

Utsusemi Aikikai Time and Technique Requirements for Kyu Promotion

ROKYU (6th Kyu) – 30 training days/3 months

Tenkan

Front and Back rolls

Katate Dori: Kokyu Tanden Ho, Shihonage, Sumiotoshi

Katate Dori Hantai (Kosa Dori): Iriminage, Ikkyo,

Kotegaeshi,

Kokyudosa

Boken and Jo: Basic Suburi

GOKYU (5th Kyu) – 60 training days/4 months

All previous techniques plus:

Katate Dori: Sankyo, Kaitennage, Kokyunage (two ways), Iriminage

Katate Dori Hantai: Kokyu Tanden Ho, Udekiminage (Hijinage), Kokyunage

Shomenuchi: Ikkyo, Nikyo, Iriminage

Yokomenuchi: Shihonage

Munetsuki: Kotegaeshi

Jiyu Waza: Katate Dori and Katate Dori Hantai

Bokken: Kumi Tachi # 1

Jo: Kumi Jo # 1

YONKYU (4th Kyu) – 60 training days/6 months

All previous techniques plus:

Shomenuchi: Sankyo, Yonkyo, Kotegaeshi, Kaitennage

Yokomenuchi: Ikkyo, Kotegaeshi, Iriminage (three ways)

Katate Dori: Ikkyo, Nikyo, Yonkyo, Kotegaeshi, Hijiose

Katate Dori Hantai: Nikyo, Sankyo (with and without Ikkyo), Yonkyo

Suware Waza: **Shomenuchi:** Ikkyo, Nikyo, Iriminage

Jiyu Waza: Shomenuchi, Yokomenuchi

Bokken: Kumi Tachi # 1 - 2

Jo: Kumi Jo # 1 - 2 and 1 - 5 of 31 Jo Kata

SANKYU (3rd Kyu) – 80 training days/8 months

All previous techniques plus:

Kata Dori: Ikkyo, Nikyo, Sankyo, Kokyunage, Shihonage, Hiji Osae

Katate Dori Hantai: Koshinage

Ryote Dori: Ikkyo, Kotegaeshi, Kaitennage, Iriminage, Kokyu Tanden Ho, Tenchinage, Shihonage, Kokyunage (two ways)

Ryokata Dori: Ikkyo, Kotegaeshi, Iriminage, Kokyu Tanden Ho, Tenchinage, Shihonage, Kokyunage (two ways)

Shomenuchi: Aikinage

Yokomenuchi: Nikyo, Sankyo, Yonkyo, Kaitennage

Munetsuki: Kaitennage

Suware Waza: **Shomenuchi:** Sankyo, Yonkyo, Kotegaeshi, Kaitennage

Hanmi Handachi: **Katate Dori/Katate Dori Hantai:** Ikyo, Nikyo, Sankyo, Kokyu Tanden Ho, Shihonage, Kaitennage, Kokyunage, Iriminage, Kotegoshi

Jiyu Waza: Ryote Dori, Kata Dori

Bokken: Kumi Tachi # 1 - 3

Jo: Kumi Jo # 1 - 3 and 1 - 10 of 31 Jo Kata

NIKYU (2nd Kyu) – 100 training days/10 months

All previous techniques plus:

Ryote Dori: Nikyo, Sankyo, Yonkyo

Kata Dori: Yonkyo, Iriminage, Kokyunage, Arm Bar (Ude Hishigi)

Ryokata Dori: Nikyo, Sankyo, Yonkyo

Ushiro Ryote Dori: Ikkyo, Nikyo, Shihonage, Kotegaeshi, Kokyu Tanden Ho, Aiki Otoshi, Sankyo, Yonkyo, Iriminage, Koshinage, Jujinage (Pretzel Throw)

Ushiro Ryokata Dori: Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage, Koshinage, Jujinage, Shihonage, Kotegaeshi, Kokyu Tanden Ho, Aiki Otoshi

Ushiro Kubishime: Kotegaeshi, Shihonage

Ushiro Kokyunage: Ryokata Dori, Ryote Dori, Kubishime (One way from each attack)

Ushiro Kubishime: Ikkyo, Nikyo, Sankyo, Yonkyo, Kokyu Tanden Ho

Kokyunage: Shomenuchi, Yokomenuchi, Munetsuki, Mentsuki

Suware Waza: **Kata Dori:** Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kokyunage; **Yokomenuchi:** Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kotegaeshi, Iriminage, Kokyunage

Hanmi Handachi: **Shomenuchi:** Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage, Kotegashi; **Ryote Dori:** Shihonage;

Yokomenuchi: Shihonage, Kotegaeshi, Iriminage, Kokyunage, Ikkyo; **Kata Dori/Kata Dori Hantai:** Ikkyo, Nikyo, Sankyo,

Yonkyo, Kotegashi, Kaitennage, Kokyunage

Jiyu Waza: Ushiro

Bokken: Kumi Tachi # 1 - 4

Jo: Kumi Jo # 1 - 4 and 1 - 21 of 31 Jo Kata

IKKYU (1st Kyu) – 120 training days/12 months

All previous techniques plus:

Morote Dori: Kokyu Tanden Ho, Kotegaeshi, Iriminage

Morote Dori: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Jujinage, Kokyunage

Shomenuchi: Udekiminage, Shihonage, Kokyu Tanden Ho

Mentsuki: Ikkyo, Nikyo, Sankyo, Yonkyo, Kotegaeshi, Kokyu Tanden Ho, Kaitennage, Shihonage, Iriminage, Udekiminage

Munetsuki: Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage, Jujinage, Koshinage

Koshinage: Katate Dori, Kosa Dori, Shomenuchi, Yokomenuchi, Munetsuki, Mentsuki

Front Kick: Kokyu Tanden Ho, Kaitennage, Leg Control (Analogous to Hiji Osae)

Tanto Dori: Munetsuki, Shomenuchi, Yokomenuchi

Tachi Dori: Munetsuki, Shomenuchi, Yokomenuchi

Suware Waza: **Katate Dori/Katate Dori Hantai:** Ikyo, Nikyo, Sankyo, Yonkyo, Kotegashi, Iriminage, Kaitennage, Kokyu Nage

Jiyu Waza: Morote Dori, Mentsuki, and Munetsuki Any Attack: Kihon Waza, Hanmi Handachi, Suware Waza

Bokken: Kumi Tachi # 1 - 5

Jo: Kumi Jo # 1 - 6 and 31 Jo Kata

Randori: Three Person