



Calgary Aikikai Promotional Exam Requirements - Kyu Levels 2024-6

Notes: Required classes are counted from date of previous test. All tests may include content from previous tests.

六級 6 Rokkyu 20 Classes	Ken	Standing Kamae, Drawing, Returning, Nigiri (grip)	
	Jo	Standing Kamae, Stepping in, Stepping back, Tsuki Kamae, Men-uchi Kamae	
	Stances	Migi Hanmi, Hidari Hanmi, Ai Hanmi, Gyaku Hanmi	
	Exercises	Ikkyo Undo, Zengo Undo, Shiho Undo, Funakogi Undo (with Ki-ai), Udefuri Undo	
	Attacks	Shomen-uchi, Yokomen-uchi, Tsuki, Katatedori, Kosadori, Ryotedori, Ushiro Tekubidori, Ushiro Ryokatadori, Morotedori (Katate Ryotedori)	
	Movements	Irimi, Tenkan, Kaiten (Irimi Tenkan)	
	Tachiwaza	Tai No Henko	
五級 5 Go Kyu 40 Classes	Ken Kamae	Seigan, Jodan, Gyaku Jodan, Gedan, Gyaku Gedan, Waki, Hasso	
	Ken Suburi	Chudan Uchi Komi, Maki Uchi, Tsuki with a step, Tsuki without a step	
	Jo	Basic Aiki Jo 1 - 10	
		6 No Jo	
	Movements	Mae Ukemi, Ushiro Ukemi	
	Tachiwaza	Shomen-uchi	Ikkyo (omote & ura), Irimi-nage (soto)
		Tsuki	Kote-gaeshi
		Katatedori	Shiho-nage (omote & ura)
		Ryotedori	Tenchi-nage
		Ushiro Tekubidori	Kote-gaeshi
Morotedori		Kokyu-ho	
Zagi	Ryotedori	Kokyu-ho	
四級 4 Yon Kyu 70 Classes	Ken	Chudan Uchi Komi	Right Foot Stepping Back, From Waki Kamae, Switching Feet at the Front, Switching Feet at the Back, Kirikaeshi
		Awase	3 No Ken (Kubitori) Solo and with partner
	Jo	Basic Aiki Jo 1 - 20	
		8 No Jo	Solo and with partner
	Movements	Shikko, Ushiro Shikko, Shikko Kaiten, Yoko Ukemi	
	Tachiwaza	Shomen-uchi	Nikyo (omote & ura)
		Yokomen-uchi	Shiho-nage (omote & ura), Irimi-nage (soto & uchi)
		Tsuki	Irimi-nage (soto)
		Katadori	Ikkyo (omote & ura)
		Ushiro Tekubidori	Sankyo (omote & ura)
Ushiro Ryokatadori		Kote-gaeshi	
Zagi	Shomen-uchi	Ikkyo (omote & ura)	
	Katadori	Nikyo (omote & ura), Sankyo (omote & ura)	

三級 3 San Kyu 100 Classes	Ken	Gedan Giri from Jodan with partner, Chudan Uchi Komi from Waki Kamae to Maki Uchi		
		Awase	6 No Ken	
	Jo	13 No Jo, 16 No Jo	Solo and with partner	
	Tachiwaza	Yokomen-uchi	Kote-gaeshi	
		Tsuki	Kaiten-nage	
		Ushiro Ryokatadori	Sankyo (omote & ura)	
		Morotadori	Irimi-nage (2 kinds), Kokyu-nage (2 kinds)	
		Shomen-uchi	Sankyo (omote & ura)	
	Hanmi-handachi	Ryotadori	Kokyu-nage	
Hanmi-handachi	Katatedori	Shiho-nage (omote & ura), Kaiten-nage (uchi & soto)		
Zagi	Shomen-uchi	Irimi-nage (soto), Nikyo (omote & ura)		
Jiyuwaza	Ryotadori			
二級 2 Ni Kyu 140 Classes Attend one seminar per year	Ken	Awase 1 - 7		
	Jo	22 No Jo, 36 No Jo, Awase 1 - 8		
	Tachiwaza	Shomen-uchi	Shiho-nage (omote & ura), Kaiten-nage (uchi & soto), Kote-gaeshi	
		Yokomen-uchi	Gokyo (omote & ura)	
		Tsuki	Yonkyo (omote & ura)	
		Katatedori	Kaiten Osae, Sankyo (omote & ura)	
		Ushiro Ryohijidori	Aiki Otoshi	
		Ushiro Tekubidori	Juji-nage	
	Hanmi-handachi	Ushiro Kubishime	Koshi-nage	
		Shomen-uchi	Irimi-nage (soto & uchi)	
		Katatedori	Nikyo (omote & ura), Kote-gaeshi (2 kinds)	
		Yokomen-uchi	Kote-gaeshi (soto & uchi)	
	Zagi	Ryotadori	Shiho-nage (omote & ura)	
	Zagi	Katadori	Ikkyo, Nikyo, Sankyo, Yonkyo, Irimi-nage	
Jiyuwaza		Morotadori		
	Ushiro Tekubidori			
級者 1 Ikkyu 200 Classes Attend one seminar per year	Ken	Kumi Tachi 1 - 5		
	Jo	31 No Jo, Kumi Jo 1 - 7, 6 No Jo (Ken Awase)		
	Tachiwaza	Katadori Menuchi	5 techniques	
		Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo	
		Morotadori	5 techniques	
		Shomen-uchi	5 techniques	
		Ryotadori	5 techniques	
		Koshi-nage	5 attacks	
	Tantodori	From Tsuki, Shomen-uchi, Yokomen-uchi, Ushiro Tsuki, Ushiro Eridori		
	Hanmi-handachi	Ushiro Ryokatadori	5 techniques	
	Zagi	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo, Irimi-nage, Kote-gaeshi	
Jiyuwaza	Tsuki			
	Katatedori			
	Ushiro Ryokatadori			