



## **USJA | AIKIDO TEST REQUIREMENTS/GUIDELINES FOR ADULT & CHILDREN**

Prepared by Jose Andrade USJA Aikido Chairman (June 2011)

*It is your choice to practice martial arts. As with any and all martial arts, there are inherent dangers and risks involved in Aikido training and practice that could lead to permanent pain, great bodily harm and death. Consult your physician before beginning this or any other type of activity and/or exercise program.*

6<sup>th</sup> Kyu (Rokyu). More than two months of continuous dedicated training

- Brief history of Aikido
- Ukemi waza
- Atemi waza
- Shikko waza
- Gyaku hanmi katate dori Ikkyo
- Ai hanmi katate dori Ikkyo
- Basic aiki principles such as irimi, tenkan, omote, ura, etc., appropriate to any changing or special situation

5<sup>th</sup> Kyu (Gokyu). More than four months of continuous dedicated training after last promotion

- Ryote dori Ikkyo
- Ryokata dori Ikkyo
- Shomenuchi Ikkyo
- Yokomenuchi Ikkyo
- Gyaku hanmi katate dori shihonage
- Ai hanmi katate dori shihonage
- Shomenuchi shihonage
- Yokomenuchi shihonage

4<sup>th</sup> Kyu (Yonkyu). More than six months of continuous dedicated training since last promotion

- Gyaku hanmi katate dori iriminage
- Ai hanmi katate dori iriminage
- Shomenuchi iriminage, kaite nage, sayu undo, tenbin nage, kokyo nage
- Munetsuki iriminage
- Yokomenuchi iriminage
- Ryote dori tenshinage

3<sup>rd</sup> Kyu (Sankyū). More than one year of continuous dedicated training after last promotion

- Gyaku hanmi katate dori nikkyo, kotegaeshi, sankyo
- Ai hanmi katate dori nikkyo, kotegaeshi, sankyo
- Shomenuchi nikkyo, kotegaeshi, sankyo, yonkyo, gokyo, jujinage, jujigatame, shime, koshinage
- Yokomenuchi nikkyo, kotegaeshi, sankyo, yonkyo, gokyo, jujinage, jujigatame, shime, koshinage

2<sup>nd</sup> Kyu (Nikkyū). More than one year of continuous dedicated training after last promotion

- Ushiro ryote dori defense against various waza from previous ranks
- Ushiro ryokata dori defense against various waza from previous ranks
- Hanmi handachi defense against various waza from previous ranks
- Suwari waza defense against various waza from previous ranks

1<sup>st</sup> Kyu (Ikkyū). More than one year of continuous dedicated training after last promotion

- Newaza defense from (5) different attacks in diverse positions. Examiner will call the first technique.
- Keri waza defense from (5) different kick attacks
- Jiyu waza defense from tachi waza
- Randori against (3) any kind of taijutsu

Shodan or 1<sup>st</sup> degree black belt with hakama. More than one year of continuous dedicated training after last promotion. Older than 17 years of age when promoted to Ikkyu

- Jo dori – (3) different waza from shomenuchi, yokomenuchi and munetsuki (adult only)
- Tachi dori – (3) different waza from shomenuchi, yokomenuchi and munetsuki (adult only)
- Tanto dori – (3) different waza from shomenuchi, yokomenuchi and munetsuki (adult only)
- Tanbo dori – (3) different waza from shomenuchi, yokomenuchi and munetsuki (adult only)
- Jiyu waza defense from buki waza (adult only)
- Random waza from each previous rank

Nidan or 2<sup>nd</sup> degree black belt with hakama. More than two years of continuous dedicated training after last promotion

- Kumi jo (adult only)
- Randori against (3) armed attacks: jo dori, tachi dori, tanbo dori, tanto dori or any other weapon (adult only)
- Random waza from each previous rank

Sandan or 3<sup>rd</sup> degree black belt with hakama. More than three years of continuous dedicated training after last promotion

- Henka waza
- Kumi tachi (adult only)
- Random waza from each previous rank

Yondan or 4<sup>th</sup> degree black belt with hakama. More than three years of continuous dedicated training after last promotion

- Kaeshi waza
- Kumi tanbo (adult only)
- Random waza from each previous rank

### **IMPORTANT INFORMATION**

The subject of examination for godan or fifth degree black belt and above will be determined at the discretion and recommendation of the Aikido Chairman and the USJA Board of Directors.

A brief discussion about Aikido test requirements/guidelines and glossary is available.

This information has been prepared as a basic reference aid to assist the Aikido student on a proper and supportive course of action.

These technical guidelines for examination and rank promotion are not absolute requirements and are not meant to be an exhaustive listing of the technical armamentarium of Aikido. Children are not permitted to use any kind of weapons. In terms of Aikido practice, children mean any person less than 18 years of age.

The student applying for kyu or dan promotion must be a member in good standing in USJA. All mudansha seeking rank promotion are encouraged to attend Aikido seminars. All yudansha are required to attend a minimum of two USJA related Aikido seminars for each dan ranking. Written essay or publication on any topic of Aikido is also required for each dan ranking. Information about Aikido seminars and written essays or publications will be posted on the USJA website under "Publications" (Growing Judo Magazine). Written material is designed and intended to express and clarify your knowledge in Aikido and the principles taught to us by O'Sensei.

The many diverse systems of Aikido can be taught using different promotion criteria, terminologies and styles. There are also different ways to illustrate, educate and teach Aikido principles and techniques. It can be extremely difficult for a student to follow a style of Aikido, dissimilar than the one he or she has been taught. Even when the technical curriculum is different, the student can still retain his/her own style and not abandon the essential elements that he or she has already learned.

Outstanding moral and personal character, professionalism and martial spirit are more important than excellent technical proficiency or advancement in rank. It is the examiner's option to take under consideration a student's age, health, proficiency and talent in determining the required quality of the demonstration of physical skills.

Aikido is a noncompetitive and nonviolent budo. It serves as a model for peaceful conflict prevention and resolution, as well as a means to personal refinement and spiritual growth. Remember there is only one Aikido. The fundamental philosophy of Aikido is more than a series of techniques. In order for techniques to come alive, it is essential for the Aikido student to understand the martial art and spiritual discipline of Aikido. This can be accomplished after you acquaint yourself with the biography of Aikido's founder Morihei Ueshiba (1883-1969), also known as O'Sensei.

Progress?

When you have trained and when you

Have the unseen things

Look not for "Secret Teachings"

For all is there, before your eyes.

Poetic Songs of the way. Morihei Ueshiba

## **AIKIDO GLOSSARY**

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USJA Aikido Chairman

Ai hanmi: Facing one another in identical stance

Aiki: Unifying or harmonizing energy or spirit

Aikido: The way of harmonizing energy or spirit. Officially recognized as O'Sensei's art

Atemi waza: Striking techniques

Budo: Martial arts

Buki waza: Armed training (adult only)

Dan: Students of black belt rank

Gokyo: Fifth classification or pinning technique

Gyaku hanmi: Facing one another in opposite stance

Hakama: Skirt like pants worn over the gi. It is reserved for shodan and above.

Hanmi handachi: Attacker standing, defender seated

Henka waza: Variation technique or switching from one technique to another. Examiner will call the first technique

Ikkyo: First classification or pinning technique

Irimi: Entering

Iriminage: Entering throw

Jiyu waza: Freestyle technique. Practice against single or multiple opponents, characterized by, predictable committed attacks. Examiner will call the first technique.

Jo dori: Wooden staff taking technique

Jujigatame: Cross arm lock

Jujinage: A crossed arm throw or technique

Kaeshi waza: Countering techniques. Uke applies the technique to nage. Original technique will be called by examiner (e.g. to apply sankyo against nikkyo)

Kaite nage: A rotary throw

Katate dori: One handed grasp

Keri waza: Defensive techniques against kicks

Kokyo nage: Breath throw

Koshinage: Hip throw

Kotegaeshi: Wrist twisting technique or throw

Kumi jo: Paired jo practice

Kumi tachi: Paired sword practice

Kumi tanbo: Paired short wood stick practice. Also called Aiki tanbo in the Aikido and Zen Secrets, 2010 video by Jose Andrade

Kyu: Rank before black belt

Mudansha: Students of kyu rank

Munetsuki: A strike to abdomen or torso

Nage: One who throws, the defender

Newaza: Ground work

Nikkyo: Second classification or pinning technique

Omote: Entering to the front

O'Sensei: Great teacher Morihei Ueshiba, founder of Aikido

Randori: Practice against multiple opponents, characterized by unrestrictive and unpredictable committed attacks/defense action

Ryokata dori: Grasping both of nage's shoulders

Ryote dori: To grasp both of nage's wrists

Sankyo: Third classification or pinning technique

Sayu undo: Basic sideways motion exercise

Seiza: Sitting posture

Shihonage: Four direction throw

Shikko: Knee walking

Shime waza: Strangulation and choking techniques

Shomenuchi: Frontal downward head strike

Suwari waza: Techniques performed with both uke and nage in seiza

Tachi waza: Standing technique

Taijutsu: Unarmed training

Tanbo dori: Short wooden stick (about 40 cm long) taking technique

Tanto dori: Wooden knife taking technique

Tachi dori: Wooden sword taking technique

Tenbin nage: Elbow lock throw

Tenkan: Circular pivoting footwork

Tenshinage: Heaven and earth throw

Uke: The attacker who receives the technique

Ukemi: Protective falling ways

Ura: Nage moves to the rear of uke

Ushiro: From the rear

Waza: Technique

Yokomenuchi: Diagonal strike to head or neck

Yonkyo: Fourth classification or pinning technique

Yudansha: Students of dan black belt rank