Aikido of Hilo Promotion Requirements

KYU TESTS

5th Kyu (60 hours)
Shomenuchi Ikkyo (omote & ura)
Shomenuchi Iriminage
Katatetori Shihonage (omote & ura)
Ryotetori Tenchinage (omote & ura)
Tsuki Kotegaeshi
Ushiro Tekubitori Kotegaeshi
Morotetori Kokyuho

4th Kyu (80 hours)
Shomeuchi Nikkyo (omote & ura)
Yokomenuchi Shihonage (omote & ura)
Tsuki Iriminage
Ushiro Tekubitori Sankyo (omote & ura)
Ushiro Ryokatatora Kotegaeshi
Suwari Waza: Shomenuchi Ikkyo (omote & ura)
Katatori Nikkyo (omote & ura)
Katatori Sankyo (omote & ura)

3rd Kyu (100 hours)
Yokomenuchi Iriminage (2 ways)
Yokomenuchi Kotegaeshi
Tsuki Kaitennage (omote & ura)
Ushiro Ryokatatori Sankyo (omote & ura)
Morotetori Iriminage (2 ways)
Shomenuchi Sankyo (omote & ura)
Suwari Waza: Shomenuchi Iriminage
Shomenuchi Nikkyo (omote & ura)
Hanmi Handachi: Katatetori Shihonage (omote & ura)
Katatetori Kaitennage (omote & ura)
(uchi & soto mawari*)

2nd Kyu (150 hours)
Shomenuchi Shihonage (omote & ura)
Shomenuchi Kaitennage (omote & ura)
Yokomenuchi Gokyo (omote & ura)
Ushiro Tekubitori Shihonage (omote & ura)
Ushiro Tekubitori Jujinage
Ushiro Kubishime Koshinage
Morotetori Nikkyo (omote & ura)
Hanmi Handachi: Shomenuchi Iriminage
Katatetori Nikkyo (omote & ura)
Yokomenuchi Kotegaeshi
Freestyle- 2 persons

1st Kyu (200 hours)
Katatori Menuchi- 5 techniques
Yokomenuchi- 5 techniques
Morotetori- 5 techniques
Shomenuchi- 5 techniques
Ryotetori- 5 techniques
Koshinage- 5 techniques
Tantotori
Hanmi Handachi Ushiro Waza-
5 techniques
Freestyle- 3 persons

DAN TESTS

Shodan (300 hours)
All of 1st Kyu requirements
Tachitori
Jotori
Henkawaza**
Freestyle- 4 persons

Nidan (500 hours)
Attend 2 seminars per year
after Shodan
All of Shodan requirements
Tachitori- 2 persons
Freestyle- 5 persons
Kaeshiwaza***

Sandan (600 hours)
Attend 2 seminars per year
after Nidan
Subject of exam to be determined by examiner at the time of exam

Note: Hour requirements are counted from the last test.

* Uchi & Soto Mawari- both inside (uchi) and outside (soto) movements
** Henkawaza- switching from one technique to another
Examiner will call the first technique
*** Kaeshiwaza- counter techniques
Uke applies the technique to nage.
Examiner will call original technique

Also see supplementary Weapons Requirements for ranks 2nd Kyu and above