

# 合気道 堀越道場

## Horikoshi Dojo Kyu Promotion Test Requirements

January, 2006

<b>8 Kyu</b>	Minimum of 3 months practice since starting Aikido and under 15 years of age	
Waza	Zenpo, Kouho-Ukemi, Shikko (mae), IkkyoUndo-Zengo, Shiho (tachiwaza) Uchikata(shomen, yokomen, tsuki). <b>Aihanmi-Katatedori-Iriminage</b> , Ikkyo, <b>Katate-Ryotedori-Kokyonage</b>	
<b>7 Kyu</b>	Minimum of 3 months practice since starting Aikido	
Waza	Including 8 <sup>th</sup> kyu waza. Funakogi-Undo. Taisabaki (irimi, tenkan, kaiten) <b>Gyakuhanmi-Katatedori-Ikkyo</b> , Iriminage, Shihonage. <b>Munadori-Iriminage</b> . <b>Shomenuchi-Ikkyo</b> .	
<b>6 Kyu</b>	Minimum of 30 days of practice since last examination	
Waza	Tobikoshi-Ukemi. Shikko ( mae, ushiro ). IkkyoUndo-Shiho ( tachiwaza, zagi ). Sabaki-Kata ( shomen, tsuki ). <b>Ryotedori-Ikkyo</b> , Nikyo, Tenchinage. <b>Aihanmi-Katatedori-Shihonage</b> . <b>Shomenuchi-Iriminage</b> . <b>Gyakuhanmi-Katatedori-Kaitennage</b> (uchi-kaiten)	
<b>5 Kyu</b>	Minimum of 30 days of practice after 6 <sup>th</sup> Kyu	
Waza	<b>Ken</b> Suburi-no-bu ( tachiwaza )	<b>Jo</b> Tsuki-no-bu ( basic stance )
	Including 6 <sup>th</sup> Kyu waza. Shikko-Kaiten. IkkyoUndo-Happo ( tachiwaza, zagi ). Zagi-Kokyuh.	
	Yokomenuchi-Ikkyo, <b>Nikyo</b> , Iriminage, Shihonage. <b>Munadori-Nikyo</b> , <b>Sankyo</b> . <b>Ryotedori-Kokyunage</b> .	
<b>4 Kyu</b>	Minimum of 40 days of practice after 5 <sup>th</sup> Kyu	
Waza	<b>Ken</b> Kirikaeshi-no-bu ( tachiwaza )	<b>Jo</b> Tsuki and Men-no-bu ( basic stance )
	<b>Shomenuchi-Kotegaeshi</b> , Shihonage, Kaitennage ( uchikaiten ). <b>Tsuki-Ikkyo~Yonkyo</b> <b>Katate-Ryotedori-Iriminage</b> , Kokyuh.	
	<b>Zagi-Katatedori-Ikkyo</b> , Nikyo, Iriminage	
<b>3 Kyu</b>	Minimum of 50 days of practice after 4 <sup>th</sup> Kyu	
Waza	<b>Ken</b> Suburi and Kirikaeshi-no-bu ( tachiwaza )	<b>Jo</b> Tsuki, Men, Katate and Hasso-no-bu (basic stance)
	<b>Tsuki-Kotegaeshi</b> , <b>Shihonage</b> . <b>Ryotedori-Ikkyo~Yonkyo</b> . <b>Yokomenuchi-Kaitennage</b> (uchi, soto-kaiten). <b>Ushiro-Ryotedori-Sankyonage</b> , Iriminage	
	<b>Hanmi-Handachi-Ryotedori</b> Shihonage. <b>Zagi-Shomenuchi-Ikkyo~Yonkyo</b> , Kotegaeshi	
<b>2 Kyu</b>	Minimum of 60 days of practice after 3 <sup>rd</sup> Kyu	
Ken	Ashino-Fumikae-no-bu (tachiwaza). Tsuki-no-bu (tachiwaza, zagi).	
Jo	13 no Jo (left hanmi). Tsuki, Men, Katate, Hasso and Nagare-no-bu ( basic stance )	
Tachi waza	<b>Katate-Ryotedori-Iriminage</b> (2 ways). <b>Yokomenuchi-Kotegaeshi</b> . Koshinage. <b>Munadori-Ikkyo~Yonkyo</b> .	
Hanmi Handachi	<b>Katatedori-Ikkyo~Yonkyo</b> , Shihonage, Kaitennage (uchi, soto-kaiten)	
Zagi	<b>Yokomenuchi-Ikkyo~Yonkyo</b> , Kotegaeshi, Iriminage	
Ushiro Waza	<b>Ushiro Ryotedori Ikkyo~Yonkyo</b> , Kotegaeshi, <b>Kokyunage</b> (2ways).	
Jiyu Waza	<b>Katate-Ryotedori Shomenuchi</b>	
<b>1 Kyu</b>	Minimum of 70 days of practice after 2 <sup>nd</sup> Kyu	
Ken	Basic Movements Front and Back ( tachiwaza, zagi ): Suburi, Kirikaeshi, Tsuki-no-bu	
Jo	22-31 no Jo ( left hanmi ). Tsuki, Men, Katate, Hasso and Nagare-no-bu ( left and right hanmi ). Shikko-kaiten ( 2 ways )	
Tachi waza	<b>Katadori-Menuchi-Ikkyo~Yonkyo</b> , Iriminage. <b>Ryotedori-Kotegaeshi</b> ( 2 ways ) <b>Shomenuchi-Kaitenosae</b> (uchi, soto-kaiten), Udegarami, Ikkyogaeshi.	
Hanmi-Handachi	<b>Yokomenuchi-Ikkyo~Yonkyo</b> , Kotegaeshi, Iriminage, Kaitennage (uchi, soto-kaiten)	
Zagi	<b>Tsuki-Ikkyo~Yonkyo</b> , Iriminage	
Ushiro Waza	<b>Ushiro-Ryotedori-Shihonage</b> , Jyujigarami, Koshinage. <b>Ushiro-Ryohijidori-Kotegaeshi</b> <b>Ushiro-Katate-Kubijime</b> Ikkyo-Yonkyo, Iriminage	
Jiyu waza	<b>Katatedori/Yokomenuchi/Tsuki</b>	

### Jo-no-bu

<b>Tsuki-no-bu</b>	1. Chokuzuki. 2. Kaeshizuki. 3. Ushirozuki. 4. Tsuki-gedangaeshi. 5. Tsuki-jodangaeshi.
<b>Men-no-bu</b>	1. Shomenuchikomi. 2. Renzokuuchikomi. 3. Menuchi-Ushirozuki. 4. Menuchi-gedangaeshi. 5. Hidariyokomen-ushirozuki.
<b>Katate-no-bu</b>	1. Katate-gedangaeshi. 2. Katate-tomauchi. 3. Katate-hachinojigaeshi
<b>Haso-no-bu</b>	1. Hasogaeshi-uchi. 2. Hasogaeshi-tsuki. 3. Hasogaeshi-ushirozuki. 4. Hasogaeshi-ushirouchi. 5. Hasogaeshi-ushirobarai.
<b>Nagare-no-bu</b>	1. Hidarinagare-kaeshi-uchi. 2. Miginagare-kaeshi-tsuki.

### Ken-no-bu

<b>Suburi-no-bu</b>	1. Shikodachi 2. Hanmi (migi, hidari) 3. Zengo (migi, hidari) 4. Shiho (migi, hidari). 5. Happo (migi, hidari).
<b>Kirikaeshi-no-bu.</b>	From 2 to 5 must be performed both standing ( tachiwaza ) and sitting ( zagi ).
<b>Ashi-no-fumikae-no-bu (kihon, tsuki)</b>	1. Mae-suburi (migi, hidari) kirikaeshi (migi-hidari). Ushiro-suburi (migi, hidari) kirikaeshi(migi, hidari)
<b>Tsuki-no-bu (kihon, fumikomi)</b>	1. Hanmi ( migi, hidari ). 2. Zengo ( migi, hidari ). 3. Shiho ( migi, hidari ). 4. Happo ( migi, hidari ). All must be performed both standing ( tachiwaza ) and sitting ( zagi ).