

# USAF Kyu/Dan Test Requirements 2020 (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)**

## 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.

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