

# Aikido – Rank Testing Requirements

Greenwood Aikido Nishio Ryu Aikido

## 10<sup>th</sup> kyu (15 training days)

Gyakuhanmi	Tenkan & Irimi
	Kokyuhu (back stretching exercise)
	Kaitennage (uchi kaiten)
Forward & Backward Rolling	

## 9<sup>th</sup> kyu (+15 training days)

Morotodori	Kokyuhu (back stretching exercise)
Ryotodori	Tenchinage
Gyakuhanmi	Ikkyo (omote & ura)
	Shihonage (omote & ura)
Aihanmi	Shihonage (omote & ura)
Bokken	2-direction cut
Kokyu Dosa (seiza)	

## 8<sup>th</sup> kyu (+15 training days)

Gyakuhanmi:	Uchikaiten Kokyuhu (back stretching exercise)
	Nikyo Ura
	Kokyunage
Aihanmi:	Ikkyo (omote & ura)
	Iriminage
Ushiro Tekubidori:	Sankyo
	Kotegaeshi
Shikko	Kneeling walk

## 7<sup>th</sup> kyu (+15 training days)

Gyakuhanmi:	Sankyo Ura
	Kaitennage Ken no Tebiki (holding the sword)
Aihanmi	Nikkyo Ura
	Kotegaeshi
Morotodori	Ikkyo
	Kokyunage
Ushiro Tekubidori	3 Techniques
Bokken	8-direction cut

## 6<sup>th</sup> kyu (+20 training days)

Gyakuhanmi	Iriminage
	Kotegaeshi
Aihanmi	Sankyo (soto & uchikaiten)
	Ikkyo Ken no Tebiki (drawing the sword)
	Kokyunage
Shikko	Ushiro (backward kneeling walk)
Jo	2-direction Tsuki (to the front and back)

## 5<sup>th</sup> kyu (+20 training days)

Gyakuhanmi	Yonkyo
Gyakuhanmi Ken no Tebiki:	Ikkyo
	Nikyo
Sododori	Ikkyo (omote & ura)
Ryotodori	Kokyunage
Shomenuchi:	Iriminage
	Shihonage
Jo	Honte Uchi (left and right)

## 4<sup>th</sup> kyu (+20 training days)

Sododori	Nikyo Ura
Shomenuchi	Kotegaeshi
	Ikkyo
Yokomenuchi	Shihonage
	Iriminage
Gyakuhanmi Ken tai Ken	Ikkyo
	Nikyo
	Sankyo
Tsuki	3 Techniques
Jo	Gyakute Uchi (left and right)
Taninjudori	Ryokatadori (2 opponents)

## 3<sup>rd</sup> kyu (+20 training days)

Gyakuhanmi	Zenpo Gedankuzushi Ikkyo...
	... Taido, Ken tai Ken, Ken tai Jo
Sododori	Sankyo Uchikaiten
Shomenuchi:	Nikyo
	Sankyo
Yokomenuchi	Kotegaeshi
Hanmi Handachi Gyakuhanmi	Kaitennage
	Shihonage
Jo	8-direction Tsuki
	Kaeshi Tsuki (left and right)
Taninjudori	Ryokatadori (3 opponents)

## 2<sup>nd</sup> kyu (+25 training days)

Gyakuhanmi	Zenpo Gedankuzushi Nikyo...
	...Taido, Ken tai Ken, Ken tai Jo
Katadori Menuchi Ikkyo	
Shomenuchi	Gokyo
Yokomenuchi	Iriminage
	Kotegaeshi
	Ikkyo
	Nikyo
	Sankyo
Suwari Waza Shomenuchi:	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
Bokken	Te Men Do (with partner)
Taninjudori	Gyakuhanmi Katatedori (3 opponents)

## 1<sup>st</sup> kyu (+25 training days)

Gyakuhanmi	Zenpo gedankuzushi Sankyo...
	...Taido + Ken tai Ken + Ken tai Jo
Gyakuhanmi	Yonkyo Uchikaiten
Yokomenuchi	Gokyo
Katadori menuchi:	Nikyo
	Iriminage
	Kotegaeshi
Ken tai ken	Gyakuhanmi Ikkyo, Nikyo, Sankyo
Taninjudori	Shomenuchi (3 opponents)

## Shodan [Black Belt] (+60 training days)

All previous techniques, plus...	
Ken no Tebiki	All basic gyakuhanmi and aihanmi.
Ken tai Ken	All basic gyakuhanmi and aihanmi.
Suwari Waza Shomenuchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
Taninjudori	Any Attack (3 opponents)
Taninjudori Hanmi Handachi	Gyakuhanmi Katatedori (2 opponents)

### Prior to testing:

- Be sure you know the techniques on your current test and all previous tests by name and can deliver them on command.
- Complete a kyu test application and present it to the instructor prior to testing. Testing fees are \$25 for all kyu tests except for 8<sup>th</sup>, 5<sup>th</sup> and 2<sup>nd</sup> kyu which are \$45.
- Arrange for any partners (uke's) to assist you prior to testing time.
- Have any weapons needed for demonstration ready at the side of the mat prior to test time.
- Review testing etiquette prior to testing with and instructor or senior student.
- Take your time and do not rush when testing. Proper form and posture are essential.
- Aikido cannot be learned without regular study and practice at the dojo and on your own along with significant contemplation. It will not merely fall on your lap.