

AIKIDO CENTERS OF NEW JERSEY

Test Requirements

As of August 1, 2008

5th Kyu (Gokyu)

(60 classes minimum + 1 ACNJ seminar)

1. Shomenuchi Ikkyo (omote & ura)
2. Shomenuchi Iriminage
3. Katatetori Shihonage (omote & ura)
4. Ryotetori Tenchinage
5. Tsuki Kotegaeshi
6. Ushiro Tekubitori Kotegaeshi
7. Morotetori Kokyuho
8. Sitting Kokyuho (Kokyu Dosa)
9. Tai No Henko (Tenkan Exercise)

4th Kyu (Yonkyu)

(80 classes min. + 2 ACNJ seminars after 5th kyu)

Suwari Waza:

1. Shomenuchi Ikkyo (omote & ura)
2. Katatori Nikyo (omote & ura)
3. Katatori Sankyo (omote & ura)

Tachi Waza:

4. Shomenuchi Nikyo (omote & ura)
5. Yokomenuchi Shihonage
6. Tsuki Iriminage (5 ways)
7. Ushiro Tekubi Sankyo (omote & ura)
8. Ushiro Ryokatatori Kotegaeshi
9. Sitting Kokyuho (Kokyu Dosa)

3rd Kyu (Sankyu)

(100 classes min. + 3 ACNJ seminars after 4th Kyu)

Suwari Waza:

1. Shomenuchi Iriminage
2. Shomenuchi Nikyo (omote & ura)

Hanmi Handachi:

3. Katatetori Shihonage (omote & ura)
4. Katatetori Kaitenage (uchi & soto mawari)

Tachi Waza:

5. Yokomenuchi Iriminage (4 ways)
6. Yokomenuchi Kotegaeshi (4 ways)
7. Tsuki Kaitenage (5 ways)
8. Ushiro Ryokatatori Sankyo (omote & ura)
9. Morotetori Iriminage (4 ways)
10. Shomenuchi Sankyo (4 ways) (omote & ura)
11. Sitting Kokyuho (Kokyu Dosa)
12. Randori (multiple attack) - 2 persons

All kyu ranks are encouraged to be familiar with both bokken & jo basics.

If you're interested in testing also refer to the literature available titled:

2nd Kyu (Nikyu)

(200 classes min. + 3 ACNJ seminars after 3rd Kyu)

Hanmi Handachi:

1. Katatetori Nikyo (3 directions & 3 ways)
2. Shomenuchi Iriminage
3. Yokomenuchi Kotegaeshi (omote & ura)

Tachi Waza:

4. Shomenuchi Shihonage (4 ways)
5. Shomenuchi Kaitenage (5 ways)
6. Yokomenuchi Gokyo (2 ways)
7. Morotetori Nikyo (2 ways)
8. Ushiro Tekubitori Shihonage
9. Ushiro Tekubitori Jujinage
10. Ushiro Kubishime
11. Sitting Kokyuho (Kokyu Dosa)
12. Randori - 3 persons

1st Kyu (Ikkyu)

(300 classes min. + 4 ACNJ seminars + 1 outside after 2nd Kyu)

1. *Suwari Waza:* Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo, Iriminage, Kaitenage, etc.
2. *Hanmi Handachi:* All previous plus Ushiro Waza

Tachi Waza/Jyu Waza:

3. Yokomenuchi - 5 techniques min.
4. Morotetori - 5 techniques min.
5. Shomenuchi 5 techniques min.
6. Tsuki - 5 techniques min.
7. Katatetori Ai Hanmi - 5 techniques min.
8. Katatetori Gyaku Hanmi - 5 techniques min.
9. Ryotetori - 5 techniques min.
10. Katatori - 5 techniques min.
11. Katatori Menuchi - 5 techniques min.
12. Koshinage - 5 techniques min.
13. Ushiro Waza - both Ryokatatori & Tekubitori
14. Tantotori (knife disarming)
15. Tachitori (bokken disarming)
16. Jotori (jo disarming/leading)
17. Sitting Kokyuho (Kokyu Dosa)
18. Randori - 4 persons

Shodan

(400 classes min. + 4 ACNJ seminars + 2 outside after 1st Kyu)

1. All previous rank requirement
2. Randori - 4 persons
3. Henkawaza

**"Testing for Aikido Rank"
"Testing Procedure"
"Evaluation Explanations"**