

AIKIDO SHINKI RENGO

Examination Requirements

10. to 6. Kyu



10. Kyu	Ukemi (Mae-kaiten, Ushiro-kaiten)	
	Shikko	
	Kamae-Undo	
9. Kyu	Ukemi (Yoko-kaiten, Yoko-suberi)	
	Katate-dori (Ai-hanmi)	Ikkyo
		Kote-gaeshi
		Shiho-nage
8. Kyu	Katate-dori (Ai-hanmi)	Irimi-nage
	Katate-dori (Gyaku-hanmi)	Shiho-nage
		Sumi-otoshi (irimi)
7. Kyu	Ryote-Katate-dori (=Morote-dori, Gyaku-hanmi)	Kokyu-nage
		Ikkyo
	Shomen-uchi	Ikkyo
6. Kyu	Shomen-uchi	Irimi-nage
	Tsuki	Irimi-nage
	Ryote-Kubi-jime	Sumi-otoshi