

合気道 堀越道場 Horikoshi Dojo Dan Promotion Test Requirements January, 2006

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| Shodan | <i>Minimum of 80 days of practice after 1-Kyu and over 16 years of age.</i> |
| Ken | Suburi, Kirikaeshi, and Tsuki-no-bu (tachiwaza, zagi). Ashino-Fumikae-no-bu, (tachiwaza) Ken-no-Awase(7). Kimusubi-no-Tachi (1) |
| Jo | Tsuki, Men, Katate, Hasso and Nagare-no-bu (left and right hanmi) 13-22-31 no Jo (left hanmi). Basic Movements Front and Back (left and right hanmi): Tsuki, Men and Katate-no-bu. Jo-no-Awase(8) |
| Henka-Oyou | Zagi-Kokyuho (3 ways) |
| Tachi waza | Katadori-Menuchi-Ikkyo ~ Yonkyo, Iriminage,(2 ways for each), Shihonage Ryokatadori-Ikkyo ~ Yonkyo, Iriminage. Tsuki (chudan) -Sankyo, Yonkyo, Iriminage, Koshinage Ushiro-Ryohijidori-Ikkyo ~ Yonkyo, Kotegaeshi Ushiro-Ryokatadori-Iriminage , Aikiotoshi Ushiro-Katatedori-Kubijime -Jyujigaraminage, Koshinage |
| Hanmi-Handachi | Shomenuchi-Ikkyo ~Yonkyo, Kotegaeshi, Iriminage Katatedori -Shihonage, Kaitennage (uchi, sotokaiten) |
| Zagi | Ryotedori-Ikkyo ~Yonkyo, Kotegaeshi, Iriminage Yokomenuchi-Ikkyo ~Yonkyo, Kotegaeshi Iriminage |
| Jiyu-waza | Katate-Ryotedori/Shomenuchi/Tsuki/Ushiwaza |
| 2 Dan | <i>Minimum of two years after Shodan and more than 200 days of practice.</i> |
| Ken | Suburi, Kirikaeshi, and Tsuki-no-bu (tachiwaza, zagi). Ashino-Fumikae-no-bu (tachiwaza) Kumi-Tachi(5) |
| Jo | Basic Movements Front and Back (left and right): Tsuki, Men, Katate, Hasso and Nagare-no-bu, 13-22-31 no Jo (left and right), Kumi-Jo(7) |
| Henka-Oyou (renzokuwaza) | Shomenuchi-Ikkyogaeshi to Kotegaeshi, Iriminage, Shihonage |
| Kaeshi waza (Reverse Technique) | Tsuki-Nikyo (ura) to Jiyu (free). Yokomenuchi-Sankyo (ura) to Jiyu (free) Iriminage, Kotegaeshi, Ikkyo against Shomenuchi-Ikkyo Iriminage, Nikyo, Sankyo against Gyakuhanmi-katatedori-nikyo (ura) Iriminage, Shihonage, Kotegaeshi against Tsuki-Kotegaeshi |
| Tanto dori | Shomenuchi, Yokomenuchi, Tsuki (2 ways for each) |
| Tachi waza | Katate-Ryotedori-Ikkyo ~ Yonkyo, Iriminage, Shihonage, Kotegaeshi, Kokyunage Yokomenuchi-Ikkyo ~ Yonkyo, Kaitennage, Kotegaeshi, Kokyunage, Koshinage Tsuki (jodan) -Ikkyo ~ Yonkyo, Kotegaeshi, Shihonage, Kaitennage, Kaitenosae, Udegarami Ushiro-Ryohijidori-Ikkyo ~ Yonkyo, Kotegaeshi, Aikiotoshi, Kokyunage Ushiro-Katatedori-Kubijime-Ikkyo ~ Yonkyo, Aikiotoshi, Kokyunage, Koshinage |
| Hanmi-Handachi | Yokomenuchi-Ikkyo ~Yonkyo, Iriminage. Ushiro-Ryokatadori-Ikkyo ~Yonkyo, Kokyunage, Kotegaeshi |
| Zagi | Katadori-Ikkyo ~ Yonkyo, Iriminage Tsuki (chudan) -Ikkyo ~ Yonkyo, Kotegaeshi Iriminage |
| Ninin dori | Kokyunage (2 ways). Nikyo |
| Ninin gake | Jiyu (Free style with 2 attackers) |
| 3 Dan | <i>Minimum of 3 years after 2nd Dan and more than 300 days of practice</i> |
| Ken | Including 2 nd Dan Waza. Kunitachi-Henka (Ken-no-ri) |
| Jo | Shodan and 2 nd Dan Waza. 13-no-Jo-Awase (Jo against Jo) |
| Henka-Oyou | Munadori (twisted to grasp) -Ikkyo~Yonkyo, Iriminage (2 ways). Katate Ryotedori-Kokyuho (3 ways) |
| Kaeshi waza | Iriminage, Shihonage, Sankyo (3 ways for each) |
| Tanto dori | Shomenuchi, Yokomenuchi, Tsuki (3 ways for each). Katadori-Tsuki, Ushiro-Eridori (2 ways for each) |
| Tachi dori | Shomenuchi, Yokomenuchi (3 ways for each), Tsuki (one way) |
| Jo dori | Tsuki (3 ways), Motasete (let partner take Jo) (5 ways) |
| Tachi waza | Katate-Ryotedori-Iriminage, Shihonage (3 ways for each) Kotegaeshi, Jyujigaraminage (2 ways for each) Tsuki (Chudan) -Sankyo, Yonkyo, Iriminage (2 ways for each). Ushiro-Katatedori-Kubijime-Koshinage (3 ways for each). Ushiro-Hagaijime-Iriminage |
| Hanmi-Handachi | Katate-Ryotedori-Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage. Shomenuchi-Jiyu (free) Yokomenuchi-Jiyu (free) |
| Zagi | Munadori-Ikkyo ~ Yonkyo, Iriminage. Tsuki-Jiyu (free). Yokomenuchi-Jiyu (free) |
| Ninin dori | Shihonage, Yonkyo , Kokyunage (2 ways) |
| Sannin gake | Jiyu (free style with 3 attackers) |
| 4 Dan | <i>Minimum 4 years after 3rd Dan and more than 300 days of practice.</i> |
| Ken | Including Shodan, 2 nd Dan and 3 rd Dan Waza., 8 th ~5 th kyu: Kihon-Dosa (Basic Movements) |
| Jo | Kunitachi-Henka (Tai-no-ri) |
| Jo | Shin-Kumi-Jo (10) |
| Essay (1) or (2) | (1) How to teach Aikido to beginners. (2) What have you gotten from your Aikido practice? |