

## Shudokan Aikido Association - Kyu Testing Standards

Techniques	Students						Comments
<b>7th Kyu – 20 hours</b> – Orientation Exam							
<b>6th Kyu – 20 hours</b> (40 hours on these techniques)	O	U	O	U	O	U	
Shomenuchi Ikkyo - O/U							
Katatetori Ikkyo - O/U							
Shomenuchi Nikyo - Omote only							
Shomenuchi Iriminage - O/U							
Tsuki Kotegaeshi – Ura							
Katatetori Sumiotoshi O/U							
Katatetori Kokyunage - O/U - 2 ways							
Suwari waza Kokyu-ho							
<b>5th Kyu – 60 hours</b>	O	U	O	U	O	U	
Katatetori Ikkyo (ai-hanmi) O/U							
Katadori Nikyo - Omote only							
Katatetori Iriminage O/U							
Katatetori Shihonage - O/U							
Ryotetori Tenshinage - O/U							
Ushiro Ryo Tekubitori Kotegaeshi (Tenkan)							
Morotetori Kokyu-ho - O/U							
Mae geri Kokyunage - 2 ways							
Suwari waza Shomenuchi Ikkyo O/U							
<b>5th Kyu Optional</b> - No hours or time frames required							
<b>Weapons Level 1 - Bokken &amp; Jo</b>							
<i>Bokken</i> - Kiri kaeshi - Cuts (4 ways) / Kumi-Tachi Ikkyo							
<i>Jo</i> - Kiri kaeshi Ikkyo / Kumi-Jo Ikkyo / Jo Kata – 10							
<b>4th Kyu – 80 hours</b>	O	U	O	U	O	U	
Morotetori Ikkyo - Omote (Tenshin) & Ura							
Yokomenuchi Ikkyo O/U							
Shomenuchi Nikyo - Ura only							
Katadori Nikyo - Ura only							
Shomenuchi Sankyo - O/U							
Tsuki Iriminage - (two ways)							
Yokomenuchi Shihonage - O/U							
Katatetori Shihonage (ai-hanmi) O/U							
Katatetori Kotegaeshi – Ura							
Ushiro Ryo-Tekubitori Ikkyo (Irimi/Tenkan)							
Suwari waza Shomenuchi Nikyo O/U							
<b>4th Kyu Optional</b> - No hours or time frames required							
<b>Weapons Level 2 - Bokken &amp; Jo</b>							
<i>Bokken</i> - Kiri kaeshi - Ma-ai Keiko / Kumi Tachi Nikyo							
<i>Jo</i> - Kiri kaeshi Nikyo / Kumi-Jo Nikyo / Jo Kata - 15							

	O	U	O	U	O	U
<b>3rd Kyu – 120 hours</b>						
Ushiro Ryo Katatori Ikkyo (Irimi/Tenkan)						
Morotetori Nikyo O/U						
Ushiro Ryo Tekubitori Sankyo (Irimi/Tenkan)						
Katatetori Iriminage (ai-hanmi - two ways)						
Ryotetori Shihonage O/U						
Ushiro Ryo Katatori Shihonage (Irimi/Tenkan)						
Yokomenuchi Kotegaeshi O/U						
Katatetori Kaitenage O/U, Uchi & Soto						
Suwari waza Shomenuchi Sankyo O/U						
Suwari waza Shomenuchi Iriminage O/U						
Hanmi Handanchi Shomenuchi Ikkyo O/U						
Hanmi Handanchi Katatetori Shihonage O/U						
<b>3rd kyu Optional</b> - No hours or time frames required						
<b>Weapons Level 3 - Bokken &amp; Jo</b>						
<i>Bokken</i> - Kiri kaeshi – Ushiro & Irimi-Ashi Sabaki / Kumi Tachi Sankyo / Shiho-giri						
<i>Jo</i> - Kiri kaeshi Sankyo / Kumi-Jo Sankyo / Jo kata - 20						
<b>2nd Kyu – 150 hours</b>	O	U	O	U	O	U
Tsuki Ikkyo - Omote only						
Ryotetori Nikkyo - 2 ways						
Morotetori Sankyo O/U						
Ushiro Ryo Katatori Sankyo						
Shomenuchi Yonkyo O/U						
Morotetori Iriminage - 3 ways						
Yokomenuchi Iriminage - 3 ways						
Shomenuchi Shihonage - O/U						
Morotetori Shihonage - 2 sides						
Katatetori Giyaku Kotegaeshi						
Morotetori Kotegaeshi - 2 ways						
Shomenuchi Kaitennage						
Tsuki Kaitenage						
Koshinage 5 ways						
Jujinage - 5 ways						
Juyu waza						
Freestyle - 2 persons						
Suwari waza Shomenuchi Yonkyo O/U						
Suwari waza Katadori Nikyo O/U						
Hanmi Handanchi Shomenuchi Iriminage O/U						
Hanmi Handachi Ryotetori Shihonage O/U						
Hanmi Handachi Katatetori Kaitenage O/U, Uchi/Soto						
<b>2nd kyu Optional</b> - No hours or time frames required						
<b>Weapons Level 4 - Bokken &amp; Jo</b>						
<i>Bokken</i> – Kiri kaeshi - Kushin / Kumi Tachi Yonkyo / Happo-giri						
<i>Jo</i> – Kiri kaeshi Yonkyo / Kumi-Jo Yonkyo / Misogi no Jo Kata – 30 moves						

<b>1st Kyu – 200 hours</b>	<b>O</b>	<b>U</b>	<b>O</b>	<b>U</b>	<b>O</b>	<b>U</b>	
Shomenuchi - 5 ways							
Yokomenuchi - 5 ways							
Tsuki - 5 ways							
Katatetori 5 ways							
Katatori - 5 ways							
Kosadori - 5 ways							
Morotetori - 5 ways							
Ryotetori - 5 ways							
Ryokatatori - 5 ways							
Kata Menuchi - 5 ways							
Eridori - 5 ways							
Ryosodedori - 5 ways							
Munedori - 5 ways							
Ushiro Ryo Katatetori - 5 ways							
Ushiro Ryo Katatori - 5 ways							
Ushiro Kubishime - 5 ways							
Freestyle - 3 persons							
<b>1st kyu Optional - No hours or time frames required</b>							
<b>Weapons Level 5 - Bokken &amp; Jo</b>							
<i>Bokken</i> – Shiho Happo-giri / Tenchi –giri/ Bokken-tori							
<i>Jo</i> – Kumi Jo Gokyo / Jo Waza / Jo Tori / Jo Kata - 40							
<i>Tanto</i> – Tanto tori							

**1st Kyu to Shodan – 300 hours**