

---

# Odder Aikido Dojo

## KYU TEST REQUIREMENTS

---



**Prepared by:**  
Lars Chr. Duus Hausmann  
on January 6, 2025



# 6 kyu

## Time Requirements

In order to be eligible for this kyu level the minimum requirements must be fulfilled:

Amount of training (days): 20

Amount of months with regular training: 3-4

## Technical Requirements

### Taichi Waza

#### Ukemi

- Mae
- Ushiro

#### Hamni

Left and right

#### Shikko

Forward and backward

#### Tai no henko

#### Morote dori

- Kokyo ho

#### Gyaku hamni - Kata dori

- Ikkyo (omote waza)
- Nikyo (ura waza)

#### Gyaku hanmi - Katate dori

- Shiho nage (omote and ura waza)

#### Gyaku hanmi - Ryote dori

- Tenchi nage

#### Ai hamni - Katate dori (Kosa dori)

- Ikkyo omote and ura waza
- kote gaeshi

## Suwari Waza

#### Royte Dori

- Kokyo ho





# 5 kyu

## Time requirements

In order to be eligible for this kyu level the minimum requirements must be fulfilled:

Amount of training (days): 30

Amount of months with regular training: 4-6

## Technical Requirements

---

### Taichi-Waza

#### Tai no henko

- Kihon
- Ki no nagare - awase (short form)

#### Morote dori Kokyu ho

#### Gyaku hamni - katate dori

- Ikkyo (omoto waza)
- Nikyo (ura waza)
- Kote gaeshi

#### Ai hamni - katate dori

- Nikyo (ura waza)
- Irimi Nage

#### Shomenuchi

- Ikkyo (omoto and ura waza)
- Kote gaeshi

#### Gyaku hamni - Ryote dori

- Shiho nage (omoto and ura waza)

### Suwari Waza

#### Ryote Dori

- Kokyo ho

### Buki Waza

#### Ken

- Ken Kamae
- 1,2,3 suburi

#### Jo

- Jo suburi 1-5





# 4 kyu

## Time requirements

In order to be eligible for this kyu level the **minimum** requirements must be fulfilled:

Amount of training (days): **50**

Amount of months with regular training: **6**

## Technical Requirements

---

### Ukemi

Must be able to demonstrate tobu ukemi with partner from kote-gaeshi, koshi-nage

### Suwari-Waza

#### Ryote Dori

- Kokyo-ho

### Tachi-Waza

#### Tai no henko

- Kihon
- Awase and ki no nagare (short form and long forms)

### Buki waza

#### Ken

- 1-7 suburi

### Morote dori

- Kokyo-ho

#### Jo

- Suburi 1-10
- Roku no jo kata

### Gyaku hanmi - Kata dori

- Ikkyo: Kihon (omote waza), Awase (omote waza), Ki no nagare (omote and ura waza)
- Nikyo: Kihon, Awase and Ki no nagare (only ura waza)

### Gyaku hanmi - Katate dori

- kaiten nage (uchi mawari, soto mawari)

### Shomen-Uchi

- Nikkyo
- Sankyo
- Kote-gaeshi
- Shiho-nage
- Irimi-nage (kihon)

### Ushiro Royte Dori

- Kokyo-ho
- Ikkyo
- Kote-gaeshi





# 3 kyu

## Time requirements

In order to be eligible for this kyu level the minimum requirements must be fulfilled:

Amount of training (days): 60

Amount of months with regular training: 9-12

## Technical Requirements

---

### Tachi-Waza

#### Tai no henko

- Kihon
- Awase and ki no nagare (short form and long forms)

#### Morote dori Kokyo ho

- Version 1 - Kihon
- Version 2 - Twisting nage's arm

#### Shomen uchi

- Yonkyo (omoto and ura waza)
- Irimi nage - ki no nagare

#### Yokomen uchi

- Ikkyo omoto waza
- Gokyo ura waza

#### Ushiro Ryote Dori

- Nikkyo
- Sankyo
- Koshi-Nage

### Suwari-Waza

#### Shomen-Uchi

- Ikkyo
- Nikyo

#### Ryote Dori

- Kokyo-ho

### Buki waza

#### Ken

- 1-7 suburi
- Migi awase
- Hidari awase

#### Jo

- Suburi 11-20

## 2 kyu

### Time requirements

In order to be eligible for this kyu level the minimum requirements must be fulfilled:

Amount of training (days): 70

Amount of months with regular training: 9-12

### Technical Requirements

#### Tai Jutsu

##### Tai No Henko

- Kihon
- Awase and ki no nagare (short form and long forms)

##### Morote dori Kokyo ho

- Kihon
- Jodan
- Gedan

##### Ryote Dori Koshi nage

3 forms:

- "head under" version. outside tai sabaki.
- "head not under" version 1: yonkyo grip outside tai sabaki
- "head not under" version 2: gyaku te grip

##### Yokomen uchi

- Irimi-nage, kihon

##### Tsuki

- Kote-gaeshi
- Irimi-nage

##### Ushiro Ryote Dori

- Jujinage
- Kote-gaeshi

##### Hamni Hamdachi Katate Dori

- Shiho nage, omote waza

##### Hamni Hamdachi Ryote Dori

- Shiho nage, omote waza

#### Tai Jutsu

##### Suwari Waza Yokemen Uchi

- Ikkyo

##### Suwari Waza Royte Dori

- Kokyo-ho

#### Jiu Waza

Attacks:

- Kata Dori
- Katate Dori
- Shomen Uchi

#### Buki Waza

##### Ken

- Go no Awase
- Schihi no Awase

##### Jo

- 31 kata



# 1 kyu

## Time requirements

In order to be eligible for this kyu level the minimum requirements must be fulfilled:

Amount of training (days): 80

Amount of months with regular training: 9-12

## Technical Requirements

### Ukemi

Must be able to demonstrate tobu ukemi with partner from kote-gaeshi, koshi-nage

### Tachi-Waza

#### Tai no henko

- Kihon
- Awase and ki no nagare (short form and long forms)

#### Morote dori

- Kokyo-ho
  - Jodan — Kihon and Ki no nagare
  - Gedan — Kihon and Ki no nagare

#### Yokomen Uchi

- Kote-gaeshi, kihon and ki no nagare
- Irimi-nage, kihon and ki no nagare
- Shiho-nage, kihon and ki no nagare

#### Ushiro Eridori

- Ikkyo

#### Ushiro Mune Dori

- Jujinage (katate)

### Kokyo nage

Attacks from

- Morote Dori
- Ryo Kata Dori
- Ryote Dori

### Jiu waza

- All attacks — all basic techniques

### Suwarei-Waza

#### Shomen-Uchi

- Irimi Nage

#### Ryote Dori

- Kokyo-ho

### Buki waza

#### Ken

- Shiho giri
- Happa giri
- Tachi-dori – 2 techniques both sides

#### Jo

- 13 kata
- jo-dori: 2 techniques both sides
- jo-nage: 2 techniques

