

USAF TESTING REQUIREMENTS FOR TWO RIVERS AIKIKAI

6th Kyu

25 hours of training and instructor's permission

1. Gyaku h. Katatetori Iriminage omote + ura
2. Tsuki Hiji Dome Kokyunage ura
3. Suwari Waza:
Ai hanmi Katatetori Ikkyo omote + ura
Kokyu Ho

5th Kyu

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

1. Shomenuchi Ikkyo omote + ura
2. Shomenuchi Iriminage omote + ura
3. Katatetori Shihonage omote + ura
4. Ryotetori Tenchinage omote + ura
5. Tsuki Kotegaeshi omote + ura
6. Ushiro Tekubitori Kotegaeshi omote + ura
7. Morotetori Kokyuhō omote + ura

4th Kyu

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

1. Shomenuchi Nikkyo omote + ura
2. Yokomenuchi Shihonage omote + ura
3. Tsuki Iriminage omote + ura
4. Ushiro Tekubitori Sankyo omote + ura
5. Ushiro Ryokatatori Kotegaeshi omote
6. Suwari Waza:
Shomenuchi Ikkyo omote + ura
Katatori Nikkyo omote + ura
Katatori Sankyo omote + ura

3rd Kyu

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

1. Yokomenuchi Iriminage 3 ways
2. Yokomenuchi Kotegaeshi omote + ura
3. Tsuki Kaitennage omote + ura
4. Ushiro Ryokatatori Sankyo omote + ura
5. Morotetori Iriminage 3 ways
6. Shomenuchi Sankyo omote + ura
7. Suwari Waza:
Shomenuchi Iriminage ura
Shomenuchi Nikkyo omote + ura
8. Hanmi-Handachi:
Katatetori Shihonage omote + ura
Katatetori Kaitennage omote + ura
uchi and soto mawari

Please consult the glossary in your member booklet for definitions of terminology used for these examinations.



2nd Kyu

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

1. Shomenuchi Shihonage omote
2. Shomenuchi Kaitennage omote + ura
3. Yokomenuchi Gokyo omote + ura
4. Ushiro Tekubitori Shihonage omote + ura
5. Ushiro Tekubitori Jujinage omote
6. Ushiro Kubishime Koshinage 2 ways
7. Morotetori Nikkyo omote + ura
8. Hanmi-Handachi:
Shomenuchi Iriminage ura
Katatetori Nikkyo omote + ura
Yokomenuchi Kotegaeshi omote
9. Randori – jiyu waza with 2 ukes
10. Demonstrate the 8 bokken suburi

1st Kyu

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

1. Attend 2 seminars per year after 2nd kyu
2. Katatori Menuchi -- 5 techniques
3. Yokomenuchi -- 5 techniques
4. Morotetori -- 5 techniques
5. Shomenuchi -- 5 techniques
6. Ryotetori -- 5 techniques
7. Tsuki -- 5 techniques
8. Koshinage -- 5 attacks
9. Tantotori -- 5 attacks
10. Hanmi-Handachi:
Ushiro Ryokatatori 5 techniques
11. Randori – jiyu waza with 3 ukes
12. Demonstrate the 35 count jo kata

Shodan

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

1. Attend 2 seminars per year after 1st kyu
2. Suwari Waza:
Shomenuchi Ikkyo - Gokyo (o+u)
3. Jiyuwaza: Examiner will call the attacks
4. Tachi Tori
5. Jo Tori
6. Nage holds the Jo
7. Henkawaza: Examiner will call 1st technique
8. Randori – jiyu waza with 4 ukes
9. Jo vs Jo 5 entries

Nidan

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

1. Attend 2 seminars per year after Shodan
2. All of Shodan requirements
3. Tachi Tori -- 2 ukes
4. Kaeshiwaza: Examiner will call 1st technique
6. Randori – jiyu waza with 5 ukes
7. Boken vs bokken 5 entries

Sandan

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

1. Attend 2 seminars per year after Nidan
2. Examination to be determined by the examiner at the time of the exam