

**The United States Aikido Federation & San Juan Aikikai Promotional Test Requirements, as of
08/01/01.**

6th Kyu - 90 practice days

1. Etiquette (Rei/ Seiza /Ritsu Rei)
2. Shykko
3. Hanmi
Migi Hanmi (Derecha)
Hidari Hanmi (Izquierda)
Ai Hanmi (same as partner)
Gyaku Hanmi (opposite partner)
4. Ukemi from Shikko
Mae (De frente)
Ushiro (atrás)
Mae/Ushiro (De frente y atrás)
5. Ukemi Standing
 - a. Mae (de frente)
 - b. Ushiro (atrás)
 - c. Mae/Ushiro (De frente y atrás)
6. Irimi
7. Ten Kan
8. Tai Sabaki
9. Tae No Henkou
10. Happo Undo (8 directions)
11. Ataques
 - a. Shomenuchi
 - b. Yokomenuchi
 - c. Katatetori
 - d. Katatori
 - e. Tsuki
 - f. Ryo Katatori
 - g. Ryotetori
 - h. Morotetori
12. Recognize Basic Concepts
 - a. Musubi
 - b. Misogi
 - c. Mae Ai
 - d. Kokyuho \ Kokyu Dosa

5th Kyu - 100 practice days after 6th Kyu test

1. Shomenuchi Ikkyo (omote and ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (omote and ura)
4. Ryotetori Tenchinage
5. Tsuki Kotegaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuho

4th Kyu - 100 practice days after 5th Kyu test

1. Shomenuchi Nikkyo (omote and ura)
2. Yokomenuchi Shihonage (omote and ura)
3. Tsuki Iriminage
4. Ushiro Tekubi Sankyo (omote and ura)
5. Ushiro Ryokatatori Kotegaeshi
6. Suwariwaza: Shomenuchi Ikkyo
7. Suwariwaza: Katatori Nikkyo (omote and ura)
8. Suwariwaza: Katatori Sankyo

3rd Kyu - 100 practice days after 4th Kyu test

1. Yokomenuchi Iriminage (two ways)
2. Yokomenuchi Kotegaeshi
3. Tsuki Kaitennage
4. Ushiro Ryokatatori Sankyo (omote and ura)
5. Morotetori Iriminage (two ways)
6. Shomenuchi Sankyo (omote and ura)
7. Suwariwaza: Shomenuchi Iriminage
8. Suwariwaza: Shomenuchi Nikkyo (omote and ura)
9. Hanmi-Handachi: Katatetori Shihonage
10. Hanmi-Handachi: Katatetori Kaitennage (uchi and soto mawari)

2nd Kyu - 300 practice days after 3rd Kyu test

1. Attend 3 San Juan Aikikai Seminars after 3rd Kyu test.
2. Shomenuchi Shihonage
3. Shomenuchi Kaitennage
4. Yokomenuchi Gokyo
5. Ushiro Tekubitori Shihonage
6. Ushiro Tekubitori Jujinage
7. Ushiro Kubishime Koshinage
8. Morotetori Nikkyo
9. Hanmi-Handachi: Shomenuchi Iriminage
10. Hanmi-Handachi: Katatetori Nikkyo
11. Hanmi-Handachi: Yokomenuchi Kotegaeshi
12. 7 Aiki Ken Suburi
13. 13 Aiki Jo Kata
14. Randori - 2 persons

1st Kyu - 300 practice days after 2nd Kyu test

1. Attend 3 San Juan Aikikai Seminars after 2nd Kyu test.
2. Katatori Menuchi - 5 techniques
3. Yokomenuchi - 5 techniques
4. Morotetori - 5 techniques
5. Shomenuchi - 5 techniques
6. Ryotetori - 5 techniques
7. Koshinage - 5 techniques
8. Tantotori
9. Hanmi-Handachi (Ushiwaza - 5 techniques)
10. 7 Aiki Ken Suburi
11. 13 Aiki Jo Kata
12. 31 Aiki Jo Kata
13. Randori - 3 persons

Sho-Dan - 400 practice days after 1st Kyu test

1. Attend 3 San Juan Aikikai Seminars after 1st Kyu test.
2. All of 1st Kyu requirements.
3. Tachitori
4. Jotori
5. 7 Aiki Ken Suburi
6. 13 Aiki Jo Kata
7. 31 Aiki Jo Kata
8. 10 Aiki Jo Suburi
9. Henkawaza
10. Randori - 4 persons

Ni-Dan - 600 practice days after Sho-Dan test

1. Attend 2 Federation Seminars per year after Sho-Dan.
2. Attend 3 San Juan Aikikai Seminars per year after Sho-Dan.
3. All of Sho-Dan requirements.
4. Tachitori - 2 persons
5. 7 Aiki Ken Suburi
6. 1st. 2nd & 3rd Kumi Tachi
7. 13 Aiki Jo Kata
8. 31 Aiki Jo Kata
9. 10 Aiki Jo Suburi
10. Randori - 5 persons
11. Kaeshiwaza

San-Dan - 700 practice days after Ni-Dan test

1. Attend 2 Federation Seminars per year after Ni-Dan.
2. Attend 3 San Juan Aikikai Seminars per year after Ni-Dan.
3. Subject of exam to be determined by examiner at the time of the exam.