



## KYU TEST REQUIREMENTS

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Ethan Monnot Weisgard

Mikkel Secher Kroner

Jesper Possing

### 6. Kyu

| Technique based overview<br>Taijutsu   |
|--|
| <b>Ukemi</b> (mae and ushiro)<br><b>Hanmi</b> (left and right)<br><b>Shikko</b> (forward and backward)           |
| <b>Tai no henko</b>  |
| <b>Morote dori Kokyu ho</b>  |
| <b>Osae waza</b>   |
| <b>Ikkyo</b> <ul style="list-style-type: none"><li>Kata dori (omote waza)</li></ul>                              |
| <b>Nikyo</b> <ul style="list-style-type: none"><li>Kata dori (ura waza)</li></ul>                                |
| <b>Nage waza</b>   |
| <b>Shiho nage</b> <ul style="list-style-type: none"><li>Gyaku hanmi – katate dori (omote and ura waza)</li></ul> |
| <b>Tenchi nage</b> <ul style="list-style-type: none"><li>Ryote dori</li></ul>                                    |
| <b>Suwari waza Kokyu ho</b>  |

| Attack based overview<br>Taijutsu  |
|--|
| <b>Ukemi</b> (mae and ushiro)<br><b>Hanmi</b> (left and right)<br><b>Shikko</b> (forward and backward)           |
| <b>Tai no henko</b>  |
| <b>Morote dori Kokyu ho</b>  |
| <b>Osae waza</b>   |
| <b>Kata dori</b> <ul style="list-style-type: none"><li>Ikkyo (omote waza)</li><li>Nikyo (ura waza)</li></ul>     |
| <b>Nage waza</b>   |
| <b>Gyaku hanmi – katate dori</b> <ul style="list-style-type: none"><li>Shiho nage (omote and ura waza)</li></ul> |
| <b>Ryote dori</b> <ul style="list-style-type: none"><li>Tenchi nage</li></ul>                                    |
| <b>Suwari waza Kokyu ho</b>  |

## 5. Kyu

| Technique based overview<br>Taijutsu   |
|--|
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>• Kihon</li> <li>• Ki no nagare – awase (short form)</li> </ul>                                     |
| <b>Morote dori Kokyu ho</b>  |
| Osae waza  |
| <b>Ikkyo</b> <ul style="list-style-type: none"> <li>• Gyaku hanmi – katate dori (omote waza)</li> <li>• Ai hanmi – katate dori (omote and ura waza)</li> </ul> |
| <b>Nikyo</b> <ul style="list-style-type: none"> <li>• Gyaku hanmi – katate dori (ura waza)</li> </ul>  |
| Nage waza  |
| <b>Shiho nage</b> <ul style="list-style-type: none"> <li>• Ryote dori (omote and ura waza)</li> </ul>  |
| <b>Kote gaeshi</b> <ul style="list-style-type: none"> <li>• Gyaku hanmi – katate dori</li> <li>• Ai hanmi – katate dori</li> </ul>                             |
| <b>Suwari waza Kokyu ho</b>  |

| Attack based overview<br>Taijutsu   |
|---|
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>• Kihon</li> <li>• Ki no nagare – awase (short form)</li> </ul>          |
| <b>Morote dori Kokyu ho</b>   |
| Osae waza   |
| <b>Gyaku hanmi – katate dori</b> <ul style="list-style-type: none"> <li>• Ikkyo (omote waza)</li> <li>• Nikyo (ura waza)</li> </ul> |
| <b>Ai hanmi – katate dori (Kosa dori)</b> <ul style="list-style-type: none"> <li>• Ikkyo (omote and ura waza)</li> </ul>            |
| Nage waza   |
| <b>Gyaku hanmi – katate dori</b> <ul style="list-style-type: none"> <li>• Kote gaeshi</li> </ul>                                    |
| <b>Ai hanmi – katate dori (Kosa dori)</b> <ul style="list-style-type: none"> <li>• Kote gaeshi</li> </ul>                           |
| <b>Ryote dori</b> <ul style="list-style-type: none"> <li>• Shiho nage (omote and ura waza)</li> </ul>                               |
| <b>Suwari waza Kokyu ho</b>   |

| Bukiwaza<br>5. Kyu   |  |
|--|--|
| <b>Ken</b> <ul style="list-style-type: none"> <li>• Ken no Kamae</li> <li>• Ichi no suburi (first suburi)</li> </ul> | <b>Jo</b> <ul style="list-style-type: none"> <li>• Jo Kamae: Choku tsuki</li> <li>• Jo Kamae: Kaeshi tsuki</li> <li>• Tsuki no Kamae: Tsuki</li> </ul> |

## 4. Kyu

| Technique based overview<br>Taijutsu   |
|--|
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>• Kihon</li> <li>• Awase and ki no nagare (short and long form)</li> </ul>  |
| <b>Morote Dori Kokyu ho</b>  |
| Osae waza  |
| <b>Ikkyo</b> <ul style="list-style-type: none"> <li>• Kata dori: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>• Shomen uchi (omote and ura waza)</li> <li>• Ushiro ryote dori (omote and ura waza)</li> <li>• Suwari waza Kata dori (omote waza)</li> </ul> |
| <b>Nikyo</b> <ul style="list-style-type: none"> <li>• Kata dori (ura waza)*: Kihon, Awase and Ki no nagare</li> <li>• Shomen uchi (omote and ura waza)</li> <li>• Suwari waza Kata dori (ura waza)*</li> </ul>   |
| <b>Sankyo</b> <ul style="list-style-type: none"> <li>• Shomen uchi (omote and ura waza)</li> <li>• Suwari waza Kata dori (omote waza)</li> </ul>   |
| <b>Yonkyo</b> <ul style="list-style-type: none"> <li>• Shomen uchi (omote and ura waza)</li> <li>• Suwari waza Kata dori (omote waza)</li> </ul>   |
| Nage waza  |
| <b>Shiho nage</b> <ul style="list-style-type: none"> <li>• Shomen uchi (only omote waza)**</li> </ul>  |
| <b>Irimi nage</b> <ul style="list-style-type: none"> <li>• Shomen uchi</li> </ul>  |
| <b>Kote gaeshi</b> <ul style="list-style-type: none"> <li>• Shomen uchi</li> <li>• Ushiro ryote dori</li> </ul>  |
| <b>Koshi nage</b> <ul style="list-style-type: none"> <li>• Ushiro ryote dori (basic form "head under")</li> </ul>  |
| <b>Kokyu nage (kokyu ho form)</b> <ul style="list-style-type: none"> <li>• Ushiro ryote dori</li> </ul>  |
| Suwari waza Kokyu ho   |

| Attack based overview<br>Taijutsu   |
|---|
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>• Kihon</li> <li>• Awase and ki no nagare (short and long form)</li> </ul>   |
| <b>Morote Dori Kokyu ho</b>   |
| Osae waza   |
| <b>Kata dori</b> <ul style="list-style-type: none"> <li>• Ikkyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>• Nikyo (ura waza)*: Kihon, Awase and Ki no nagare</li> </ul>      |
| <b>Shomen uchi</b> <ul style="list-style-type: none"> <li>• Ikkyo (omote and ura waza)</li> <li>• Nikyo (omote and ura waza)</li> <li>• Sankyo (omote and ura waza)</li> <li>• Yonkyo (omote and ura waza)</li> </ul> |
| <b>Ushiro ryote dori</b> <ul style="list-style-type: none"> <li>• Ikkyo (omote and ura waza)</li> </ul>   |
| <b>Suwari waza Kata dori</b> <ul style="list-style-type: none"> <li>• Ikkyo (omote waza)</li> <li>• Nikyo (ura waza)*</li> <li>• Sankyo (omote waza)</li> <li>• Yonkyo (omote waza)</li> </ul>                        |
| Nage waza   |
| <b>Shomen uchi</b> <ul style="list-style-type: none"> <li>• Shiho nage (only omote waza)**</li> <li>• Irimi nage</li> <li>• Kote gaeshi</li> </ul>  |
| <b>Ushiro ryote dori</b> <ul style="list-style-type: none"> <li>• Kokyu nage (kokyu ho form)</li> <li>• Kote gaeshi</li> <li>• Koshi nage (basic form "head under")</li> </ul>  |
| Suwari waza Kokyu ho  |

**\*Ikkyo / nikyo omote waza:**

The difference between dai ikkyo and dai nikyo omote waza is most definable in the shomen uchi and yokomen uchi forms.

In the cases of dai ikkyo omote waza and dai nikyo omote waza performed against grabbing / holding attacks such as kata dori, katate dori etc. the only visible difference would be the osae (hold, lock, pin) at the end of the technique. Therefore dai nikyo omote waza is rarely executed from these attacks, even though it is practically possible to do so, if needed.

**\*\*Shiho nage omote waza / ura waza:**

In Shiho nage techniques against holding / grabbing attacks such as katate dori and ryote dori one can easily do the ura waza form because you can move straight in to the ura waza tai sabaki entrance (as in tai no henko).

From other attacks such as shomen uchi, yokomen uchi or tsuki shiho nage, shiho nage is started with a tai sabaki that leads into a position suited for omote waza (moving to the front of uke). If nage moves from this position – which is already leading uke into the omote form – and back to an outside tai sabaki then this brings uke back into balance. It is possible to do the ura waza form if needed, but it must be done very quickly to avoid uke regaining balance. Therefore Shiho nage ura waza from these attacks is not considered kihon waza (basic technique). It is recommended to show the ura waza forms from katate dori and ryote dori instead.

| Bukiwaza<br>4. Kyu  |   |
|---|---|
| <b>Ken</b> <ul style="list-style-type: none"><li>• Suburi 1–7</li></ul> | <b>Jo</b> <ul style="list-style-type: none"><li>• Suburi 1–10</li><li>• Roku no jo Kata</li></ul> |

### 3. Kyu

| Technique based overview<br>Taijutsu  |
|---|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>High fall performed by the examinee when receiving the technique (kote gaeshi)</li> </ul>  |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Awase and Ki no nagare</li> </ul>   |
| <b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> </ul>  |
| Osae waza   |
| <b>Ikkyo</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> </ul> |
| <b>Nikyo</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori (ura waza)*: Kihon, Awase, Ki no nagare</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> </ul>                     |
| <b>Sankyo</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> </ul>   |
| <b>Yonkyo</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> </ul>   |
| <b>Gokyo</b> <ul style="list-style-type: none"> <li>Yokomen uchi (ura waza)</li> </ul>  |
| Nage waza   |
| <b>Shiho nage</b> <ul style="list-style-type: none"> <li>Shomen uchi (only omote waza)**</li> </ul>   |
| <b>Irimi nage</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori (jodan, gedan, chudan)</li> </ul>  |
| <b>Kote gaeshi</b> <ul style="list-style-type: none"> <li>Shomen uchi (Tobu ukemi must be shown)</li> </ul>   |
| <b>Kaiten nage</b> <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori (uchi and soto mawari)</li> <li>Shomen uchi (soto mawari)</li> </ul>  |

| Attack based overview<br>Taijutsu   |
|---|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>High fall performed by the examinee when receiving the technique (kote gaeshi)</li> </ul>  |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Awase and Ki no nagare</li> </ul>   |
| <b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> </ul>  |
| Osae waza   |
| <b>Gyaku hanmi – katate dori</b> <ul style="list-style-type: none"> <li>Ikkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Nikyo (ura waza)*: Kihon, Awase, Ki no nagare</li> <li>Sankyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Yonkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> </ul> |
| <b>Yokomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Gokyo (only ura waza)</li> </ul>   |
| <b>Ushiro ryote dori</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>   |
| <b>Suwari waza Shomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>   |
| Nage waza   |
| <b>Gyaku hanmi – katate dori</b> <ul style="list-style-type: none"> <li>Irimi nage (jodan, gedan, chudan)</li> <li>Kaiten nage (uchi and soto mawari)</li> </ul>  |
| <b>Ryote dori</b> <ul style="list-style-type: none"> <li>Koshi nage (basic form, "head under")</li> </ul>   |
| <b>Shomen uchi</b> <ul style="list-style-type: none"> <li>Shiho nage (only omote waza)**</li> <li>Kote gaeshi (Tobu ukemi must be shown)</li> <li>Kaiten nage (soto mawari)</li> </ul>  |

|   |
|---|
| <b>Koshi nage</b>   |
| <ul style="list-style-type: none"> <li>Ryote dori (basic form, "head under")</li> <li>Ushiro ryote dori (basic form, "head under")</li> </ul> |
| <b>Juji garami</b>  |
| <ul style="list-style-type: none"> <li>Ushiro ryote dori</li> </ul>   |
| <b>Kokyu nage</b>   |
| <ul style="list-style-type: none"> <li>5 techniques</li> </ul>  |
| <b>Suwari waza Kokyu ho</b>   |

|  |
|--|
| <b>Ushiro ryote dori</b>   |
| <ul style="list-style-type: none"> <li>Koshi nage (basic form, "head under")</li> <li>Juji garami</li> </ul> |
| <b>Kokyu nage</b>  |
| <ul style="list-style-type: none"> <li>5 techniques</li> </ul>   |
| <b>Suwari waza Kokyu ho</b>  |

**\*Ikkyo / nikyo omote waza:**

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| Bukiwaza<br>3. Kyu  |  |
|---|--|
| <b>Ken</b>  | <b>Jo</b>  |
| <ul style="list-style-type: none"> <li>Suburi 1–7</li> <li>Migi awase (right-side awase)</li> <li>Hidari awase (left-side awase)</li> </ul> | <ul style="list-style-type: none"> <li>Suburi 1–20</li> <li>Roku no jo Kata</li> </ul> |

## 2. Kyu

| Technique based overview<br>Taijutsu   |
|--|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>(high fall on kokyu nage should be presented)</li> </ul>  |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Ki no nagare – awase and ki no nagare</li> </ul>   |
| <b>Morote Dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> <li>Version 3 – Jodan</li> <li>Version 4 – Gedan</li> </ul>   |
| Osae waza  |
| <b>Ikkyo</b> <ul style="list-style-type: none"> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Hanmi handachi Kata dori (omote waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> <li>Suwari waza yokomen uchi (omote and ura waza)</li> </ul> |
| <b>Nikyo</b> <ul style="list-style-type: none"> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (ura waza)*</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> <li>Suwari waza yokomen uchi (omote and ura waza)</li> </ul>   |
| <b>Sankyo</b> <ul style="list-style-type: none"> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> <li>Suwari waza yokomen uchi (omote and ura waza)</li> </ul>   |
| <b>Yonkyo</b> <ul style="list-style-type: none"> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Suwari waza shomen uchi (omote and ura waza)</li> <li>Suwari waza yokomen uchi (omote and ura waza)</li> </ul>   |
| <b>Gokyo</b> <ul style="list-style-type: none"> <li>Yokomen uchi (only ura waza)</li> </ul>  |

| Attack based overview<br>Taijutsu   |
|---|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>(high fall on kokyu nage should be presented)</li> </ul>   |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Ki no nagare – awase and ki no nagare</li> </ul>  |
| <b>Morote Dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> <li>Version 3 – Jodan</li> <li>Version 4 – Gedan</li> </ul>  |
| Osae waza   |
| <b>Shomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>                                 |
| <b>Yokomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> <li>Gokyo (only ura waza)</li> </ul> |
| <b>Ushiro ryote dori</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (ura waza)*</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>                                    |
| <b>Suwari waza Shomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>                     |
| <b>Suwari waza Yokomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>                    |
| <b>Hanmi handachi Kata dori</b> <ul style="list-style-type: none"> <li>Ikkyo (omoto waza)</li> </ul>  |

| Nage waza  |
|--|
| <b>Shiho nage</b> <ul style="list-style-type: none"> <li>Hanmi handachi Katate dori (omote waza)</li> <li>Hanmi handachi Ryote dori (omote waza)</li> </ul>  |
| <b>Irimi nage</b> <ul style="list-style-type: none"> <li>Tsuki</li> </ul>  |
| <b>Kote gaeshi</b> <ul style="list-style-type: none"> <li>Tsuki</li> </ul>   |
| <b>Kaiten nage</b> <ul style="list-style-type: none"> <li>Tsuki (soto mawari)</li> <li>Hanmi handachi Katate dori (uchi and soto mawari)</li> </ul>  |
| <b>Koshi nage</b> <ul style="list-style-type: none"> <li>Ryote dori (3 forms: "head under" version; outside tai sabaki "head not under" version 1: yonkyo grip; outside tai sabaki "head not under" version 2: gyaku te grip)</li> </ul> |
| <b>Juji garami</b> <ul style="list-style-type: none"> <li>Muna dori</li> </ul>   |
|  |
| <b>Jiyu waza</b> <ul style="list-style-type: none"> <li>Katate dori</li> <li>Ryote dori</li> <li>Morote dori</li> </ul>  |
| <b>Kokyu nage</b> <ul style="list-style-type: none"> <li>8 techniques (Tobu ukemi must be shown)</li> </ul>  |
| <b>Suwari waza Kokyu ho</b>  |

| Nage waza  |
|--|
| <b>Ryote dori</b> <ul style="list-style-type: none"> <li>Koshi nage (3 forms: "head under" version; outside tai sabaki "head not under" version 1: yonkyo grip; outside tai sabaki "head not under" version 2: gyaku te grip)</li> </ul> |
| <b>Muna dori</b> <ul style="list-style-type: none"> <li>Juji garami</li> </ul>   |
| <b>Hanmi handachi Katate dori</b> <ul style="list-style-type: none"> <li>Shiho nage (omote waza)</li> <li>Kaiten nage (uchi and soto mawari)</li> </ul>  |
| <b>Hanmi handachi Ryote dori</b> <ul style="list-style-type: none"> <li>Shiho nage (omote waza)</li> </ul>   |
| <b>Tsuki</b> <ul style="list-style-type: none"> <li>Kote gaeshi</li> <li>Irimi nage</li> <li>Kaiten nage (soto mawari)</li> </ul>  |
|  |
| <b>Jiyu waza</b> <ul style="list-style-type: none"> <li>Katate dori</li> <li>Ryote dori</li> <li>Morote dori</li> </ul>  |
| <b>Kokyu nage</b> <ul style="list-style-type: none"> <li>8 techniques (Tobu ukemi must be shown)</li> </ul>  |
| <b>Suwari waza Kokyu ho</b>  |

**\*Ikkyo / nikyo omote waza:**

The difference between dai ikkyo and dai nikyo omote waza is most definable in the shomen uchi and yokomen uchi forms.

In the cases of dai ikkyo omote waza and dai nikyo omote waza performed against grabbing / holding attacks such as kata dori, katate dori etc. the only visible difference would be the osae (hold, lock, pin) at the end of the technique. Therefore dai nikyo omote waza is rarely executed from these attacks, even though it is practically possible to do so, if needed.

**\*\*Shiho nage omote waza / ura waza:**

In Shiho nage techniques against holding / grabbing attacks such as katate dori and ryote dori one can easily do the ura waza form because you can move straight in to the ura waza tai sabaki entrance (as in tai no henko).

From other attacks such as shomen uchi, yokomen uchi or tsuki shiho nage, shiho nage is started with a tai sabaki that leads into a position suited for omote waza (moving to the front of uke). If nage moves from this position – which is already leading uke into the omote form – and back to an outside tai sabaki then this brings uke back into balance. It is possible to do the ura waza form if needed, but it must be done very quickly to avoid uke regaining balance. Therefore Shiho nage ura waza from these attacks is not considered kihon waza (basic technique). It is recommended to show the ura waza forms from katate dori and ryote dori instead.



| Bukiwaza<br>2. Kyu   |   |
|--|---|
| <b>Ken</b> <ul style="list-style-type: none"> <li>• Suburi 1–7</li> <li>• Migi awase (right-side awase)</li> <li>• Hidari awase (left-side awase)</li> <li>• Go no awase (fifth suburi awase)</li> <li>• Shichi no awase (seventh suburi awase)</li> </ul> | <b>Jo</b> <ul style="list-style-type: none"> <li>• Suburi 1–20</li> <li>• Roku no jo Kata</li> <li>• 31-kata</li> </ul> |

# 1. Kyu

| Technique based overview<br>Taijutsu  |
|---|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>High fall on all throwing techniques should be prepared</li> </ul>   |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Awase and Ki no nagare</li> </ul>   |
| <b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> <li>Version 3 – Jodan</li> <li>Version 4 – Gedan</li> <li>Version 5 – Gripping the back of nage’s hand (nage’s thumb should be free)</li> </ul>  |
| Osae waza   |
| <b>Ikkyo</b> <ul style="list-style-type: none"> <li>Kata dori: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>Gyaku hanmi – Katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> </ul>  |
| <b>Nikyo</b> <ul style="list-style-type: none"> <li>Kata dori (ura waza)*: Kihon, Awase and Ki no nagare</li> <li>Gyaku hanmi – katate dori (ura waza)*: Kihon, Awase, Ki no nagare</li> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> <li>Hanmi handachi – Ryote dori (ura waza)*</li> </ul>    |
| <b>Sankyo</b> <ul style="list-style-type: none"> <li>Kata dori: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>Gyaku hanmi – Katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> </ul> |
| <b>Yonkyo</b> <ul style="list-style-type: none"> <li>Kata dori: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>Gyaku hanmi – Katate dori: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Shomen uchi (omote and ura waza)</li> <li>Yokomen uchi (omote and ura waza)</li> <li>Ushiro ryote dori (omote and ura waza)</li> </ul> |
| <b>Gokyo</b> <ul style="list-style-type: none"> <li>Yokomen uchi (ura waza)</li> <li>Suwari waza Yokomen uchi (ura waza)</li> </ul>   |

| Attack based overview<br>Taijutsu  |
|--|
| <b>Tobi ukemi</b> <ul style="list-style-type: none"> <li>High fall on all throwing techniques should be prepared</li> </ul>  |
| <b>Tai no henko</b> <ul style="list-style-type: none"> <li>Kihon</li> <li>Awase and Ki no nagare</li> </ul>  |
| <b>Morote dori Kokyu ho</b> <ul style="list-style-type: none"> <li>Version 1 – Kihon</li> <li>Version 2 – Twisting nage’s arm</li> <li>Version 3 – Jodan</li> <li>Version 4 – Gedan</li> <li>Version 5 – Gripping the back of nage’s hand (nage’s thumb should be free)</li> </ul>   |
| Osae waza  |
| <b>Kata dori</b> <ul style="list-style-type: none"> <li>Ikkyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>Nikyo (ura waza)*: Kihon, Awase and Ki no nagare</li> <li>Sankyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> <li>Yonkyo: Kihon (omote waza), Awase (omote waza) and Ki no nagare (omote/ura waza)</li> </ul> |
| <b>Gyaku hanmi – Katate dori</b> <ul style="list-style-type: none"> <li>Ikkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Nikyo (ura waza)*: Kihon, Awase, Ki no nagare</li> <li>Sankyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> <li>Yonkyo: Kihon (omote), Awase (omote) Ki no nagare (omote/ura waza)</li> </ul>                              |
| <b>Shomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> <li>Rokkyo (ura waza)</li> </ul>   |
| <b>Yokomen uchi</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (omote and ura waza)</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> <li>Gokyo (ura waza)</li> </ul>   |
| <b>Ushiro ryote dori</b> <ul style="list-style-type: none"> <li>Ikkyo (omote and ura waza)</li> <li>Nikyo (ura waza)*</li> <li>Sankyo (omote and ura waza)</li> <li>Yonkyo (omote and ura waza)</li> </ul>   |

|   |
|---|
| <b>Rokkyo</b>   |
| <ul style="list-style-type: none"> <li>Shomen uchi (ura waza)</li> </ul>  |
| <b>Nage waza</b>  |
| <b>Shiho nage</b>   |
| <ul style="list-style-type: none"> <li>Shomen uchi (only omote waza)**</li> <li>Yokomen uchi (only omote waza)**</li> </ul>   |
| <b>Irimi nage</b>   |
| <ul style="list-style-type: none"> <li>Shomen uchi</li> <li>Yokomen uchi (outside tai sabaki and inside tai sabaki forms)</li> <li>Hanmi handachi – Ryote dori</li> </ul> |
| <b>Kote gaeshi</b>  |
| <ul style="list-style-type: none"> <li>Shomen uchi</li> <li>Yokomen uchi</li> <li>Hanmi handachi – Ryote dori</li> </ul>  |
| <b>Kaiten nage</b>  |
| <ul style="list-style-type: none"> <li>Gyaku hanmi – katate dori (uchi and soto mawari)</li> </ul>  |
| <b>Koshi nage</b>   |
| <ul style="list-style-type: none"> <li>Shomen uchi (3 forms: ikkyo version, sankyo henka version and shiho nage version)</li> </ul>                                       |
| <b>Juji garami</b>  |
| <ul style="list-style-type: none"> <li>Muna dori</li> <li>Ushiro ryote dori</li> <li>Ushiro munadori (katate)</li> </ul>  |
| <b>Jiyu waza</b>  |
| <ul style="list-style-type: none"> <li>All attacks – All basic techniques</li> </ul>  |
| <b>Kokyu nage</b>   |
| <ul style="list-style-type: none"> <li>10 techniques</li> </ul>   |
| <b>Suwari waza Kokyu ho</b>   |

|   |
|---|
| <b>Hanmi handachi Ryote dori</b>  |
| <ul style="list-style-type: none"> <li>Nikyo (ura waza)*</li> </ul>   |
| <b>Suwari waza Yokomen uchi</b>   |
| <ul style="list-style-type: none"> <li>Gokyo (ura waza)</li> </ul>  |
| <b>Nage waza</b>  |
| <b>Shomen uchi</b>  |
| <ul style="list-style-type: none"> <li>Shiho nage (only omote waza)**</li> <li>Irimi nage</li> <li>Kote gaeshi</li> <li>Koshi nage (3 forms: ikkyo version, sankyo henka version and shiho nage version)</li> </ul> |
| <b>Yokomen uchi</b>   |
| <ul style="list-style-type: none"> <li>Shiho nage (only omote waza)**</li> <li>Irimi nage (outside tai sabaki and inside tai sabaki forms)</li> <li>Kote gaeshi</li> </ul>  |
| <b>Muna dori</b>  |
| <ul style="list-style-type: none"> <li>Juji garami</li> </ul>   |
| <b>Ushiro ryote dori</b>  |
| <ul style="list-style-type: none"> <li>Juji garami</li> </ul>   |
| <b>Ushiro munadori (katate)</b>   |
| <ul style="list-style-type: none"> <li>Juji garami</li> </ul>   |
| <b>Hanmi Handachi shomen uchi</b>   |
| <ul style="list-style-type: none"> <li>Irimi nage</li> <li>Kote gaeshi</li> </ul>   |
| <b>Jiyu waza</b>  |
| <ul style="list-style-type: none"> <li>All attacks – All basic techniques</li> </ul>  |
| <b>Kokyu nage</b>   |
| <ul style="list-style-type: none"> <li>10 techniques</li> </ul>   |
| <b>Suwari waza Kokyu ho</b>   |

**\*Ikkyo / nikyo omote waza:**

The difference between dai ikkyo and dai nikyo omote waza is most definable in the shomen uchi and yokomen uchi forms.

In the cases of dai ikkyo omote waza and dai nikyo omote waza performed against grabbing / holding attacks such as kata dori, katate dori etc. the only visible difference would be the osae (hold, lock, pin) at the end of the technique. Therefore dai nikyo omote waza is rarely executed from these attacks, even though it is practically possible to do so, if needed.

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In Shiho nage techniques against holding / grabbing attacks such as katate dori and ryote dori one can easily do the ura waza form because you can move straight in to the ura waza tai sabaki entrance (as in tai no henko).

From other attacks such as shomen uchi, yokomen uchi or tsuki shiho nage, shiho nage is started with a tai sabaki that leads into a position suited for omote waza (moving to the front of uke). If nage moves from this position – which is already leading uke into the omote form – and back to an outside tai sabaki then this brings uke back into balance. It is possible to do the ura waza form if needed, but it must be done very quickly to avoid uke regaining balance. Therefore Shiho nage ura waza from these attacks is not considered kihon waza (basic technique). It is recommended to show the ura waza forms from katate dori and ryote dori instead.

| Bukiwaza<br>1. Kyu  |   |
|---|---|
| <p><b>Ken</b></p> <ul style="list-style-type: none"> <li>• Suburi 1–7</li> <li>• Migi awase (right-side awase)</li> <li>• Hidari awase (left-side awase)</li> <li>• Go no awase (fifth suburi awase)</li> <li>• Shichi no awase (seventh suburi awase)</li> <li>• Shiho-giri</li> <li>• Happo-giri</li> <li>• Tachi-dori: 3 techniques</li> </ul> | <p><b>Jo</b></p> <ul style="list-style-type: none"> <li>• Suburi 1–20</li> <li>• Roku no jo Kata</li> <li>• 31-kata</li> <li>• 13-kata</li> <li>• Jo-dori: 3 techniques</li> <li>• Jo-nage: 3 techniques</li> </ul> |

# KYU TEST REQUIREMENTS – APPENDIX

## Teachers information

### 5. Kyu

- A new method of movement / timing is introduced for the 5th kyu level: Ki no nagare (in Tai no henko). The form to be shown is the short flowing form: Jutai (awase). The reason for introducing this form is to demonstrate the pedagogical system found in Aikido, namely the three basic levels of training: Kihon (gotai): solid / basic training; Awase (jutai) flexible / initial flowing form; Ki no Nagare (ryutai) advanced flowing form.
- This level also includes the first Bukiwaza (aikido weapons: bokken and jo) requirements. We start with basic stances (kamae) and basic techniques (suburi).

### 4. Kyu

- Two new attack forms are introduced for the 4th kyu test: ushiro ryote dori and shomen uchi. It is important that the examinee understands the basic form of shomen uchi: nage initiates the movement, bringing the front hand tegatana (handblade) from below and upward to uke's face.
- Starting from the 5th kyu test the flowing form (ki no nagare) of Tai no henko – (short form – awase) has been implemented. For the 4th kyu test it is important that the examinee understands the difference between awase (jutai) and ki no nagare (ryutai). It is requested that all three levels be demonstrated when ki no nagare techniques are to be shown.
- Up until this level all techniques have been tachi waza (standing techniques) except for suwari waza kokyu ho. At the 4th kyu level suwari techniques are being introduced. Suwari waza is an important training method and we recommend that this training is given high priority by the instructors in daily training.

### 3. Kyu

- For the 3rd kyu level a new attack is implemented: Yokomen uchi.
- Several Kokyu nage are also required, shown in kihon or ki no nagare form.
- The student that is up for his/her 3rd kyu test, is expected to perform a variety of Osae waza. All that is listed should be prepared and the examinee should be ready to show what is asked for by the examiner. It is recommended that the examiner pick the “full package” (ikkyo through yonkyo) from one or two different attacks. Yokomen uchi Gokyo is also introduced at this level and should be presented by the examinee.
- For 3 rd kyu level it is also mandatory that Tobi ukemi (high fall) is performed by the examinee from Kote gaeshi.

### 2. Kyu

- Two new attacks are introduced at this level: Hanmi handachi waza (nage seated and uke standing) and Tsuki (straight punch).
- Jiyuwaza is implemented at the 2nd kyu level. Jiyuwaza means free technique. This calls for uke attacking with different grabs and strikes. The required Jiyuwaza is to include Osae - (pinning, holding) and Nage waza (throwing) in a dynamic form. It is important that the examinee is aware of these three important elements:
  - 1. Only basic attacking forms should be used: katate dori, ryote dori and morote dori.
  - 2. Only basic techniques should be used (techniques that have been presented at the previous kyu tests).
  - 3. Nage should be in control of uke throughout. Nage should not be caught off guard by uke at any time.
- As for his/her 3rd kyu test, the student is expected to perform a variety of Osae waza. All that is listed should be prepared and the examinee should be ready to show what is asked for by the examiner. It is again recommended that the examiner pick the “full package” (ikkyo through yonkyo) from two different attacks, this time supplemented with Hanmi handachi Kata dori dai Ikkyo.
- At the 2nd kyu level, Tobi ukemi (high fall) should be performed by the examinee from several Kokyu nage techniques.

## 1. Kyu

- At the level of 1st kyu the examinee should be able to perform all the basic techniques against the attacks that have been presented in the previous kyu level tests. The techniques should be presented whenever possible in both omote and ura waza forms, as well as suwari waza and hanmi handachi.
- It is very important that the examination be extremely thorough because the next test for the examinee will be for Shodan, and this test will be done in front of a Grading Committee. The responsibility for the judgment of the examinee in preparation for this rests upon the examiner. It is of the utmost importance that all basic techniques are performed with maximum precision – this includes the weapons techniques as well.
- For the 1st kyu test, the student is expected to perform a variety of Osae waza. All that is listed should be prepared and the examinee should be ready to show what is asked for by the examiner. As before it is recommended that the examiner pick the “full package” (ikkyo through yonkyo) from two different attacks, this time supplemented with Hanmi handachi Ryote dori dai Nikyo and Suwari waza Yokomen uchi dai Gokkyo. The technique Rokkyo is introduced from Shomen uchi on this level.
- In all throwing techniques, the 1st kyu the examinee should be able to perform Tobi ukemi (high fall) if asked by the examiner.