

USAF Kyu/Dan Test Requirements 2018 (updates in pink)

Test requirements are cumulative. Students may be asked to perform techniques from previous exams.

6th Kyu (Rokukyu) 20 practice days since beginning

Seiza (a) **Bowing/Rei** (b) **Rise from seiza**
Shikko*

Hanmi (a) **Migi hanmi** (b) **Hidari hanmi**

Ukemi (a) **Ushiro ukemi** (1) **back fall** (2) **back roll***
(b) **Mae ukemi***

Kokyu undo (a) **Funakogi undo** (b) **Ikkyo undo**

Tai sabaki (a) **Tenkan** (b) **Irimi** (c) **Irimi tenkan**
(d) **Tenshin**

Hanmi (w/partner) (a) **Ai hanmi** (b) **Gyaku hanmi**

Striking Attacks (w/partner) (a) **Tsuki** (b)

Yokomenuchi (c) **Shomenuchi**

Tai no henko (w/partner) as both uke and nage

Kokyudosa – Zagi Kokyuho (sitting) (w/partner)

5th Kyu (Gokyu) 40 practice days after 6th Kyu

Shomenuchi Ikkyo (omote & ura)

Shomenuchi Iriminage

Katatetori Shihonage (omote & ura)

Ryotetori Tenchinage (omote & ura)

Tsuki Kotegaeshi

Ushiro Tekubitori Kotegaeshi (omote & ura)

Morotetori Kokyuho (omote & ura)

4th Kyu (Yonkyu) 80 practice days after 5th Kyu

Shomenuchi Nikyo (omote & ura)

Yokomenuchi Shihonage (omote & ura)

Tsuki Iriminage

Ushiro Tekubitori Sankyo (omote & ura)

Ushiro Ryokatatori Kotegaeshi (omote & ura)

Suwari waza:

Shomenuchi Ikkyo (omote & ura)

Katatori Nikyo (omote & ura)

Katatori Sankyo (omote & ura)

3rd Kyu (Sankyu) 100 practice days after 4th Kyu

Yokomenuchi Iriminage (2 variations)

Yokomenuchi Kotegaeshi (omote & ura)

Tsuki Kaitennage (omote & ura)

Ushiro Ryokatatori Sankyo (omote & ura)

Morotetori Iriminage (2 variations)

Shomenuchi Sankyo (omote & ura)

Suwari waza:

Shomenuchi Iriminage

Shomenuchi Nikyo (omote & ura)

Hanmi handachi:

Katatetori Shihonage (omote & ura)

Katatetori Kaitennage (uchi & soto mawari**)

**Uchi & Soto mawari—Both inside (Uchi) and outside (Soto) movements.

2nd Kyu (Nikyu) 200 practice days after 3rd Kyu

Seminar attendance is encouraged

Shomenuchi Shihonage (omote & ura)

Shomenuchi Kaitennage (omote & ura)

Yokomenuchi Gokyo (omote & ura)

Ushiro Tekubitori Shihonage (omote & ura)

Ushiro Kubishime Koshinage

Ushiro Tekubitori Jujinage (omote & ura)

Morotetori Nikyo (omote & ura)

Hanmi handachi:

Shomenuchi Iriminage

Katatetori Nikyo (omote & ura)

Yokomenuchi Kotegaeshi (omote & ura)

Randori (2 attackers)

1st Kyu (Ikkyu) 300 practice days after 2nd Kyu

Seminar attendance is strongly encouraged

Katatori Menuchi – 5 Techniques

Yokomenuchi – 5 Techniques

Morotetori – 5 Techniques

Shomenuchi – 5 Techniques

Tsuki - 5 Techniques

Ryotetori – 5 Techniques

Koshinage – 5 Techniques

Hanmi handachi: Ushiro waza – 5 Techniques

Tanto tori

Randori (3 attackers)

Shodan (300 practice days after 1st Kyu/Not<1 year)

Must attend one seminar per year

All Kyu Requirements including all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear.

Swari waza shomenuchi ikkyo-gokyo

Tachi tori

Jo tori and Jo waza

Henka waza

Randori (4 attackers)

Nidan (600 practice days after Shodan/Not<2 years)

Must attend two seminars per year

All Shodan Requirements

Swari waza shomenuchi ikkyo-gokyo

Tachi tori (2 attackers)

Kaeshi waza

Randori (5 attackers)

Sandan 700 practice days after Nidan/Not<3 years

Must attend two seminars per year (see below)

Yondan * (Not<4 years after Sandan)

Must attend two seminars per year (see below)

Subject of Sandan & Yondan to be determined by examiner at the time of examination



Nomenclature

Hanmi handachi

Uke standing and Nage sitting

Henka waza—Switching from one technique to another.

Examiner will call the first technique

Jiyu waza

Interval attacks w/nage varying techniques

Jo tori

Disarm attacker of jo

Jo waza

Techniques performed with jo

Katatetori

One hand grab to wrist

Katatori

One hand grab to shoulder

Kaeshi waza—Counter techniques.

Uke applies the technique to Nage.

Original technique will be called by examiner. (e.g., to apply Sankyo against Nikyo)

Katatori Menuchi

Grab to shoulder with strike to head

Morotetori

Two hands grab to one wrist

Randori

Freestyle—rapid simultaneous attacks

Ryotetori

Both wrists held from the front

Seiza

Sitting—meditative posture

Shomenuchi

Strike to forehead

Suwari waza

Techniques performed while sitting

Tai sabaki

Body movement

Tachi tori

Disarm attacker of bokken

Tanto tori

Disarm attacker of tanto

Tsuki

Thrust or punch with closed fist

Undo

Exercise

Ushiro Kubishime

Choke from behind with wrist grab

Ushiro Ryokatatori

Both shoulders held from behind

Ushiro Tekubitori

Both wrists held from behind

Waza

Technique

Yokomenuchi

Strike to side of head

Zagi

Sitting—active posture

*Instructor's option depending on age and ability.