

Capitol City Aikido Kyu Testing Requirements

	6 (Rokyu)	5 (Gokyu)	4 (Yonkyu)	3 (Sankyu)	2 (Nikyu)	1 (Ikkyu)
	Attendance Requirements					
Training Days	20	30	50	70	90	100
Diligence	Recent 1 Month	Recent 1 Month	Recent 1 Month	Recent 2 Months	Recent 3 Months	Recent 3 Months
Seminar			1 In Previous 12 Months	1 In Previous 12 Months	2 In Previous 12 Months	2 In Previous 12 Months
	Technical Requirements					
Ukemi	-Rolls: Forward & Backward	-10 Rolls	-20 Rolls	-20 Rolls -Tobukemi (Aided)	-30 Rolls	-50 Rolls
Kokyuu Ho	-Morote Dori	-Katate Dori	-Ryote Dori -Kata Dori	-Shomen Uchi -Mune Tsuki	-Yokomen Uchi -Ryo Kata Dori	-Ushiro Ryote Dori -Ushiro Ryo Kata Dori
Ikkyo	----	-Shomen Uchi -Katate Dori	-Kata Dori -Gyakute Dori -Ryote Dori -Morote Dori	-Mune Tsuki -Ushiro Ryote Dori	-Yokomen Uchi	-Kata Dori Men Uchi -Ushiro Ryo Kata Dori -Ushiro Eri Dori -Mune Dori
Nikyo	----	-Kata Dori	-Katate Dori -Ryote Dori	-Shomen Uchi	-Morote Dori -Yokomen Uchi	-Ushiro Ryote Dori
Shihonage	----	-Katate Dori	-Yokomen Uchi -Ryote Dori	-Gyakute Dori -Shomen Uchi -Mune Tsuki	-Kata Dori Men Uchi	-Ushiro Ryote Dori -Katate Dori (4 Directions)
Kote Gaeshi	----	-Gyakute Dori	-Mune Tsuki -Shomen Uchi	-Katate Dori -Yokomen Uchi	-Kata Dori Men Uchi	-Ushiro Ryote Dori (2) -Ushiro Eri Dori
Irimi Nage	----	----	-Shomen Uchi	-Katate Dori -Ryote Dori (3) -Mune Tsuki	-Morote Dori -Kata Dori Men Uchi (3) -Yokomen Uchi (2)	-Ushiro Ryote Dori -Shomen Uchi (4 Levels)
Sankyo	----	----	----	-Shomen Uchi	-Yokomen Uchi	-Ushiro Ryo Kata Dori
Yonkyo	----	----	----	-Shomen Uchi	-Yokomen Uchi	-Ushiro Ryote Dori
Koshi Nage	----	----	----	-Katate Dori -Ryote Dori	-Morote Dori (5) -Kata Dori Men Uchi	-Ushiro Ryote Dori -Ushiro Te Kubi Shime Dori -Shomen Uchi -Yokomen Uchi -Mune Tsuki
Kokyuu Nage	----	----	-Katate Dori (5) -Gyakute Dori (5)	-Ryote Dori (5) -Morote Dori (5)	-Shomen Uchi (5) -Yokomen Uchi (5) -Mune Tsuki (5)	-Ryo Kata Dori -Ushiro Kata Dori -Ushiro Eri Dori -Ushiro Te Kubi Shime Dori
Suwari Waza	-Kokyuu Dosa	----	----	-Shomen Uchi Ikkyo-Yonkyo	-Yokomen Uchi Ikkyo-Gokyo -Kokyuu Dosa Henka (4)	----
Hanmi Handachi	----	----	----	----	----	- Shihonage: -Katate dori -Ryote Dori - Shomen Uchi/Mune Tsuki: -Irimi Nage -Kote Gaeshi -Kaiten Nage -Ushiro Ryo Kata Dori
Other Taijutsu	-Tai No Henko -Tenkan -Aiki Walk -Shikko -Basic Strikes	-Awase With Basic Strikes	-Ryote Dori Tenchi Nage -Blend With 1 Uke Pushing	-Katate Dori Kaiten Nage (2) -Blend With 2 Uke Pushing	-Shomen Uchi Kaiten Nage -Mune Tsuki Kaiten Nage -Yokomen Uchi Kaiten Nage -Yokomen Uchi Gokyo -Jyu Waza With 1 Uke -Tanto Dori	-Ushiro Ryote Dori Ju Ji Nage -Ushiro Te Kubi Shime Dori Ju Ji Nage -Randori With 2 Uke -Tachi Dori -Jo Dori -Jo Nage
Buki Waza	----	-Jo Suburi 1 - 10	-Jo Suburi 11 - 20 -Ken Suburi	-6 Jo Kata -Happo Giri	-13 Jo Kata -31 Jo Kata	-Ken Awase -Jo Awase
Behavioral	----	-Apply Dojo Etiquette	-Humble & Open-Minded	-Persevere In Training	Help With Dojo Tasks	-Coach Lower Kyuu For Tests

