

AIKIDO KYU EXAMINATION CRITERIA oktober 2012

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
<b>5° KYU</b>	<b>Jo Taiso</b> Udefuri Undo Udefuri Choyaku Undo Sayu Undo Sayu Choyaku Undo Yoko Ukemi back Yoko Ukemi forward Shikko 4 steps forward	Katate Kosadori Kokyunage Katatedori Tenshin Kokyunage Katatedori Ryotemochi Kokyunage Tobikomi Katatedori Ryotemochi Tenshin Kokyunage Udemawashi Zagi Ryotedori Kokyunage
<b>4° KYU</b>	<b>Jo Aiki Taiso:</b> Funakogi Undo Ikkyo Undo Tenshin Undo (ikkyo) Zengo Undo Happo Undo  Mae Ukemi and Ushiro Ukemi (for each side 3 forward and 3 backward)	Katatedori Ikkyo (zenshin-koshin waza) Munetsuki Ikkyo Munetsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedori Zemponage Ushirokubishime Kokyunage Uragaeshi (stat/dynam) Ushiro Katatedori Ikkyo
<b>3° KYU</b>	Koteoroshi Undo Sankyo Undo Nikyo Undo Tekubikosa Undo (laag / hoog) Hanmi-Gyakuhanmi Undo Ushiro Tori Undo UshiroTekubi Tori Zenshin Undo UshiroTekubi Tori Koshin Undo Shikko 4 steps backward	<b>Jo and Jo: met en zonder contact</b> Shomenuchi, Yokomenuchi, Yokobarai, gezicht naar de jo Douchi, (schommel- stap achterwaarts) Ashiuchi ( als douchi)  Katatedori Kokyunage Irimi Katatedori Kokyunage (pak over, omhoog) Yokomenuchi Kokyunage ( zensh/kosh dan Kn ) Katatedori Shihonage (irimi/tenshin) Yokomenuchi Shihonage: (t-i, t-t, i-i, i-t) Ryotedori Zemponage (hand binnenkant ellbg ) Ushirodori Zemponage Tantodori: Munetsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage
<b>2° KYU</b>	<b>One-hand bokken-exercises:</b> Moving bokken vertically Shomenuchi Moving bokken horizontally Cutting forward horizontally  Shikko turning	Zagi: Shomenuchi Ikkyo (irimi/tenshin)  Katadori Ikkyo (irimi) (Vogelbek) Katadori Nikyo (irimi) Katadori Sankyo (irimi) Katadori Yonkyo (irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (irimi/tenshin) Ushiro Ryokatadori Kokyunage Ushiro Ryokatadori Zemponage Jodori: Tsukikaeshi Jodori: Munetsuki Zemponage Hitorigake (one man attack)
<b>1° KYU</b>	<b>Two-hand bokken-exercises</b> 123456 123456 Shomenuchi 1234 Tsuki (8 steps forward, 8 steps backward in chudan) Tenshin ( pull and shomen over head 1234 1234) Happogiri Jo 1	Tsuzukiwaza 14 (Suwariwaza) Tsuzukiwaza 16 (Handachi) Tsuzukiwaza 1 (Katatedori) or free* Tsuzukiwaza 3 (Katatedori Ryotemochi) or free Niningake (two men attack)

\*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza