTO DORI <i>Munetsuki</i> <i>Shomenuchi</i> <i>Yokomenuchi</i> SUPPLEMENTAL Tanto Dori <i>Ushiroyokata Dori: 2 arts</i> <i>Slash attack</i> Jo Dori & Tachi Dori <i>Total of 5 different arts from:</i> <i>Munetsuki</i> <i>Shomenuchi</i> <i>Yokomenuchi</i> Jo Nage RANDORI <i>3 persons</i> <i>Ryokata Dori,</i> Defense from: <i>Men Tsuki/jab</i> <i>Roundhouse to head</i> <i>Elbow strikes,</i> <i>Sode Dori,</i> <i>Ryohiji Dori</i> <i>Front Double-hand choke</i> <i>Ushiroyokata Dori</i> <i>Ushiroyokata Dori</i> <i>Katadori Shomenuchi</i> <i>Katatedori Munetsuki</i> <i>Kicks/Sweeps</i>
SUPPLEMENTAL Escapes from wrist grab shomen uchi Ushiroyotekubi Dori Sankyo (omote)	SUPPLEMENTAL Katate Dori Kokyunage, Kaitennage Kote Gaeshi (omote) Kosa Dori Ikkyo, Nikyo Irimi Nage (ura) Kotegaeshi (ura)	SUPPLEMENTAL SUWARI WAZA Shomen Uchi Nikyo, Sankyo Yonkyo TACHI WAZA Shomen Uchi Sankyo, Yonkyo Iriminage (3) Mune Tsuki Ikkyo, Kokyunage Iriminage (2)	SUPPLEMENTAL TACHI WAZA Shomen Uchi Kaitennage Kokyunage (2) Kotegaeshi Mune Tsuki Nikyo, Sankyo Hijinage (2) Katate Dori Ikkyo, Kotegaeshi (2) Hijinage Ryote Dori Ikkyo, Kotegaeshi Kokyunage Kata Dori Iriminage, Kokyunage Ryokata Dori Kokyunage, Ikkyo Ushiroyokata Dori Kokyunage (2) Ushiroyotekubi Dori <i>Kotegaeshi</i> Ushiroyokata Dori Kokyunage, Sankyo (2)	SUPPLEMENTAL SUWARI WAZA Kata Dori <i>Nikyo</i> Mune Dori <i>Ikkyo</i> Mune Tsuki <i>Kotegaeshi</i> HANMI-HANDACHI Katate Dori <i>Kaitennage</i> Shomen Uchi <i>Iriminage</i> TACHI WAZA Shomen Uchi <i>Gokyo, Shihonage</i> Yokomen Uchi <i>Gokyo, Kaitennage</i> Katate Dori <i>Jujigaramenage</i> Kosa/Morote Dori <i>Koshinage</i> Ushiroyotekubi Dori <i>Ikkyo</i> Ushiroyokata Dori <i>Koshinage</i> <i>Jujigaramenage</i> Ushiroyokata Dori <i>Aqotsuki Age</i>	TANTO DORI <i>Munetsuki</i> <i>Shomenuchi</i> <i>Yokomenuchi</i> Jo Nage RANDORI <i>3 persons</i> <i>Ryokata Dori,</i> Defense from: <i>Men Tsuki/jab</i> <i>Roundhouse to head</i> <i>Elbow strikes,</i> <i>Sode Dori,</i> <i>Ryohiji Dori</i> <i>Front Double-hand choke</i> <i>Ushiroyokata Dori</i> <i>Ushiroyokata Dori</i> <i>Katadori Shomenuchi</i> <i>Katatedori Munetsuki</i> <i>Kicks/Sweeps</i>
Note: Arts as required in the ASU Handbook are in <i>italics</i>					

Buki Waza (Weapons Arts)/Attacks/Ukemi

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