

### 6th kyu

1. Tai Sabaki
2. Tai No Henko
3. Tachi-waza Kokyuho Morote-dori
4. Suwari-waza Kokyuho
5. Ken Suburi 1-7

### 5th Kyu

1. Ukemi
2. Shikko
3. Tai No Henko
4. Tachi-waza Kokyuho katate-dori
5. Dai Ikkyo Shomen-uchi Omote & Ura
6. Iriminage Shomen-uchi 4 variations
7. Shihonage Katate-dori Omote & Ura
8. Suwari-waza Kokyuho
9. Jo suburi 1-5

### 4th Kyu

1. Tai No Henko From static position, then moving (ki-no-nagare).
2. Tachi-waza Kokyuho Morote-dori katate-dori
3. Dai Ikkyo shomen-uchi yokomen-uchi kata-dori gyakute-dori 2 of these 4
4. Dai Nikyo shomen-uchi yokomen-uchi kata-dori 2 of these 3
5. Iriminage Shomen-uchi yokomen-uchi katate-dori (low/middle/high) 2 of these 3
6. Shihonage Gyakute-dori ryote-dori yokomen-uchi 2 of these 3
7. Kotegaeshi Gyakute-dori tsuki katate-dori (inverse kotogeashi) 2 of these 3
8. Kaiten-nage katate-dori uchi-kaiten soto-kaiten
9. Suwari-waza Kokyuho
10. Jo suburi 6-10

### 3rd Kyu

1. Tai No Henko
2. Tachi-waza Kokyuho morote-dori
3. Suwari-waza Shomen-uchi shomen-uchi Dai Ikkyo to Dai Yonkyo
4. Tachi-waza Dai Ikkyo Kata-dori menji morote-dori
5. Tachi-waza Dai Nikyo Yokomenuchi shomen-uchi
6. Tachi-waza Dai Sankyo Katate-dori yokomen-uchi
7. Tachi-waza Dai Yonkyo Ryote-dori tsuki
8. Iriminage Shomen-uchi yokomen-uchi tsuki ryote-dori morote-dori low to high/high to low 3 of these 5
9. Shihonage Katate-dori me ryote-dori yokomen-uchi
10. Kotegaeshi Tsuki shomen-uchi katate-dori

- 11. Tenchinage ryote-dori omote & ura
- 12. Kaiten-nage Yokomenuchi shomen-uchi
- 13. Koshinage ryote-dori head under/hip under
- 14. Jujinage ushiro kubishin ushiro ryote-dori
- 15. Suwari-waza Kokyuho
- 16. Jo suburi 11-20

### 2nd Kyu

- 1. Tachi-waza Kokyuho Katate-dori morote-dori sode-dori ryote-dori kata-dori ryokata-dori 3 of these
- 2. Suwari-waza Dai Ikkyo to Dai \ Shomen-uchi yokomen-uchi tsuki kata-dori From 1 of these 4 attacks
- 3. Hanmi-handachi-waza (techniques from sitting position that begin with your partner standing):
  - Iriminage Katate-dori shomen-uchi yokomen-uchi 2 of these 3
  - Kotegaeshi Shomen-uchi yokomen-uchi tsuki 2 of these 3
  - Shihonage Katate-dori ryote-dori yokomen-uchi 2 of these 3
  - Kaiten-nage Katate-dori ryote-dori 1 of these 2
  - Dai Nikyo Katate-dori ryote-dori morote-dori 1 of these 3
  - Dai Sankyo Katate-dori ryote-dori yokomen-uchi 1 of these 3
- 4. Ushiro-waza (techniques that begin with your partner standing behind you (*ushiro*)):
  - Ushiro Eri-dori Dai Ikkyo Kotogaeshi Shihonage Iriminage
  - Ushiro Ryokata-dori Dai Ikkyo Dai Sankyo Shihonage Kotegaeshi Jujinage Kokyunage 4 of these
  - Ushiro Ryotekube-dori Dai Ikkyo Dai Sankyo Iriminage Kotegaeshi Shihonage Jujinage Koshinage
  - Ushiro Kubishime Kokyu nage (2)
  - Ushiro Ryotekube-dori Jiyu-wa Freestyle from this hold with partner attacking from the front
- 5. Koshinage Shomen-uchi yokomen-uchi ushiro-kubishime morote-dori. Focus on shihonage, sankyo, ikkyo
- 6. Jiyu-waza Katate-dori ryote-dori tsuki morote-dori shomen-uchi yokomen-uchi 1 of these
- 7. Suwari-waza Kokyuho 4 henka waza
- 8. 13 jo kata, happogiri

### 1st Kyu

- 1. Tachi-waza Kokyuho – 4 henkas
- 2. Suwari-waza: Dai Ikkyo to Dai Yonkyo (from various attacks.)
- 3. Suwari-waza/Nage-waza Throwing your partner with various techniques from various attacks, in a sitting position.
- 4. Hanmi-handachi-waza Performing various techniques from various attacks.
- 5. Hanmi-handachi/Ushiro-waza ushiro-ryokata- ushiro-ryotekul 1 of these 2
- 6. Ushiro-waza
- 7. Ushiro-waza ushiro-ryokata- ushiro-ryotekubi-dori
- 8. Kokyunage 5 different patterns.
- 9. Koshinage 5 different patterns.
- 10. Jiyu-waza.
- 11. Suwari-waza Kokyuho

12. 31 jo kata

13. Tanto-dori

Tsuki (kotogaeshi, rokyo, shihonage variation), yokomen-uchi gokyo, knife to throat from rear. 3 of these 5

### Shodan

1. Kokyuho.

2. Suwari-waza, katamewaza

Multiple sitting techniques with pins.

3. Suwari-waza, nagewaza

Multiple sitting techniques with throws.

4. Hanmi-handachi waza.

5. Hanmi-handachi ushirowaza.

6. Tachi-waza, jiyuwaza.

7. Ushiro-waza

Partner beginning from behind.

8. Ushiro-waza

Partner beginning from the front.

9. Ninin-gake

Two attackers.

10. Jo-dori , jo-nage

11. Jo-kata kumi-jo

31 jo individual movements, form (kata).

### Nidan

1. All Shodan requirements.

2. Tachi-dori

Disarming of the sword (tachi or bokken).

3. Sannin-gake

Three attackers.

4. Henka-waza

5. Kumi-tachi (6), Kumi-jo (1-5)

### Sandan

1. All Nidan requirements.

2. Kaeshi-waza

3. Taninzu-gake

Multiple attackers.

4. Aikido Shidoan-kokai

Teaching a technique.

5. Kumi-jo (6-10), ken-tai-jo