

Kohala Aikikai Kyu Promotion Guidelines

**NOTE: All techniques are Tachiwaza (omote & ura, if applicable) unless otherwise stated.*

Attacks	Gokyu/5th Kyu	Yonkyu/4th Kyu	Sankyu/3rd Kyu	Nikyu/2nd Kyu	Ikkyu/1st Kyu
	50 or more hours	80 or more hours	100 or more hours	150 or more hours	200 or more hours
Katatedori Gyakuhanmi	Ikkyo Shihonage Kaitenage (uchi & soto)	Iriminage Nikyo Sankyo Kotegaeshi Kokyunage	Sumiotoshi Koshinage Hanmi Handachi: Shihonage Kaitenage (uchi & soto)	Kokyunage Hanmi Handachi: Katagatame (uchi & soto)	Kokyunage (variations)
Katatedori Aihanmi	Ikkyo	Iriminage Nikyo Sankyo Kotegaeshi Kaitenage (soto) Shihonage	Jujinage Yonkyo	Sumiotoshi Koshinage	Kokyuho (variations)
Ryotedori		Shihonage Tenchinage Kokyunage	Iriminage Kotegaeshi Hanmi Handachi: Shihonage	Suwariwaza: Kokyuho	Kokyunage (variations) Suwariwaza: Ikkyo Nikyo
Morotedori		Kokyunage	Ikkyo Nikyo Kokyunage	Iriminage Kotegaeshi Jujinage	Udegaramé Shihonage
Katadori	Ikkyo	Nikyo Sankyo	Yonkyo Shihonage Kotegaeshi	Katagatame (uchi & soto)	Rokkyo Kokynage Suwariwaza: Rokkyo
Shomenuchi	Ikkyo Suwariwaza: Ikkyo	Nikkyo Sankyo Iriminage Suwariwaza: Nikyo Sankyo	Yonkyo Kotegaeshi Kaitenage (Soto) Suwariwaza: Yonkyo Iriminage Kotegaeshi	Sumiotoshi Gokyo Suwariwaza: Gokyo Kaitenage (soto)	Hanmi Handachi: Iriminage Kotegaeshi Kaitenage (soto)
Yokomenuchi		Ikkyo Nikyo Shihonage	Sankyo Yonkyo Iriminage Kotegaeshi Jujinage Suwariwaza: Kokyunage	Suwariwaza: Ikkyo Nikyo Sankyo Yonkyo Kotegaeshi	Hanmi Handachi: Shihonage Kotegaeshi

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Tsuki			Ikkyo Nikyo Sankyo Kotegaeshi	Iriminage Sumiotoshi Yonkyo Gokyo	Suwariwaza: Ikkyo Iriminage Kotegaeshi
Ushiro Ryotedori			Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Kaitenage Shihonage Kotegaeshi Iriminage Jujinage
Ushiro Ryokatadori			Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Kotegaeshi Shihonage Udegarama
Ushiro Katate Eridori			Ikkyo	Iriminage	
Kokyudosa exercise will be done at the end of every test.					

One should be prepared to do any technique from previous ranks.

Must have at least minimum hours to take test.

Promotions are granted solely at the discretion of the teachers. Though this grid may appear as a bureaucratic exercise, promotion in the art is based on a holistic and heartfelt assessment of the student's progress. Athletic ability is only one small part of the assessment.

These are guidelines. We will not ask you to do something that is likely to cause injury due to age or previous injury.

Every person is different and may need special considerations. Please ask if you have any injury or condition that may prevent you from taking part in any particular exercise.

Please take the opportunity to practice more, especially before and after practice, and during scheduled free practice times.