

Lake Shore Aikido

TIME & TECHNIQUE REQUIREMENTS FOR KYU PROMOTION

6th Kyu (30 hours/3 months)

Tenkan

Ukemi (forward & back)

Shomenuchi ikkyo; iriminage

Ai dori ikkyo; iriminage

Ushiro ryokataori ikkyo (static)

Munetsuki kotogaeshi

Katatedori shihonage

Yokomenuchi shihonage

Kokyu tanden ho

5th Kyu (60 hours / 4 months)

All previous techniques plus:

Shomenuchi nikyo

Shomenuchi kotegaeshi; shinonage

Katatedori kotegaeshi

Katatedori kokyunage (at least 3)

Katadori ikkyo; nikyo

Munetsuki kaitennage

4th Kyu (60 hours / 4 months)

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)

Katatedori ryote mochi kokyu tanden ho

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 kubishime kotegaeshi

Ushiro waza kokyunage (at least 3)

Suwariwaza:

Shomenuchi ikkyo; nikyo; sankyo; yonkyo

Shomenuchi iriminage

Hanmi handachi: Katatedori shinonage

Ryotedori shihonage

Katatedori kaitennage (uchi & soto)

2nd Kyu (80 hours / 6 months)

All previous techniques plus:

Katatedori ryote mochi ikkyo; nikyo; sankyo; yonkyo

Yokomenuchi nikyo; sankyo; yonkyo

Katatedori ryote mochi iriminage; shihonage; kotegaeshi

Katatedori ryote mochi kokyunage (at least 3)

Koshinage from: Shomenuchi

Yokomenuchi

Katate dori

Munetsuki

Shomenuchi kaitennage

Suwariwaza:

Kata tori ikkyo; nikyo; sankyo; yonkyo

Yokomenuchi ikkyo; nikyo; sankyo; yonkyo

Yokomenuchi iriminage

Yokomenuchi kotegaeshi

Hanmi handachi:

Yokomenuchi shihonage; kotegaeshi

Yokomenuchi iriminage

Yokomenuchi kokyunage (at least 3)

Two person Randori

1st Kyu (90 hours / 6 months)

All previous techniques plus:

Jiyu waza: Standing (all attacks)

Hanmi handachi (all attacks)

Suwariwaza: Yokomenuchi; Shomenuchi;

Katatedori; Katadori

Tanto dori: Munetsuki; Shomenuchi;

Yokomenuchi; Slash

Tachi dori: Shomenuchi; Yokomenuchi; Tsuki

Jo dori: Shomenuchi; Yokomenuchi; Tsuki

Three person Randori

Any student applying for promotion (4th kyu and above) must be 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.

Yearly kyu membership dues is \$45.

The fee for a kyu certificate is \$55 for each kyu grade.

Yearly yudansha membership dues is \$75.