

Tenzan Aikido Test Requirements

7th Kyu (25 hours)

Katate dori (ai-hanmi) Wrist grab right-to-right/left-to-left	Ikkyo*- hand to elbow Iriminage 2 - hold collar Kotegaeshi - wrist twist Shihonage*- go under the arm to
Katate dori (gyaku hanmi) Wrist grab right-to-left	Irimi and Tenkan with partner Ikkyo* Iriminage (Var.2) Kotegaeshi Shihonage* Kokynage (forward ukemi)
Shomenuchi (Uke uses right hand if Nage's right foot is forward)	Ikkyo* Iriminage (Var. 2) Kotegaeshi
Jo dori (when nage holds the staff)	Shihonage based movement
Kokyudosa (both sitting while partner grabs both wrists and is thrown to the side.)	

6th Kyu (30 hours)

Katate dori (gyaku hanmi)	Kaitenage** grab wrist & neck Jujinage - make cross w/arms Nikyo* - "Z" pin #2 Kokyunage (2 vari. w/spirals) Shihonage***
Tsuki(punch)	Kotegaeshi Iriminage (Var. 1) Nikyo – same as above
Katate dori (ai-hanmi)	Nikyo (scooping method) Kaitenage (soto only) Sankyo* Pin 3 no hand change Jujinage
Self-defense technique against boxers attack Jo dori (Nage holds the staff) Morote dori (right-to-left stance) Uke holds Nage's wrist with both hands	Iriminage – use fade Soto Kaiten based movement Kokyuho

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

5th Kyu (50 hours)

Shomenuchi	Nikyo*
	Shihonage (omote only)
	Kaitenage
Suwariwaza	Ikkyo*, nikyo*, iriminage 2
Yokomenuchi	Shihonage*, nikyo*, kotegaeshi, Iriminage 2 (entering and side step variations)
Tsuki	Kaitenage, Shihonage*, Hijishime (elbow bar)
Morote dori (right-left stance) Uke grabs Nage's wrist with both hands	Kokyunage (into a forward roll)
Ryote dori	Tenchinage (heaven and earth throw)
Ushirotekubidori	Sankyo*, kokyunage (wave breaking)
Self-defense: Uke in sparring stance	Irimi w/palm to double leg takedown

Weapons: boken: Uchikomi and kirikaeshi with partner
Jo: tsuki/makiotoshi continuous partner practice

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4th Kyu (50 hours)

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)
Ushirotekubidori	Kotegaeshi, shihonage*, ikkyo*
Jodori (nage holds the jo)	Cross uke's arms while spinning them
Weapons - boken: Kiriotoshi: Jo: Kesa uchi aginst kesa uchi (no step + one step var)	
Self-defense: Standing headlock	Sankyo

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3rd Kyu (80 hours)

Shomenuchi

Suwariwaza – sitting techniques	Sankyo*, Yonkyo*, Kaitenage
Hanmihandachi – Nage sits, Uke stands	Iriminage, Ikkyo*
Tachi waza – standing techniques	Ikkyo based koshinage
Henka waza – combinations	Ikkyo to kokyunage pass under the arm.
	Ikkyo to shihonage pass under the arm 2 times.

Yokomenuchi

Suwariwaza	Ikkyo through yonkyo*
	Kokyunage (step back and cut)
Hanmihandachi	Shihonage, kotegaeshi, ikkyo*
Tachiwaza	Kokyunage turn, drop to knees
	Sankyo, yonkyo

Katadori

Ikkyo*, nikyo*, sumiotoshi, shihonage (static), kaitenage**, kokyunage (palm to chin), Hijishime

Ryotedori

Kokyunage variations (scooping the hand, use the handblade and spiral, down up down, arm cross, uchi kaiten forward and back)

Morotedori

Iriminage - con't. and changing

Ryokatadori (grab both shoulders)

Kokyunage variations (spirals, palm-to-chin, shihonage type)
Kaitenage, shihonage, basic freestyle move

Self-defense: neck grab to hijishime – no steps

Weapons: Jo: sansho version 1, 1st seg. Bokken: San-no-tachi

Freestyle 2 attackers – shoulder grabs only

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2nd Kyu (80 hours)

Shomenuch	Gokyo (tachi and suwari), Kokyunage based on kesa cut, pulling bow apart Shihonage 2 directions
Yokomenuchi	Koshinage–sankyo pull method Kokyunage – double cut, Gokyo pin #5
Katatedori	Kokyunage (Palm-heel to chin, uchi and soto mawari) Katagatame**, Shihonage*** Jo, Chu & Ge Reverse kotegaeshi Nikyo – ura***
Katadori	Kotegaeshi, kokyunage, Katagatame** hug the arm
Katadorimenuchi (grab shoulder and strike with other hand)	Iriminage, ikkyo, shihonage, kotegaeshi, nikyo, sankyo-spin, Sankyo based koshinage
Morotedori	Udegarami (cross uke's arms to throw)
Tsuki	Koshinage based on udegarami Udegarami (done on 1 arm), Koyunage variations (double cut, ushiroate, draping move, udegarami based move
Maigiri (front snap kick) mawashigiri (round house kick)	Kokyunage/iriminage var. Take down - hug leg and bow
Ushirotekubidori	Kokyunage 1 hand lowers to pull Uke through Iriminage 2 variations Jijinage, koshinage sankyo grip, kaitenage
Jodori Tachidori	Cross arms, press down, turn Iriminage, kotegaeshi

Bokken: Ichi-no-tachi, Jo: 1st version 2nd segment of sansho

Two Person Freestyle Random attacks

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

1st Kyu

<p>Katatedori (gyakuhanmi)</p> <p style="padding-left: 100px;">Hanmihandachi</p>	<p>Kokynage variations, Iriminage –jo, chu, ge Reverse Yonkyo Sumiotshi –jo, chu, ge Ikkyo*, Iriminage, Nikyo (ura only)</p>
<p>Yokomenuch</p>	<p>Koshinage based on shihonage</p>
<p>Tsuki</p>	<p>Henkawaza – jujinage to sumiotoshi</p>
<p>Morotedori</p>	<p>Shihonage – Jodan & Gedan Iriminage variations jo, chu, ge (continuous and change direction) Kokyunage step back to back stretch Koshinage based on udegarami Nikyo – 4 variations</p>
<p>Ryotedori</p>	<p>Kokyunage variations – outside spirals – short and long var. Koshinage based on outside spiral Shihonage*** jo, chu, ge + jo 4 dir</p>
<p>Katadorimenuchi</p>	<p>Ikkyo-yonkyo, iriminage, shihonage, Kotegaeshi, Kokyunage</p>
<p>Ushirokatadori</p> <p style="padding-left: 100px;">hanmihandachi</p>	<p>Kokyunage variations - forward wave, head and arm sweep through, udegarami, Shihonage, Ikkyo-Sankyo*, kotegaeshi Same as above (except no head/arm sweep through)</p>
<p>Ushirohijidori (hold elbows From behind)</p>	<p>Ikkyo*, kotegaeshi, shihonage, sankyo</p>
<p>Ushirokubishime (Choke and wrist grab)</p>	<p>Kokyunage, sankyo, Iriminage, kotegaeshi, Koshinage</p>
<p>Ushiroiridori (grab collar from behind)</p>	<p>Ikkyo, nikyo, hijishime, kotegaeshi, shihonage, iriminage</p>

3 person freestyle, Bokken: ninotach, Jo: 1st ver., 3rd seg. sansho

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

Shodan (100 hours)

All first kyu requirements

Tachidori

Jodori

Tanto dori

kotegaeshi, gokyo and hijishime form all standard attacks, Backhand to choke. Uke attacks at random.

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

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

Freestyle 3 attackers

Essay on Aikido – due before the test

Nidan (200 hours)

All of the above

Yokomenuchi

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

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

Bokken kumitachi with variations

Hanmihandachi Freestyle with 2 attackers

Essay

Sandan (300 hours)

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

Essay

