

Adult Testing Requirements Gokyu to Ikkyu

THISTLE AIKIKAI PROMOTION REQUIREMENTS

ADULT TESTING REQUIREMENTS

GOKYU
YONKYU
SANKYU
NIKYU
IKKYU

(50 HOURS)
(80 HOURS)
(100 HOURS)
(150 HOURS)
(200 HOURS)

KATATE DORI
IKKYO
IRIMI NAGE
HANMI HANDACHI
HANMI HANDACHI
KOKYU NAGE

GYAKU HANMI
SHIHO NAGE
NIKYO
-SHIHO NAGE
-UCHI KAITEN

KAITEN NAGE
SANKYO

-KAITEN NAGE
KATA GATAME

(UCHI & SOTO)
KOTE GAESHI
(UCHI & SOTO)
-SOTO KAITEN

KOKYU NAGE
SUMI OTOSHI
KATA GATAME

KOSHI NAGE
-KOKYU NAGE

KATATE DORI
IKKYO
IRIMI NAGE
JUJI NAGE

AI HANMI

NIKYO
YONKYO

SANKYO
SUMI OTOSHI

KOTE GAESHI
KOSHI NAGE

KAITEN NAGE

(SOTO)

SHIHO NAGE

RYOTE DORI
SUWARI WAZA
SHIHO NAGE
IRIMI NAGE
SUWARI WAZA
KOKYU NAGE

-KOKYU NAGE
TENCHI NAGE
KOTE GAESHI
-KOKYU HO

VARIATIONS

KOKYU NAGE
KOSHI NAGE

SUWARI WAZA

HANMI HANDACHI

-SHIHO NAGE

MOROTE DORI

KOKYU NAGE
IKKYO
IKKYO
UDE GARAMI

NIKYO
NIKYO
SHIHO NAGE

IRIMI NAGE
IRIMI NAGE

KOKYU NAGE
KOTE GAESHI

JUJI NAGE

KATA DORI
IKKYO
NIKYO
YONKYO
UCHI KAITEN &
SUWARI WAZA &

(MUNE/SADE)

SANKYO
SHIHO NAGE
SOTO KAITEN
TACHI WAZA

KOTE GAESHI
-KATA GATAME
-ROKKYO

KOKYU NAGE

SHOMEN
SUWARI WAZA &
SUWARI WAZA &
SUWARI WAZA &
SUWARI WAZA &
HANMI HANDACHI

UCHI
TACHI WAZA
TACHI WAZA
TACHI WAZA
TACHI WAZA
-IRIMI NAGE

-IKKYO
-NIKYO
-YONKYO
-SUMI OTOSHI
-KOTE GAESHI

-SANKYO
-IRIMI NAGE
-GOKYO
-KAITEN NAGE

-IRIMI NAGE
-KOTE GAESHI
KOSHI NAGE
(SOTO)

-KAITEN NAGE

(SOTO)

-SHIHO NAGE

YOKOMEN

SHIHO NAGE
SUWARI WAZA
SUWARI WAZA
HANMI HANDACHI

UCHI

-KOKYU NAGE
-IKKYO
-SHIHO NAGE

TACHI WAZA
-NIKYO
-KOTE GAESHI

-IKKYO
-SANKYO

-NIKYO
-YONKYO

-SANKYO
-IRIMI NAGE

-YONKYO
-KOTE GAESHI

-IRIMI NAGE

-KOTE GAESHI

-JUJI NAGE

TSUKI

IKKYO
IRIMI NAGE
SUWARI WAZA

NIKYO
SUMI OTOSHI
-IKKYO

SANKYO
GOKYO
-IRIMI NAGE

KOTE GAESHI
KOSHI NAGE
-KOTE GAESHI

USHIRO

KOKYU NAGE
IKKYO
KAITEN NAGE

RYOTE DORI

NIKYO
SHIHO NAGE

SANKYO
KOTE GAESHI

YONKYO
IRIMI NAGE

JUJI NAGE

USHIRO

KATATE ERI DORI
KATATE ERI DORI
KOTE GAESHI

KATA DORI

-IKKYO
-IRIMI NAGE
SHIHO NAGE

RYO KATA DORI
RYO KATA DORI
UDE GARAMI

-KOKYU NAGE

-IKKYO

-NIKYO

-SANKYO

-YONKYO

USHIRO

KUBI SHIME

MISCELLANEOUS OTHER