

Aikido Testing Requirements by Technique

Ukemi

Falling, Receiving techniques

10 Forward & Backward Rolling

Gyakuhanmi Katatedori

Opposite forearm grab (e.g. left hand grabs right)

10 Tenkan (turning) & Irimi (entering)
Kokyūho (back stretching exercise)
Kaitennage (uchi kaiten; rotary throw)

9 Ikkyo (omote & ura)
Shihonage (omote & ura)

8 Uchikaiten Kokyūho (back stretching)
Nikyo Ura
Kokyūnage

7 Sankyo Ura
Kaitennage Ken no Tebiki (holding the sword)

6 Iriminage
Kotegaeshi

5 Yonkyo
Ikkyo Ken no Tebiki
Nikyo Ken no Tebiki

4 Ken tai Ken:
Ikkyo
Nikyo
Sankyo

3 Zenpo Gedankuzushi Ikkyo (Taido, Ken tai Ken, Ken tai Jo)
Hanmi Handachi Gyakuhanmi:
Kaitennage
Shihonage

2 Zenpo Gedankuzushi Nikyo (Taido, Ken tai Ken, Ken tai Jo)

1 Zenpo Gedankuzushi Sankyo (Taido, Ken tai Ken, Ken tai Jo)
Yonkyo (uchikaiten)
Ken tai ken: Ikkyo, Nikyo, Sankyo

Shodan Ken no tebiki for all basic gyakuhanmi
Ken tai ken for all basic gyakuhanmi

Morotedori

Grab one forearm of opponent with two hands

9 Kokyūho (back stretching exercise)

7 Ikkyo
Kokyūnage

Ryotedori

Grab both forearms of opponent

9 Tenchinage
Kokyū Dosa (seiza)

5 Kokyūnage

Aihanmi Katatedori

Same side hand grab (e.g. right hand grabs right)

9 Shihonage (omote & ura)

8 Ikkyo (omote & ura)
Iriminage

7 Nikkyo Ura
Kotegaeshi

6 Sankyo (soto & uchikaiten)
Ikkyo Ken no Tebiki (drawing the sword)
Kokyūnage

Shodan Ken no tebiki for all basic aihanmi.
Ken tai ken for all basic aihanmi.

Bokken Exercises

Wooden sword

9 2-direction cut

7 8-direction cut

2 Te Men Do (with partner)

Jo Exercises

Staff

6 2-direction Tsuki (to the front and back)

5 Honte Uchi (left and right)

4 Gyakute Uchi (left and right)

3 8-direction Tsuki
Kaeshi Tsuki (left and right)

Ushiro Tekubidori

Grab both forearms from rear

8 Sankyo
Kotegaeshi

7 3 Ushiro Tekubidori Techniques

Sodedori

Sleeve grab (near elbow)

5 Ikkyo (omote & ura)

4 Nikyo Ura

3 Sankyo Uchikaiten

Tsuki

Punch (thrusting attack)

4 3 Techniques

Katadori Menuchi

One hand front strike, other hand grabs sleeve

2 Ikkyo

1 Nikyo
Iriminage
Kotegaeshi

Seiza / Shikko

Kneeling, knee walking

8 Shikko (kneeling walk)

6 Ushiro Shikko (backward kneeling walk)

Shomenuchi

Front strike

5 Iriminage
Shihonage

4 Kotegaeshi
Ikkyo

3 Nikkyo
Sankyo

2 Gokyo
Suwari Waza – Ikkyo, Nikyo, Sankyo,
Yonkyo, Gokyo

Shodan Suwari Waza: Ikkyo, Nikyo, Sankyo,
Yonkyo, Gokyo

Yokomenuchi

Side strike

4 Shihonage
Iriminage

3 Kotegaeshi

2 Iriminage, Kotegaeshi,
Ikkyo, Nikyo, Sankyo,

1 Gokyo

Kokyūnage

Throw using atemi, timing, movement and unbalancing

8 Gyakuhanmi

7 Morotedori

6 Aihanmi

Taninjūdo

Multiple attackers

4 Ryokatadori (2 opponents)

3 Ryokatadori (3 opponents)

2 Gyakuhanmi Katatedori (3 opponents)

1 Shomenuchi (3 opponents)

Shodan Any Attack (3 opponents)
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 8th, 5th and 2nd 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 an 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.