

## KYU TEST REQUIREMENTS FOR TWO RIVERS AIKIKAI

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

25 hours of training and instructor's permission

Gyaku h. Katatetori Iriminage omote & ura

Tsuki Hiji Dome Kokyunage ura

Suwari Waza:

Ai hanmi Katatetori Ikkyo omote & ura

Kokyu Ho



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

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

Shomenuchi Ikkyo omote & ura

Shomenuchi Iriminage omote & ura

Katatetori Shihonage omote & ura

Ryotetori TENCHINAGE omote & ura

Tsuki Kotegaeshi omote & ura

Ushiro Tekubitori Kotegaeshi omote & ura

Morotetori Kokyuho omote & ura

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

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

Shomenuchi Nikkyo omote & ura

Yokomenuchi Shihonage omote & ura

Tsuki Iriminage omote & ura

Ushiro Tekubitori Sankyo omote & ura

Ushiro Ryokatatori Kotegaeshi omote

Ushiro Ryokatatori O Goshi omote

Suwari Waza:

Shomenuchi Ikkyo omote & ura

Katatori Nikkyo omote & ura

Katatori Sankyo omote & ura

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

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

Shomenuchi Shihonage omote

Shomenuchi Kaitennage omote & ura

Yokomenuchi Gokyo omote & ura

Ushiro Tekubitori Shihonage omote & ura

Ushiro Tekubitori Jujinage omote

Ushiro Kubishime Koshinage 2 ways

Morotetori Nikkyo omote & ura

Hanmi-Handachi:

Shomenuchi Iriminage ura

Katatetori Nikkyo omote & ura

Yokomenuchi Kotegaesh omote

Bokken suburi #1 through 8

Randori jiyu waza with 2 ukes

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

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

Yokomenuchi Iriminage 3 ways

Yokomenuchi Kotegaeshi omote & ura

Tsuki Kaitennage omote & ura

Ushiro Ryokatatori Sankyo omote & ura

Morotetori Iriminage 3 ways

Shomenuchi Sankyo omote & ura

Ryotetori Koshi Guruma omote & ura

Suwari Waza:

Shomenuchi Iriminage ura

Shomenuchi Nikkyo omote & ura

Hanmi-Handachi:

Katatetori Shihonage omote & ura

Katatetori Kaitennage omote & ura

uchi and soto mawari

Jo Suburi #1 through 10

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

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

Hanmi-Handachi:

Ushiro Ryokatatori 5 techniques

Tachi Waza

Katatori Menuchi 5 techniques

Yokomenuchi 5 techniques.

Morotetori 5 techniques.

Shomenuchi 5 techniques

Ryotetori 5 techniques

Tsuki 5 techniques

Koshinage 5 different throws various attacks

Tantotori 5 attacks

Demonstrate the 35 count jo kata

Randori jiyu waza with 3 ukes

Please consult the dojo's glossary for definitions of terminology used for these examinations.