

Greenwood Aikido - Kyu Rank Requirements

Attack	Technique	Kyu									
		10 15 classes	9 15 classes	8 15 classes	7 15 classes	6 20 classes	5 20 classes	4 20 classes	3 20 classes	2 25 classes +1 seminar	1 25 classes +1 seminar
	Key concepts →	Gyakuhanmi basic Boken basic Ukemi basic	Aihanmi basic	Ken no tebiki Nikyo Sankyo	Iriminage Kotegaeshi Jo basic	Ken tai ken Shomenuchi	Shomenuchi ken tai ken Taninzu-gake	ZSK Yokomenuchi Sandan uchi	Jo no tebiki Tsuki	ZSK ken tai ken, Suwariwaza Katatedori menuchi	Ken tai jo Ryotedori Ushiro ryotedori
Gyakuhanmi Katatedori (Uke and nage in opposite stances; i.e. same side forearm grab)	Kaitennage (Rotational Throw)	T		KT							JT
	Ikkyo (First Form)	T U		KT		KK		ZSK	JT U	ZSK KK	KJ U
	Nikyo (Second Form)			T		KT		KK	ZSK	ZSK KK	KJ U
	Sankyo (Third Form)			T				KK	ZSK	ZSK KK	KJ U
	Shihonage (4-direction throw)	T O				KK	KT				KJ O
	Kotegaeshi (Wrist turn)				T				KK		KJ
	Iriminage (Entering throw)				T				KK		KJ
Aihanmi Katatedori (Uke and nage in same hanmi; i.e. cross hand forearm grab)	Kaitennage									T	
	Ikkyo		T O		KT		KK		JT		KJ
	Nikyo			T		KT		KK	JT		KJ
	Sankyo			T		KT		KK		JT	KJ
	Shihonage		T O				KK				KJ
	Kotegaeshi				T		KT		KK		KJ
	Iriminage				T		KT		KK		KJ
Shomenuchi (Front strike to head with edge of hand)	Ikkyo					T O		T U	KK	SW O / U	KJ
	Nikyo						T		KK		SW
	Sankyo							T		KK	SW
	Shihonage								T	KK	KJ
	Kotegaeshi								T	SW	KK
	Iriminage								T	SW	KK
Other	Ken Suburi Makkogiri (Straight down cut)	Gyakuhanmi Kokyuho (Back stretch)	Kotegaeshi Ukemi (Break fall)	Ken Suburi 8-direction makkogiri	Jo Suburi Tsuki (thrust)			Yokomenuchi Shihonage Omote	Gyakuhanmi Yonkyo (Fourth form)	Katadori Menuchi Uchite Ikkyo, Nikyo, Sankyo	Katadori Menuchi Torite Ikkyo, Nikyo, Sankyo
	Ken Suburi Kesagiri (Diagonal cut)		Shikko (Knee walking)	Jo Suburi Honte uchi (basic grip strike)			Sandan Uchi (3-strike ken-tai- ken exercise; aka Te-Men-Do)	Tsuki Iriminage 3 ways	Tsuki Kotegaeshi 3 ways	Ryotedori (2-hand grab) all techniques	
	Mae Ukemi (front rolling) Ushiro Ukemi (back rolling)			Jo Suburi Gyakute uchi (reverse grip strike)					Sandan Uchi ken tai jo (3-strike ken-tai-jo exercise)	Yokomenuchi all techniques	
	Kokyudosa (breath centering exercise)									Ushiro ryotedori (2-hand grab behind) All techniques	
Taninzu-gake						Ryokatadori (2 shoulder push) 2 opponents	Ryokatadori (2 shoulder push) 2 opponents	Ryokatadori (2 shoulder push) 3 opponents	Shomenuchi 3 opponents	Shomen, Yokomen, Tsuki 3 opponents	

T = Taïdo (Empty Hand)

O = Omote (To the front)

U = Ura (To the back)

UK = Uchikaiten (inside turn)

SW = Suwariwaza (kneeling)

Suburi = Practice swinging

KT = Ken no tebiki (lead w/ boken)

JT = Jo no tebiki (uke grabs jo)

KK = Ken tai ken (ken vs. ken)

KJ = Ken tai jo (ken vs. jo)

Taninzu-gake = multiple attackers, aka Randori

ZSK = Zenposhitakuzushi
(front downward balance breaking)

Yokomenuchi = strike side of head

Katadori Menuchi = sleeve grab + shomenuchi

Uchite = striking hand

Torite = grabbing hand

All techniques are performed ura unless otherwise noted.