

# 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