



## Tenzan Aikido Test Requirements

### 7<sup>th</sup> Kyu (25 hours)

Katate dori (ai-hanmi)  
Wrist grab right-to-right/left-to-left

Ikkyo\*- hand to elbow,  
Iriminage 2 - hold collar

Katate dori (gyaku hanmi)  
Wrist grab right-to-left

Irimi and Tenkan with partner,  
Ikkyo\*,  
Kotegaeshi,  
Shihonage\*,  
Kokynage (forward ukemi)

Kokyudosa

### 6<sup>th</sup> Kyu (30 hours)

Tsuki (*punch*)

Kotegaeshi,  
Iriminage (Var. 1)

Katate dori (ai-hanmi)

Sankyo\* Pin 3 no hand change,  
Jujinage

Shomenuchi

Ikkyo\*,  
Iriminage (Var. 2)

Self-defense technique against boxers attack

Iriminage – use fade

Morote dori (*right-to-left stance*)

Kokyuhō

*\*omote and ura*



## Tenzan Aikido Test Requirements

### 5th Kyu (50 hours)

Katate dori (ai hanmi)	Kotegaeshi, Nikyo (scooping method), Shihonage, Sankyo* (pin # 3) direct method
Katate dori (gyaku hanmi)	Iriminage, Nikyo (ura only), Jujinage
Shomenuchi	Kotegaeshi
Tsuki	Nikyo (ura only)
Morote dori ( <i>right-left stance</i> )	Kokyunage (into a forward roll)
Ryote dori	Tenchinage (heaven and earth throw)
Self-defense: Uke in sparring stance	Irimi w/palm to double leg takedown



## Tenzan Aikido Test Requirements

### 4 Kyu (50 hours)

Katate dori (gyaku hanmi)		Kaitenage** grab wrist & neck, Kokyu nage (spirals, 2 variations)
Shomenuchi		Nikyo*, Shihonage (omote only), Kaitenage, Ikkyo*, Nikyo*, Iriminage 2
	Suwariwaza	
Yokomenuchi		Shihonage*, Nikyo*, Kotegaeshi, Iriminage 2
Tsuki		Kaitenage, Shihonage*, Hijishime (elbow bar)
Self-defense	Standing headlock	Sankyo
Weapons	Boken: Uchikomi, kirikaeshi and Kiriotoshi with partner Jo: Kesa uchi against kesa uchi (no step + one step var) Tsuki/makiotoshi continuous partner practice	

*\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare*



## Tenzan Aikido Test Requirements

### 3rd Kyu (80 hours)

#### Shomenuchi

Suwariwaza – *sitting techniques*

Hanmihandachi – *Nage sits, Uke stands*

Tachi waza – *standing techniques*

Sankyo\*, Yonkyo\*, Kaitenage

Iriminage, Ikkyo\*

Ikkyo based koshinage

#### Ushirotekubidori

Sankyo\*, Kokyunage (wave breaking)

#### Katatedori

Hanmihandachi

Koshinage – hip throw

Shihonage (2 variations), Kaitennage\*\*,

Sumiotoshi

#### Morotedori

Ikkyo\*, Nikyo\*, Kotegaeshi,

Ikkyo based kokyunage

#### Ryotedori

Kaitenage, kokyunage (uchi to forward  
roll and to back roll),

Shihonage (static & kinonagare)

#### Katadori

Ikkyo, Nikkyo (ura only)

#### Ushirotekubidori

Kotegaeshi, Shihonage\*, Ikkyo\*

#### Jo dori

Nage holds the jo: Shihonage based movement

*\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare*



## Tenzan Aikido Test Requirements

### 2nd Kyu (80 hours)

Shomenuch		Gokyo (tachi and suwari), Kokyunage based on kesa cut, Pull bow, Shihonage - 2 directions, Koshinage–sankyo pull method
Yokomenuchi	Suwariwaza	Ikkyo through Yonkyo*, Kokyunage (step back and cut)
	Hanmihandachi Standing	Shihonage, Kotegaeshi Kokyunage turn and drop to knees, Sankyo, Yonkyo, Kokyunage – double cut, Gokyo
Katadori		Sumiotoshi, Shihonage (static), Kaitenage soto only, Kokyunage (palm to chin), Hijishime
Ryotedori		Kokyunage variations (4 of your choosing)
Morotedori		Iriminage - con't. and changing
Ryokatadori ( <i>grab both shoulders</i> )		Kokyunage variations, (palm-to-chin, Shihonage type), Shihonage, 2 basic freestyle throws
Jodori	Sotokaiten based move	
Self-defense	neck grab to hijishime – no steps	
Weapons	Jo: Tenzan 1st Segment Bokken: San-no-tachi	
	Freestyle 2 attackers – shoulder grabs only	



## Tenzan Aikido Test Requirements

### 1st Kyu

Katatedori	Kokyunage (Palm-heel to chin, uchi and soto mawari), Katagatame**, Shihonage*** Jo, Chu & Ge, Nikyo – ura***
Katadori	Kotegaeshi, kokyunage, Katagatame**
Katadorimenuchi ( <i>grab shoulder and strike with other hand</i> )	Iriminage, ikkyo, shihonage, kotegaeshi, nikyo
Morotedori	Udegarami (cross uke's arms to throw)
Tsuki	Udegarami (done on 1 arm), Koyunage variations (double cut, ushiroate, draping move)
Maigiri ( <i>front snap kick</i> )	Kokyunage/iriminage (based on draping move)
Mawashigiri ( <i>round house kick</i> )	Take down - hug leg and bow
Ushirotekubidori	Kokyunage (1 hand lowers to pull Uke through), Iriminage, Jujinage, koshinage sankyo grip
Jodori	5 Techniques of your choice
Tachidori	Iriminage, kotegaeshi
Weapons	Bokken: Ichi-no-tachi, Jo: Tenzan kata - complete Two Person Freestyle Random attacks

*\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare*



## Tenzan Aikido Test Requirements

### Shodan (100 hours)

*All first kyu requirements*

Katatedori (gyakuhanmi)		Kokynage variations, Iriminage –jo, chu, ge Sumiotshi –jo, chu, ge, Ikkyo*, Iriminage, Nikyo (ura only)
	Hanmihandachi	
Yokomenuch		Koshinage based on shihonage
Morotodori		Shihonage – Jodan & Gedan, Iriminage variations jo, chu, ge (continuous and change direction), Koshinage based on udegarami , Nikyo – 4 variations
Ryotodori		Kokyunage variations – outside spirals – short and long variations, Koshinage based on outside spiral, Shihonage*** jo, chu, ge + jo 4 dir
Katadorimenuchi		Ikkyo-yonkyo, iriminage, shihonage, Kotegaeshi, Kokyunage
Ushirokatadori		Kokyunage variations - forward wave, head and arm sweep through, udegarami, Shihonage, Ikkyo-Sankyo*, kotegaeshi Same as above (no head/arm variation)
	Hanmihandachi	
Ushirokubishime ( <i>Choke and wrist grab</i> )		Kokyunage, sankyo, Iriminage, kotegaeshi, Koshinage
Ushiroiridori		Ikkyo, nikyo, shihonage, iriminage
Tanto dori		kotegaeshi, gokyo and hijishime form all standard attacks, Backhand to choke. Random attacks
3 person freestyle, Bokken: All kumitachi, Sansho 1, 2 and 3 Essay		

*\*omote and \*\*soto and uchi \*\*\*kinonagare*



## Tenzan Aikido Test Requirements

### Nidan (200 hours)

*All of the above*

Yokomenuchi

step 90 deg. under yokomen arm to do sankyo, sumiotoshi and koshinage.

Henkawaza

Nikyo to koshinage  
Nikyo to hijishime  
Nikyo to kotegaeshi  
Hijishime to kotegaeshi  
Hijishime to nikyo  
Kotegaeshi to sankyo  
Iriminage to kaitennage  
Kiatenage to kotegaeshi  
Ikkyo to udegarami  
Reverse yonkyo to shihonage attempt into  
Iriminage  
Sumiotoshi to shihonage

Reversals

Iriminage to sumiotoshi  
Iriminage to stemiwaza  
Kotegaeshi to iriminage  
Kotegaeshi to hijishime  
Nikyo to sankyo  
Nikyo to stemiwaza  
Shihonage to shihonage  
Shihonage to Nikyo or any morotedori  
technique  
Ikkyo to ikkyo  
Ikkyo to sumiotoshi

Hanmihandachi Freestyle with 1 attacker

Weapons

Jo: sansho with variations, Bokken Ichinotachi through gonotachi, kimusubinotachi  
Tachidori

Freestyle 3 attackers

Essay



## Tenzan Aikido Test Requirements

### Sandan (300 hours)

To be determined by the examiner at the time of the test.

Essay