

Adult Testing Requirements Shodan to Sandan

THISTLE AIKIKAI PROMOTION REQUIREMENTS

ADULT TESTING REQUIREMENTS

SHODAN
NIDAN
SANDAN

(300 HOURS)
(400 HOURS)
(500 HOURS)

YOKOMEN
TACHI WAZA
HANMI HANDACHI
FREE STYLE

UCHI
-VARIATIONS
-KOKYU NAGE

VARIATIONS

TSUKI
ROKKYO
TACHI WAZA
FREE STYLE

VARIATIONS

USHIRO
UDE GARAMI
KOKYU NAGE
FREE STYLE

RYOTE DORI
KOSHI NAGE
VARIATIONS

USHIRO
HANMI HANDACHI
KOKYU NAGE
FREE STYLE

KATA DORI
RYO KATA DORI
VARIATIONS

-IKKYO

-NIKYO

-SANKYO

-YONKYO

-KOTE GAESHI

-SHIHO NAGE

USHIRO
IKKYO
KOKYU NAGE
FREE STYLE

KUBI SHIME
NIKYO
VARIATIONS

SANKYO

UDE GARAMI

KOTE GAESHI

MISCELLANEOUS OTHER
TANTO DORI
JO AWASE WAZA
TANTO WAZA

JO DORI
BOKKEN FORMS
FREE STYLE

FUTARI DORI
YONIN RANDORI
WRITTEN ESSAY

SANNIN RANDORI
WRITTEN ESSAY
ATTEND 2 MAJOR

WRITTEN ESSAY
ATTEND 2 MAJOR
SEMINARS

ATTEND 2 MAJOR
SEMINARS

SEMINARS

KATATE DORI
VARIATIONS
HANMI HANDACHI
KOKYU NAGE

GYAKU HANMI

VARIATIONS
KINO NAGARE

KATATE DORI
VARIATIONS

AI HANMI

RYOTE DORI
TACHI WAZA
HANMI HANDACHI

VARIATIONS
VARIATIONS

MOROTE DORI
KOSHI NAGE
TACHI WAZA

VARIATIONS

KATA DORI
SUWARI WAZA &
TACHI WAZA
TACHI WAZA

(MUNE/SADE)
TACHI WAZA
KATA DORI
RYO KATA DORI

KATA DORI
SHOMEN UCHI

VARIATIONS

SHOMEN UCHI
-IKKYO

-IKKYO
-NIKYO

-NIKYO
-SANKYO

-SANKYO
-YONKYO

-YONKYO
-KOTE GAESHI

-SHIHO NAGE
-SHIHO NAGE

-KOTE GAESHI
-IRIMI NAGE

-IRIMI NAGE

SHOMEN
TACHI WAZA
HANMI HANDACHI
SUWARI WAZA &

UCHI
-VARIATIONS
-KOKYU NAGE
TACHI WAZA &

VARIATIONS
HANMI HANDACHI

-VARIATIONS