

Albuquerque Iwama Aikido Testing Requirements

January 2016

All tests are cumulative. Students must know the requirements of previous tests in order to advance.

5th Kyu 30 hours of training

TACHI WAZA

Katate dori	Tai no henko	
Morote dori	Kokyu ho	
Katate dori	Shiho nage	omote & ura
Shomen uchi	Ikkyo	omote & ura
Shomen uchi	Iriminage	
Tsuki	Kote gaeshi	

VARIATIONS (2) Katate dori

UKEMI Forward and backward rolls

KOKYU DOSA

4th Kyu 40 hours of training since 5th kyu

All of 5th kyu PLUS

TACHI WAZA

Katate dori	Nikyo	omote & ura
Katate dori	Iriminage	
Shomen uchi	Nikyo	omote & ura
Yokomen uchi	Shiho nage	omote & ura
Katate ryote dori	Tenchi nage	

VARIATIONS (2) Morote dori

BUKI WAZA 1 – 5 jo suburi

3rd Kyu 60 hours of training since 4th kyu

All of 4th and 5th kyu PLUS

TACHI WAZA

Katate dori	Koshi nage	
Katate dori	Ikkyo	omote & ura

Katate dori	Kaiten nage	
Katate dori	Kote gaeshi	
Shomen uchi	Kote gaeshi	
Shomen uchi	Sankyo	omote & ura
Shomen uchi	Yonkyo	omote & ura
Tsuki	Shiho nage	omote & ura
Tsuki	Irimi nage	
Katate ryote dori	Shiho nage	omote & ura
Kata ryote dori	Kokyu nage	

VARIATIONS (3) Katate dori

BUKI WAZA

Jo	1 – 10 suburi
	13 no kata
Bokken	1 – 7 suburi
	Happo giri
	Migi no awase
	Hidari no awase

UKEMI Side rolls, break fall from kote gaeshi

2nd Kyu 70 hours of training since 3rd kyu

All of 3rd, 4th and 5th kyu PLUS

TACHI WAZA

Katate dori	Sankyo	omote & ura
Katate dori	Shiho nage	omote & ura
Kata dori	Ikkyo	omote & ura
Kata dori	Nikyo	omote & ura
Kata dori	Sankyo	omote & ura
Kata dori	Yonkyo	omote & ura

SUWARI WAZA

Shomen uchi	Ikkyo
Shomen uchi	Nikyo
Shomen uchi	Sankyo
Shomen uchi	Yonkyo

VARIATIONS (3) Morote dori
(3) Katate ryote dori
(3) Ushiro ryo kata dori
(3) Kokyu nage

BUKI WAZA

Jo	1 – 20 suburi
	31 kata

Bokken Go no awase
Schichi no awase

JIU WAZA

UKEMI Standing high fall

1st Kyu 80 hours of training since 2nd kyu

All of 2nd, 3rd, 4th and 5th kyu PLUS

TACHI WAZA

Katate dori	Yonkyo	omote & ura
Katate dori	Yonkyo	omote & ura
Katate dori	Shiho nage	4 directions
Kata dori	Nikyo	omote & ura
Kata dori	Sankyo	omote & ura
Kata dori	Yonkyo	omote & ura
Kata dori	Shiho nage	omote & ura
Kata dori	Irimi nage	
Morote dori	Ikkyo	omote & ura
Morote dori	Nikyo	omote & ura
Morote dori	Sankyo	omote & ura
Morote dori	Yonkyo	omote & ura
Morote dori	Shiho nage	omote & ura
Morote dori	Iriminage	
Shomen uchi	Shiho nage	omote & ura
Shomen uchi	Kaiten nage	
Shomen uchi	Ikkyo	omote & ura
Shomen uchi	Nikyo	omote & ura
Shomen uchi	Sankyo	omote & ura
Shomen uchi	Yonkyo	omote & ura
Shomen uchi	Gokyo	
Tsuki	Ikkyo	omote & ura
Tsuki	Nikyo	omote & ura
Tsuki	Sankyo	omote & ura
Tsuki	Yonkyo	omote & ura
Tsuki	Kaiten nage	
Katate ryote dori	Ikkyo	omote & ura
Katate ryote dori	Nikyo	omote & ura
Katate ryote dori	Sankyo	omote & ura
Katate ryote dori	Yonkyo	omote & ura
Ushiro ryote dori	Shiho nage	
Ushiro ryote dori	Kote gaeshi	

SUWARI WAZA

Kata dori	Ikkyo
Kata dori	Nikyo
Kata dori	Sankyo
Kata dori	Yonkyo
Katate ryote dori	Iriminage

HANMI HANDACHI

Katate dori	Tenchi nage
-------------	-------------

Katate dori	Iriminage
Katate dori	Koshi nage
Shomen uchi	Shiho nage
Shomen uchi	Kaiten nage
Shomen uchi	Koshi nage
Yokomen uchi	Rokyo
Tsuki	Shiho nage
Tsuki	Kaiten nage
Tsuki	Koshi nage
Katate ryote dori	Tenchi nage
Kata ryote dori	Tenchi nage
Ushiro ryote dori	Sankyo
Ushiro ryote dori	Iriminage
Ushiro ryo kata dori	Sankyo
Ushiro ryo kata dori	Iriminage

VARIATIONS (3) Ushiro kubi shime

BUKI WAZA Jo 3 jo dori
Bokken 3 tachi dori
1 – 5 kumitachi

RANDORI 2 Person

Shodan 100 hours of training since 1st kyu

All of 1st, 2nd, 3rd, 4th and 5th kyu PLUS

TACHI WAZA

VARIATIONS (5) Katate dori
(5) Ryote dori
(5) Morote dori
(5) Kata dori menuchi
(5) Ushiro ryote dori
(5) Ushiro ryo kata dori
(5) Kokyu nage
(5) Koshi nage

BUKI WAZA Jo 31 kata kumi jo
5 jo dori

Bokken 5 tachi dori

Tanto dori Tsuki
Shomen uchi

Yokomen uchi
Slash
Tanto to throat from front
Tanto to throat from back

RANDORI 3 Person

Nidan 200 hours of training and one year since Shodan

All of Shodan PLUS

TACHI WAZA

VARIATIONS (3) Kote gaeshi
(3) Shiho nage
(3) Irimi nage
(3) Ushiro waza

HANMI HANDACHI

VARIATIONS (3) Katate dori
(3) Ryote dori
(3) Shomen uchi
(5) Ushiro waza

BUKI WAZA Jo 5 jo dori
Bokken 5 tachi dori
1 – 5 Kunitachi (henka)
Tanto dori 5 tanto dori

RANDORI 3 Person

Sandan 300 hours of training and two years since Nidan

All of Nidan PLUS

TACHI WAZA

7 PILLARS (3) Kote gaeshi
(3) Shiho nage
(3) Irimi nage
(3) Ushiro waza
(3) Kaiten nage

- (3) Kokyu nage
- (3) Koshi nage

HANMI HANDACHI

- (3) Ushiro ryote dori
- (2) Ushiro ryo kata dori

KAESHI WAZAS

3 Reversals each
Shomen uchi Ikkyo
Tsuki kote gaeshi
Shomen uchi Iriminage
Katate dori shiho nage

PROGRESSIONS

Katate dori developed in 3 stages

BUKI WAZA

Jo 5 jo dori

Bokken 5 tachi dori

Ken tai jo

Tanto dori 5 tanto dori

RANDORI

3 Person