



# Fox Valley Aikikai

## Kyu Rank Promotion Guidelines



Attacks	Gokyu / 5th Kyu 50 Hours	Yonkyu / 4th Kyu + 80 Hours	Sankyū / 3rd Kyu + 100 Hours	Nikyu / 2nd Kyu + 150 Hours	Ikkyū / 1st Kyu + 200 Hours
<b>Katatedori Gyakuhanmi</b>	Ikkyo Shihonage Kaitennage (Uchi & Soto)	Iriminage Nikyo Sankyō Kotegaeshi Kokyunage	Sumiotoshi Koshinage <b>Hanmi Handachi</b> - Shihonage - Kaitennage (Uchi & Soto)	<b>Hanmi Handachi:</b> - Uchikaiten Katagatame - Sotokaiten Katagatame - Kokyunage	Kokyunage
<b>Katatedori Aihanmi</b>	Ikkyo	Iriminage Nikyo Sankyō Kotegaeshi Kaitennage (Soto) Shihonage	Jujinage Yonkyō Sumiotoshi Koshinage		
<b>Ryotedori</b>	<b>Suwariwaza:</b> - Kokyuho	Shihonage Tenchinage Kokyunage <b>Hanmi Handachi:</b> - Shihonage	Iriminage Kotegaeshi Koshinage	<b>Suwariwaza:</b> - Kokyuho	Kokyunage - Variations <b>Suwariwaza:</b> - Variations
<b>Morotedori</b>		Kokyunage	Ikkyo Nikyo Iriminage Kokyunage	Ikkyo Nikyo Iriminage Kotegaeshi Jujinage	Udegarame Shihonage
<b>Katadori</b>	Ikkyo	Nikyo Sankyō	Yonkyō Shihonage Kotegaeshi	Uchikaiten Katagatame Sotokaiten Katagatame	Rokkyo Kokyunage <b>Suwariwaza:</b> - Rokkyo
<b>Shomenuchi</b>	Ikkyo <b>Suwariwaza:</b> - Ikkyo	Nikyo Sankyō <b>Suwariwaza:</b> - Nikyo - Sankyō	Yonkyō Iriminage Kotegaeshi Kaitennage (Soto) Shihonage <b>Suwariwaza:</b> - Yonkyō - Iriminage - Kotegaeshi - Kaitennage (Soto) - Shihonage	Sumiotoshi Gokyo Koshinage <b>Suwariwaza:</b> - Sumiotoshi - Gokyo	<b>Hanmi Handachi:</b> - Iriminage - Kotegaeshi - Kaitennage (Soto)
<b>Yokomenuchi</b>		Shihonage	Ikkyo Nikyo Sankyō Yonkyō Iriminage Kotegaeshi Jujinage <b>Suwariwaza:</b> - Kokyunage	<b>Suwariwaza:</b> - Ikkyo - Nikyo - Sankyō - Yonkyō - Iriminage - Kotegaeshi	<b>Hanmi Handachi:</b> - Shihonage - Kotegaeshi
<b>Tsuki</b>			Ikkyo Nikyo Sankyō Kotegaeshi	Iriminage Sumiotoshi Gokyo Koshinage	<b>Suwariwaza:</b> - Ikkyo - Iriminage - Kotegaeshi
<b>Ushiro Ryotedori</b>			Kokyunage	Ikkyo Nikyo Sankyō Yonkyō	Kaitennage Shihonage Kotegaeshi Iriminage Jujinage
<b>Ushiro Ryokatadori</b>			<b>Katate Eridori</b> - Ikkyo <b>Ryokatadori</b> - Kokyunage	<b>Katate Eridori</b> - Iriminage <b>Ryokatadori</b> - Ikkyo - Nikyo - Sankyō - Yonkyō	Kotegaeshi Shihonage Udegarame
<b>Weapon: Jo Weapon: Boken</b>		Tsuki & Cover (Right & left) Suburi, Shiho-Giri (right & left)	Kesa List (12/14) Kiri Kaeshi (4 variations)	Tsuki List (12 / 16) 8-Count Suburi	Shomen List (12 / 13) Kiri Otoshi (Jodan static)
<b>Other</b>			Attend 1 major seminar	Attend 1 major seminar	Attend 2 major seminars