

Portsmouth Aikido Kyu & Dan Test Requirements

Test techniques are cumulative. Students may be asked to perform techniques from previous exams.

6th Kyu - 20 practice days

Seiza

Hanmi

Shikko

Ukemi - back fall, back roll & forward roll

Ikkyo undo & Funakogi undo

Tai sabaki – Irimi, Tenkan & Tenshin

Striking Attacks (w/partner) Tsuki, Yokomenuchi & Shomenuchi

Tai no henko as both uke & nage

Suwari waza Kokyuhō

5th Kyu - 40 practice days after 6th Kyu

Shomenuchi Ikkyo

Shomenuchi Iriminage

Katatedori Shihonage

4th Kyu - 80 practice days after 5th Kyu

Shomenuchi Ikkyo – Nikyo

Katadori Nikyo

Yokomenuchi Shihonage

3rd Kyu - 100 practice days after 4th Kyu

Shomenuchi Ikkyo – Sankyo

(suwari waza & tachi waza)

Ryotedori Shihonage

Tsuki Iriminage

Shomenuchi & Tsuki Kotegaeshi

Ryotedori Tenchinage

2nd Kyu - 200 practice days after 3rd Kyu

Seminar attendance is encouraged

Ikkyo–Yonkyo from Shomenuchi &

Katadori (suwari waza & tachi waza)

Katatedori Shihonage (hanmi handachi)

Katatedori Iriminage

Katatedori Kotegaeshi

Katatedori Kaitennage

Jiyu waza from Katatedori

Randori (2 attackers)

1st Kyu - 300 practice days after 2nd Kyu

Seminar attendance strongly encouraged

Ikkyo – Yonkyo from Shomenuchi,

Yokomenuchi, Katadori & Ushiro

Ryotedori (suwari waza & tachi waza)

Yokomenuchi Gokyo

Ryotedori Shihonage (hanmi handachi)

Kaitennage from Shomenuchi & Tsuki

Jiyu waza from Ryotedori & Morotedori

Koshinage

Randori (3 attackers)

Shodan

300 practice days after 1st Kyu/Not<1 year

Must attend one seminar per year

Katadori Menuchi – 5 Techniques

Yokomenuchi – 5 Techniques

Morotedori – 5 Techniques

Shomenuchi – 5 Techniques

Tsuki - 5 Techniques

Ryotedori – 5 Techniques

Koshinage – 5 Techniques

Hanmi Handachi Ushiro waza

– 5 techniques

Tanto dori

Tachi dori

Jo dori and Jo nage waza

Henka waza

Randori (4 attackers)

Nidan

600 practice days after Shodan/Not<2 year

Must attend two seminars per year

All Shodan Requirements

Tachi dori (2 attackers)

Kaeshi waza

Randori (5 attackers)

Sandan*

700 practice days after Nidan/Not<3 years

Must attend two seminars per year

Yondan* (Not<4 years after Sandan)

Must attend two seminars per year

**Subject of Sandan & Yondan to be determined by examiner at the time of examination.*

Nomenclature

Hanmi

Stance, lit. 'half-body'

Hanmi handachi

Uke standing and Nage sitting

Henka waza

Changing from one technique to another..

Jiyu waza

Freestyle demonstration of techniques

Jo dori

Disarm attacker of jo

Jo nage waza

Techniques performed with jo

Katadori

One hand grab to wrist

Katadori

One hand grab to shoulder

Kaeshi waza

Reversal techniques. Uke applies the technique to Nage.

Katadori Menuchi

Grab to shoulder with strike to head

Morotedori

Two hands grab to one wrist

Randori

Freestyle with multiple attackers

Ryotedori

Both wrists held from the front

Seiza

Traditional Japanese sitting/kneeling position

Shikko

Knee walking

Shomenuchi

Strike to forehead

Suwari waza

Techniques performed while sitting

Tai sabaki

Body movement

Tachidori

Disarm attacker of bokken

Tantodori

Disarm attacker of tanto

Tsuki

Thrust or punch with closed fist

Ukemi

Receiving nage's technique w/ rolls & falls

Ushiro Kubishime

Choke from behind with wrist grab

Ushiro Ryo Kata dori

Both shoulders held from behind

Ushiro Tekubidori

Both wrists held from behind

Yokomenuchi

Strike to side of head

