

## TESTING AT TWO RIVERS AIKIKAI

Testing in Aikido is a personal choice not a requirement. Since instructors are well aware of your abilities at any particular point on your path, testing is mostly for your benefit since it can give you a sense of what you have learned and how it relates to where you are headed. The test requirements offer a progression of techniques, ukemi and concepts to help you gain a broad understanding of Aikido and the open ended potential for cooperative learning. Tests are not competitions and all kyu ranks wear a white belt. Testing also helps you develop bonds with other students, since we rely on one another to prepare for and take tests. These bonds can last through your Aikido lifetime.

Kyu tests for 6<sup>th</sup> kyu through 1<sup>st</sup> kyu will take place on the third or fourth Saturday of February, April, July and October. Please speak with Spiros Sensei or Lynn Sensei at least one month before you plan to test. You should allow at least two months of consistent practice outside of class on techniques and ukemi for 5<sup>th</sup> and 4<sup>th</sup> kyu tests. You should plan for more time on higher level tests. In preparing for your kyu test, please review techniques and ukemi on all previous tests. For example, if you plan to test for 3<sup>rd</sup> kyu, you should review the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> kyu tests requirements in addition to the requirements for 3<sup>rd</sup> kyu. Testing for 3<sup>rd</sup> kyu and above includes demonstrating capability with jo, bokken or tanto.

Dan tests will be held at seminars with a member of the USAF Technical Committee.

Number of practice days needed from previous test:      Test Fees:

6 <sup>th</sup> kyu:	25 days		\$50 to join the USAF
5 <sup>th</sup> kyu:	35 days		\$50
4 <sup>th</sup> kyu:	80 days		\$50
3 <sup>rd</sup> kyu:	100 days		\$50
2 <sup>nd</sup> kyu:	200 days		\$50
1 <sup>st</sup> kyu:	300 days		\$50
Shodan:	300 days	minimum 1 yr	\$250
Nidan:	600 days	minimum 2 yrs	\$300
Sandan:	700 days	minimum 3 yrs	\$350
Yondan	800 days	minimum 4 yrs	\$450

Annual USAF dues (\$50) must be current to test for 5<sup>th</sup> kyu and above.

USAF dues must be paid by February 1<sup>st</sup> each year or at 6<sup>th</sup> kyu test.

Kyu test applications available at the dojo or on the member page of the dojo website should be filled out with fees paid prior to testing.

# USAF TESTING REQUIREMENTS FOR TWO RIVERS AIKIKAI

## 6<sup>th</sup> Kyu

25 hours of training and instructor's permission

1. Gyaku h. Katatetori Iriminage omote + ura
2. Tsuki Hiji Dome Kokyunage ura
3. Suwari Waza:  
Ai hanmi Katatetori Ikkyo omote + ura  
Kokyū Ho

## 5<sup>th</sup> Kyu

35 hours of training since last test and instructor's permission

1. Shomenuchi Ikkyo omote + ura
2. Shomenuchi Iriminage omote + ura
3. Katatetori Shihonage omote + ura
4. Ryotetori Tenchinage omote + ura
5. Tsuki Kotegaeshi omote + ura
6. Ushiro Tekubitori Kotegaeshi omote + ura
7. Morotetori Kokyūho omote + ura

## 4<sup>th</sup> Kyu

80 hours of training since last test and instructor's permission

1. Shomenuchi Nikkyo omote + ura
2. Yokomenuchi Shihonage omote + ura
3. Tsuki Iriminage omote + ura
4. Ushiro Tekubitori Sankyo omote + ura
5. Ushiro Ryokatatori Kotegaeshi omote
6. Suwari Waza:  
Shomenuchi Ikkyo omote + ura  
Katatori Nikkyo omote + ura  
Katatori Sankyo omote + ura

## 3<sup>rd</sup> Kyu

100 hrs. of training since last test and instructor's permission

1. Yokomenuchi Iriminage 3 ways
2. Yokomenuchi Kotegaeshi omote + ura
3. Tsuki Kaitennage omote + ura
4. Ushiro Ryokatatori Sankyo omote + ura
5. Morotetori Iriminage 3 ways
6. Shomenuchi Sankyo omote + ura
7. Suwari Waza:  
Shomenuchi Iriminage ura  
Shomenuchi Nikkyo omote + ura
8. Hanmi-Handachi:  
Katatetori Shihonage omote + ura  
Katatetori Kaitennage omote + ura  
uchi and soto mawari
9. Jo Suburi -- #1 through 10

Please consult the glossary in your member booklet for definitions of terminology used for these examinations.



## 2<sup>nd</sup> Kyu

200 hrs. of training since last test and instructor's permission

1. Shomenuchi Shihonage omote
2. Shomenuchi Kaitennage omote + ura
3. Yokomenuchi Gokyo omote + ura
4. Ushiro Tekubitori Shihonage omote + ura
5. Ushiro Tekubitori Jujinage omote
6. Ushiro Kubishime Koshinage 2 ways
7. Morotetori Nikkyo omote + ura
8. Hanmi-Handachi:  
Shomenuchi Iriminage ura  
Katatetori Nikkyo omote + ura  
Yokomenuchi Kotegaeshi omote
9. Randori – jiyu waza with 2 ukes
10. Demonstrate the 8 bokken suburi

## 1<sup>st</sup> Kyu

300 hrs. of training since last test and instructor's permission

1. Attend 2 seminars per year after 2<sup>nd</sup> kyu
2. Katatori Menuchi -- 5 techniques
3. Yokomenuchi -- 5 techniques
4. Morotetori -- 5 techniques
5. Shomenuchi -- 5 techniques
6. Ryotetori -- 5 techniques
7. Tsuki -- 5 techniques
8. Koshinage -- 5 attacks
9. Tantotori -- 5 attacks
10. Hanmi-Handachi:  
Ushiro Ryokatatori 5 techniques
11. Randori – jiyu waza with 3 ukes
12. Demonstrate the 35 count jo kata

## Shodan

300 hrs. of training since last test and instructor's permission

1. Attend 2 seminars per year after 1<sup>st</sup> kyu
2. Suwari Waza:  
Shomenuchi Ikkyo - Gokyo (o+u)
3. Jiyuwaza: Examiner will call the attacks
4. Tachi Tori
5. Jo Tori
6. Nage holds the Jo
7. Henkawaza: Examiner will call 1<sup>st</sup> technique
8. Randori – jiyu waza with 4 ukes
9. Jo vs Jo 5 entries

## Nidan

600 hrs. of training since last test and instructor's permission

1. Attend 2 seminars per year after Shodan
2. All of Shodan requirements
3. Tachi Tori -- 2 ukes
4. Kaeshiwaza: Examiner will call 1<sup>st</sup> technique
6. Randori – jiyu waza with 5 ukes
7. Boken vs bokken 5 entries

## Sandan

700 hrs. of training since last test and instructor's permission

1. Attend 2 seminars per year after Nidan
2. Examination to be determined by the examiner at the time of the exam.