

Utsusemi Aikikai Time and Technique Requirements for Kyu Promotion

ROKYU (6th Kyu) – 30 hours/3 months

Tenkan
 Front and Back rolls
 Katate Dori: Kokyu Tanden Ho, Shihonage, Sumiotoshi
 Katate Dori Hantai (Kosa Dori): Iriminage, Ikkyo, Kotegaeshi, Kokyudosa
Boken and Jo: Basic Suburi

GOKYU (5th Kyu) – 60 hours/4 months

All previous techniques plus:
 Katate Dori: Sankyo, Kaitennage, Kokyunage (two ways), Iriminage
 Katate Dori Hantai: Kokyu Tanden Ho, Udekiminage (Hijinage), Kokyunage
 Shomenuchi: Ikkyo, Nikyo, Iriminage
 Yokomenuchi: Shihonage
 Munetsuki: Kotegaeshi
Jiyu Waza: Katate Dori and Katate Dori Hantai
Bokken: Kumi Tachi # 1
Jo: Kumi Jo # 1

YONKYU (4th Kyu) – 60 hours/6 months

All previous techniques plus:
 Shomenuchi: Sankyo, Yonkyo, Kotegaeshi, Kaitennage
 Yokomenuchi: Ikkyo, Kotegaeshi, Iriminage (three ways)
 Katate Dori: Ikkyo, Nikyo, Yonkyo, Kotegaeshi
 Katate Dori Hantai: Nikyo, Sankyo (with and without Ikkyo), Yonkyo
 Ryote Dori: Kokyu Tanden Ho, Tenchinage, Shihonage, Kokyunage (two ways)
 Ryokata Dori: Kokyu Tanden Ho, Tenchinage, Shihonage, Kokyunage (two ways)
 Morote Dori: Kokyu Tanden Ho, Kotegaeshi, Iriminage
Suwari Waza: Shomenuchi: Ikkyo, Nikyo, Iriminage
Jiyu Waza: Shomenuchi, Yokomenuchi
Bokken: Kumi Tachi # 1 - 2
Jo: Kumi Jo # 1 - 2 and 1 - 5 of 31 Jo Kata

SANKYU (3rd Kyu) – 80 hours/8 months

All previous techniques plus:
 Kata Dori: Ikkyo, Nikyo, Sankyo, Shihonage, Hiji Osae
 Katate Dori Hantai: Nikyo, Sankyo (with and without Ikkyo)
 Ryote Dori: Ikkyo, Kotegaeshi, Kaitennage, Iriminage
 Ryokata Dori: Ikkyo, Kotegaeshi, Iriminage
 Yokomenuchi: Nikyo, Sankyo, Yonkyo, Kaitennage
 Munetsuki: Kaitennage
 Ushiro Ryokata Dori: Ikkyo, Nikyo, Shihonage, Kotegaeshi, Kokyu Tanden Ho, Aiki Otoshi
 Ushiro Ryote Dori: Ikkyo, Nikyo, Shihonage, Kotegaeshi, Kokyu Tanden Ho, Aiki Otoshi
 Ushiro Kubishime: Kotegaeshi, Shihonage
 Ushiro Kokyunage: Ryokata Dori, Ryote Dori, Kubishime (One way from each attack)
Suwari Waza: Shomenuchi: Sankyo, Yonkyo, Kotegaeshi, Kaitennage

Hanmi Handachi: Katate Dori: Kokyu Tanden Ho, Shihonage, Kaitennage, Kokyunage, Iriminage
Jiyu Waza: Ryote Dori, Kata Dori
Bokken: Kumi Tachi # 1 - 3
Jo: Kumi Jo # 1 - 3 and 1 - 10 of 31 Jo Kata

NIKYU (2nd Kyu) – 100 hours/10 months

All previous techniques plus:
 Ryote Dori: Nikyo, Sankyo, Yonkyo
 Kata Dori: Yonkyo, Iriminage, Kokyunage, Arm Bar (Ude Hishigi)
 Ryokata Dori: Nikyo, Sankyo, Yonkyo
 Ushiro Ryote Dori: Sankyo, Yonkyo, Iriminage, Koshinage, Jujinage (Pretzel Throw)
 Ushiro Ryokata Dori: Nikyo, Sankyo, Yonkyo, Iriminage, Koshinage, Jujinage
 Ushiro Kubishime: Ikkyo, Nikyo, Sankyo, Yonkyo, Kokyu Tanden Ho
 Koshinage: Katate Dori, Kosa Dori, Ryote Dori, Morote Dori
 Kokyunage: Shomenuchi, Yokomenuchi, Munetsuki, Mentsuki
 Mentsuki: Kotegaeshi, Kokyu Tanden Ho, Kaitennage
Suwari Waza: Kata Dori: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kokyunage
 Yokomenuchi: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kotegaeshi, Iriminage, Kokyunage
Hanmi Handachi: Shomenuchi: Ikkyo, Iriminage
 Ryote Dori: Shihonage
 Kata Dori: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Kokyunage
 Yokomenuchi: Shihonage, Kotegaeshi, Iriminage, Kokyunage
 Mentsuki: Ikkyo, Nikyo, Sankyo, Yonkyo
Jiyu Waza: Ushiro, Morote Dori, Mentsuki, and Munetsuki
Bokken: Kumi Tachi # 1 - 4
Jo: Kumi Jo # 1 - 4 and 1 - 21 of 31 Jo Kata

IKKYU (1st Kyu) – 120 hours/12 months

All previous techniques plus:
 Morote Dori: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Jujinage, Kokyunage
 Shomenuchi: Aikinage, Udekiminage, Shihonage
 Munetsuki: Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage, Jujinage, Koshinage
 Mentsuki: Ikkyo, Nikyo, Sankyo, Yonkyo, Shihonage, Iriminage, Udekiminage
 Koshinage: Shomenuchi, Yokomenuchi, Munetsuki, Mentsuki
 Front Kick: Kokyu Tanden Ho, Kaitennage, Leg Control (Analogous to Hiji Osae)
Tanto Dori: Munetsuki, Shomenuchi, Yokomenuchi
Tachi Dori: Munetsuki, Shomenuchi, Yokomenuchi
Jiyu Waza: Any Attack: Kihon Waza, Hanmi Handachi, Suwari Waza
Bokken: Kumi Tachi # 1 - 5
Jo: Kumi Jo # 1 - 6 and 31 Jo Kata
Randori: Three Person