



6366 SHIERBROOKE O. MONTRÉAL, QUÉBEC, H4B 1M9. (514) 222-2641

## DAIRYUKAI AIKIKAI AIKIDO KYU/DAN REQUIREMENTS 2018

### 6 (th) Kyu (20 hours)

1. Double tenkan (tai Sabaki)
2. Tenkan
3. Mae ukemi
4. Ushiro ukemi
5. Yoko ukemi
6. Shikko
7. Aihanmi ikkyo omote and ura
8. Shomenuchi ikkyo omote and ura
9. Katate tori shihonage omote

### 5 (th) Kyu (40 hours)

1. Shomenuchi Ikkyo
2. Shomenuchi Iriminage
3. Katatetori Shihonage
4. Ryotetori Tenchinage
5. Tsuki Kotegaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuhō

### 4 (th) Kyu (80 hours)

1. Shomenuchi Nikkyo
2. Yokomenuchi Shihonage
3. Tsuki Iriminage
4. Ushiro Tekubitori Sankyo
5. Ushiro Ryokatatori Kotegaeshi
6. Suwari waza Shomenuchi Ikkyo
7. Suwari waza Katatori Nikkyo
8. Suwari waza Katatori Sankyo

### 3 (rd) Kyu (100 hours)

1. Yokomenuchi Iriminage (2 ways)
2. Yokomenuchi Kotegaeshi
3. Tsuki Kaitennage (uchi & soto)
4. Ushiro Ryokatatori Sankyo
5. Morotetori Iriminage (2 ways)
6. Shomenuchi Sankyo
7. Suwari waza Shomenuchi Iriminage
8. Suwari waza Shomenuchi Nikkyo
9. Hanmi handachi Katatetori Shihonage
10. Hanmi handachi Katatetori Kaitennage

### 2 (nd) Kyu (200 hours)

1. Shomenuchi Shihonage
2. Shomenuchi Kaitennage
3. Yokomenuchi Gokyo
4. Ushiro Tekubitori Shihonage
5. Ushiro Tekubitori Jujinage
6. Ushiro Kubishime Koshinage
7. Morotetori Nikkyo
8. Hanmi handanchi Shomenuchi Iriminage
9. Hanmi handanchi Katatetori Nikkyo
10. Hanmi handanchi Yokomenuchi Kotegaeshi
11. Freestyle: 2 attackers

### 1 (st) Kyu (300 hours)

1. Katatori menuchi - 5 techniques
  2. Yokomenuchi - 5 techniques
  3. Morotetori - 5 techniques
  4. Shomenuchi - 5 techniques
  5. Ryotetori - 5 techniques
  6. Koshinage - 5 techniques
  7. Tsuki 5 - techniques
  8. Hanmi handachi Ushiro Waza - 5 techniques
  9. Tantotori
  10. Freestyle: 3 attackers
- Shodan (300 hours)

1. All of 1-st kyu requirements
2. Tachitori
3. Jotori
4. Henka Waza
5. Freestyle: 4 attackers

### Nidan (600 hours)

1. All of Shodan requirements
2. Tachitori - 2 attackers
3. Kaeshi Waza
4. Freestyle: 5 attackers

### Sandan (700 hours)

Subject of exam to be determined by examiner at the time of the exam