

K Y U R E Q U I R E M E N T S

1 ST KYU	2 ND KYU	3 RD KYU	4 TH KYU	5 TH KYU	6 TH KYU
Suwari-waza techniques	Shomen-uchi Yonkyo Shomen-uchi Freestyle	Shomen-uchi Sankyo	Suwari-waza Shomen-uchi Ikkyo Shomen-uchi Nikyo	Kata-dori Ikkyo (omote & ura)	Shomen-uchi Ikkyo (omote & ura)
Hanmi-handachi techniques	Koshi-nage from Katate-dori Mune-tsuki Yokomen-uchi Shomen-uchi	Yokomen-uchi Kotegaeshi	Shomen-uchi Nikyo Kotegaeshi Kaiten-nage	Ryote-dori Shiho-nage (omote & ura)	Shomen-uchi Irimi-nage (omote & ura)
Ushiro-waza techniques	Yokomen-uchi Freestyle	Ushiro-waza Ryo-tekubi-dori Shiho-nage Ryo-tekubi-dori Kote-gaeshi Ryo-tekubi-dori Ju-ji-nage Ryo-tekubi-dori Ikkyo Kubi-shime Kotegaeshi Kokyu-nage (any attack)	Yokomen-uchi Shiho-nage Irimi-nage	Ryote-dori Tenchi-nage (omote & ura)	Katate-dori Shiho-nage Kokyu-nage
Tanto-dori Munetsuki Yokomenuchi Shomenuchi	Hanmi-handachi Katate-dori Kaiten-nage Katate-dori Shiho-nage Shomen-uchi Ikkyo Shomen-uchi Irimi-nage	Katate-dori Freestyle	Morote-katate-dori (two hands on one) kokyu-nage	All previous techniques	Yokomen-uchi Shiho-nage (omote & ura)
Randori with three ukes	Randori with two ukes	Randori with one uke	All previous techniques	60 days of practice and 3 months since last test	Mune-tsuki Kotegaeshi
Kumi-Jo (#1-#6)	Kumi-Tachi (#1-#5)	All previous techniques	60 days of practice and 4 months since last test		Kokyu-ho, Kokyu-dosa
All previous techniques	All previous techniques	70 days of practice and 5 month since last test			30 days of practice and 3 months of aikido practice
90 days of practice and 6 months since last test	80 days of practice and 6 months since last test				