

Lakeshore Aikido
Time & Technique Requirements for Kyu Promotions

6th Kyu (30 hours/3 months)

Tenkan/Irimi/Irimi tankan
Happo undo
Kosa dori ikkyo; iriminage
Ushiro ryokatadori ikkyo (static)
Munetsuki kotegaeshi
Katatedori shihonage
Yokomenuchi shihonage
Kokyu tanden ho
Ukemi: Basic Falls and Rolls (Forward and Backward)
Follow movement of Nage

5th Kyu (60 hours/4 months)

All previous techniques plus:
Shomenuchi iriminage
Shomenuchi nikyo
Shomenuchi kotegaeshi; shihonage
Katatedori kotegaeshi
Katatedori kokyunage (at least 3)
Katadori ikkyo; nikyo
Munetsuki kaitennage, kokyunage
Ukemi: Shikko

4th Kyu (60 hours/4 month)

All previous techniques plus:
Shomenuchi sankyo; yonkyo
Katadori sankyo; yonkyo
Katatedori kaitennage (uchi and soto)
Yokomenuchi ikkyo; kotegaeshi; iriminage
Ryotedori tenchinage; shihonage; iriminage
Ryotedori kokyunage (at least 3)
Kosa dori hijinage
Katatedori hijinage
Ukemi: Feather fall (assisted or solo)

3rd Kyu (70 hours/4 months)

All previous techniques plus:
Katatedori ikkyo; nikyo; sankyo; yonkyo
Ushiro ryokatadori ikkyo; nikyo; sankyo; yonkyo
Ushiro tekubitori shihonage; iriminage
Ushiro waza kokyunage (at least 3)
Munetsuki hijinage (or udekemenage)

Suwariwaza:

Shomenuchi, Katadori, Katatedori, Kosa dori ikkyo;
nikyo; sankyo; yonkyo
Shomenuchi iriminage
Hanmi handachi:
Katatedori shihonage
Ryotedori shihonage
Katatedori kaitennage (uchi and soto)
Ukemi: Breakfall, no-hands roll

2nd Kyu (80 hours/6 months)

All previous techniques plus:
Shomenuchi gokyo; kaitennage
Yokomenuchi nikyo; sankyo; yonkyo; gokyo
Katatedori ryote mochi (morotedori) ikkyo; nikyo; sankyo;
yonkyo; shihonage; kotegaeshi;
kokyunage (at least 3)
Koshinage from shomenuchi; yokomenuchi; katatedori;
munetsuki

Suwariwaza

Katadori ikkyo; nikyo; sankyo; yonkyo
Yokomenuchi ikkyo; nikyo; sankyo; yonkyo;
iriminage; kotegaeshi
Hanmi handachi
Yokomenuchi shihonage; kotegaeshi; iriminage;
kokyunage (at least 3)

Two-person randori

Ukemi: Breakfall/Koshinage ukemi

1st Kyu (90 hours/6 months)

All previous techniques plus:
Morotedori jujinage
Jiyu waza: Standing (All attacks)
Suwariwaza shomenuchi; yokomenuchi;
katadori; katatedori
Hanmi handachi (all attacks)

Tanto dori: shomenuchi; yokomenuchi; tsuki

Tachi dori: shomenuchi; yokomenuchi; tsuki

Jo dori: shomenuchi; yokomenuchi; tsuki

Three-person randori

*All techniques omote and ura where applicable.

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6th Kyu

Sword Requirements

Demonstrate these kamae:

- Seigan
- Chudan
- Jodan
- Jodan hasso
- Gedan
- Gedan hasso

With a partner demonstrate both sides of the basic paired striking-blocking exercise: shomen, do, yokomen, kote, tsuki

Jo Requirements

Demonstrate the basic solo jo form

5th Kyu

Sword Requirements

With a partner demonstrate the following responses to a shomen strike from gedan hasso:

- Tsuki to the throat (C-cut)
- Falling spiral deflection
- Rising spiral deflection
- Cut to the midsection

Demonstrate the solo 8-direction sword cut (happo giri)

Jo Requirements

With a partner demonstrate the basic jo form
Kumi-jo Kata #1

4th Kyu

Sword Requirements

Kumitachi Katas #1 - 3 (both sides)

Jo Requirements

Kumi-jo Katas #1 – 3 (both sides)

3rd Kyu

Sword Requirements

Kumitachi Katas #1 – 6 (both sides)

Jo Requirements

Kumi-jo Katas #1 – 6 (both sides)

2nd Kyu

Sword requirements

Kumitachi Katas #1 – 9 (both sides)

Jo Requirements

Kumi-jo Katas #1 – 6 (both sides)

1st Kyu

Sword Requirements

Kumitachi Katas #1 – 12

Both sides, differentiate the “win” katas
Bonus, Katas #13 - 15

Jo Requirements

Kumi-jo Katas #1 – 6 (both sides)
Bonus, Variations

Any student applying for promotion must be or become an ASU member. It is necessary to have completed the required hours of training (no matter how many hours you practice in one day, one day’s training only counts as one hour), and it is necessary that the waiting period (number of months) between each examination has expired before applying.

Annual ASU mudansha membership dues: \$45

Mudansha promotion certificates: \$45

Annual ASU yudansha membership dues: \$75

Yudansha promotion fee is determined by Hombu Aikikai.