



KYU & DAN RANK TESTING REQUIREMENTS

Testing for Kyu & Dan rankings held at Capital Aikikai:

923 Sligo Ave, Silver Spring MD
www.capitalaikikai.org / 240-242-5179

5th Kyu (60 practice days)

Shomenuchi Ikkyo (*omote/ura*)
Shomenuchi Iriminage
Katatetori Shihonage (*omote/ura*)
Ryotetori Tenchinage
Tsuki Kotegaeshi
Ushiro Tekubitori Kotegaeshi
Morotetori Kokyuhō

3rd Kyu (100 practice days)

Yokomenuchi Iriminage (*two ways*)
Yokomenuchi Kotegaeshi
Tsuki Kaitennage
Ushiro Ryokatatori Sankyo (*omote/ura*)
Morotetori Iriminage (*two ways*)
Shomenuchi Sankyo (*omote/ura*)
Suwari Waza:
• Shomenuchi Iriminage
• Shomenuchi Nikkyo (*omote/ura*)
Hanmi-Handachi:
• Katatetori Shihonage
• Katatetori Kaitennage (*uchi and soto mawari*)

Tachitori & Jotori: Shomenuchi/Tsuki

1st Kyu (300 practice days)

Katatori Menuchi - five techniques
Yokomenuchi - five techniques
Morotetori - five techniques
Shomenuchi - five techniques
Ryotetori - five techniques
Koshinage - five techniques
Hanmi-Handachi (*Ushiro Waza - five techniques*)

Tantotori

Tachitori & Jotori

Freestyle - three people

4th Kyu (80 practice days)

Shomenuchi Nikkyo (*omote/ura*)
Yokomenuchi Shihonage (*omote/ura*)
Tsuki Iriminage
Ushiro Tekubi Sankyo (*omote/ura*)
Ushiro Ryokatatori Kotegaeshi
Suwari Waza:
• Shomenuchi Ikkyo
• Katatori Nikkyo (*omote/ura*)
• Katatori Sankyo

2nd Kyu (200 practice days)

Shomenuchi Shihonage
Shomenuchi Kaitennage
Yokomenuchi Gokyo
Ushiro Tekubitori Shihonage
Ushiro Tekubitori Jujinage
Ushiro Kubishime Koshinage
Morotetori Nikkyo
Hanmi-Handachi:
• Shomenuchi Iriminage
• Katatetori Nikkyo
• Yokomenuchi Kotegaeshi

Tachitori & Jotori: Shomenuchi/Tsuki

Randori - two people

Sho-Dan (400 practice days)

All of 1st Kyu requirements

Tachitori

Jotori

Henkawaza**

Freestyle - four people

(additional requirement or expectation for technique)

Weapons Techniques

Freestyle / Randori Requirements