

# USAF TESTING REQUIREMENTS FOR TWO RIVERS AIKIKAI

## 6<sup>th</sup> 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

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## 5<sup>th</sup> 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 Kokyuho omote + ura

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## 4<sup>th</sup> 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

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## 3<sup>rd</sup> 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.



## 2<sup>nd</sup> 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 Kotegaesh omote
9. Randori – jiyu waza with 2 ukes

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## 1<sup>st</sup> Kyu

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

1. Attend 2 seminars per year after 2<sup>nd</sup> 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

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## Shodan

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

1. Attend 2 seminars per year after 1<sup>st</sup> 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 1<sup>st</sup> technique
8. Randori – jiyu waza with 4 ukes

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## 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 1<sup>st</sup> technique
6. Randori – jiyu waza with 5 ukes

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## 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.