

# Tenzan Aikido Test Requirements

## 7<sup>th</sup> Kyu (25 hours)

Katate dori (ai-hanmi)  
Wrist grab right-to-right/left-to-left

Ikkyo\*- hand to elbow  
Iriminage 2 - hold collar

Katate dori (gyaku hanmi)  
Wrist grab right-to-left

Irimi and Tenkan with partner  
Ikkyo\*  
Kotegaeshi  
Shihomage\*  
Kokynage (forward ukemi)

Kokyudosa

## 6<sup>th</sup> Kyu (30 hours)

Tsuki(punch)

Kotegaeshi  
Iriminage (Var. 1)

Katate dori (ai-hanmi)

Sankyo\* Pin 3 no hand change, Jujinage

Shomenuchi

Ikkyo\*  
Iriminage (Var. 2)

Self-defense technique against boxers attack  
Morote dori (right-to-left stance)

Iriminage – use fade  
Kokyuho

\*omote and ura,

**Page 2**

**5<sup>th</sup> Kyu (50 hours)**

Katate dori (ai hanmi)

Kotegaeshi  
Nikyo (scooping method)  
Shihonage  
Sankyo\* (pin # 3) direct method

Katate dori (gyaku hanmi)

Iriminage  
Nikyo (ura only)  
Jujinage

Shomenuchi

Kotegaeshi

Tsuki

Nikyo (ura only)

Morote dori (right-left stance)

Kokyunage (into a forward roll)

Ryote dori

Tenchinage (heaven and earth throw)

Self-defense: Uke in sparring stance

Irimi w/palm to double leg takedown

4<sup>th</sup> Kyu (50 hours)

Katate dori (gyaku hanmi)	Kaitenage** grab wrist & neck Kokyu nage (spirals, 2 variations)
Shomenuchi	Nikyo* Shihonage (omote only) Kaitenage
Suwariwaza	Ikkyo*, Nikyo*, Iriminage 2
Yokomenuchi	Shihonage*, Nikyo*, Kotegaeshi, Iriminage 2
Tsuki	Kaitenage, Shihonage*, Hijishime ( elbow bar )
Self-defense: Standing headlock	Sankyo
Weapons - boken: Uchikomi, kirikaeshi and Kiritoshi with partner: Jo: Kesa uchi against kesa uchi (no step + one step var) Tsuki/makiotoshi continuous partner practice	

\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare

**3<sup>rd</sup> Kyu (80 hours)**

Shomenuchi

Suwariwaza – sitting techniques  
Hanmihandachi – Nage sits, Uke stands  
Tachi waza – standing techniques

Sankyo\*, Yonkyo\*, Kaitenage  
Iriminage, Ikkyo\*  
Ikkyo based koshinage

Ushirotekubidori

Sankyo\*, Kokyunage (wave breaking)

Katatedori

Hanmihandachi

Koshinage – hip throw  
Shihonage (2 variations), Kaitennage\*\*  
Sumiotoshi

Morotedori

Ikkyo\*, Nikyo\*, Kotegaeshi,  
Ikkyo based kokyunage

Ryotedori

Kaitenage, kokyunage (uchi to forward roll  
and to back roll),  
Shihonage (static & kinonagare)

Katadori

Ikkyo, Nikkyo (ura only)

Ushirotekubidori

Kotegaeshi, Shihonage\*, Ikkyo\*

Jo dori: nage holds the jo- Shihonage based movement

\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare

2<sup>nd</sup> Kyu (80 hours)

Shomenuch	Gokyo (tachi and suwari), Kokyunage based on kesa cut, Pull bow, Shihonage - 2 directions Koshinage–sankyo pull method
Yokomenuchi Suwariwaza  Hanmihandachi Standing	Ikkyo through Yonkyo* Kokyunage (step back and cut) Shihonage, Kotegaeshi, Kokyunage turn and drop to knees Sankyo, Yonkyo Kokyunage – double cut, Gokyo
Katadori	Sumiotoshi, Shihonage (static), Kaitenage soto only,
Kokyunage (palm to chin),	Hijishime
Ryotedori	Kokyunage variations (4 of your choosing)
Morotedori	Iriminage - con't. and changing
Ryokatadori (grab both shoulders)	Kokyunage variations (palm-to-chin, Shihonage type), Shihonage, 2 basic freestyle throws
Jodori	Sotokaiten based move

Self-defense: neck grab to hijishime – no steps  
Weapons: Jo: Tenzan 1<sup>st</sup> Segment, Bokken: San-no-tachi  
Freestyle 2 attackers – shoulder grabs only

1<sup>st</sup> Kyu

Katatedori	Kokyunage (Palm-heel to chin, uchi and soto mawari) Katagatame**, Shihonage*** Jo, Chu & Ge Nikyo – ura***
Katadori	Kotegaeshi, kokyunage, Katagatame**
Katadorimenuchi (grab shoulder and strike with other hand)	Iriminage, ikkyo, shihonage, kotegaeshi, nikyo
Morotedori	Udegarami (cross uke's arms to throw)
Tsuki	Udegarami (done on 1 arm), Koyunage variations (double cut, ushiroate, draping move)
Maigiri (front snap kick)	Kokyunage/iriminage based on draping move.
mawashigiri (round house kick)	Take down - hug leg and bow
Ushirotekubidori	Kokyunage 1 hand lowers to pull Uke through Iriminage Jijinage, koshinage sankyo grip,
Jodori	5 Techinques of your choice
Tachidori	Iriminage, kotegaeshi

Bokken: Ichi-no-tachi, Jo: Tenzan kata - complete  
Two Person Freestyle Random attacks

\*omote and ura, \*\*soto and uchi, \*\*\*kinonagare

**Shodan (100 hours)**

All first kyu requirements

Katatedori (gyakuhanmi)

Hanmihandachi

Kokynage variations,  
Iriminage –jo, chu, ge  
Sumiotshi –jo, chu, ge  
Ikkyo\*, Iriminage,  
Nikyo (ura only)

Yokomenuch

Koshinage based on shihonage

Morotedori

Shihonage – Jodan & Gedan  
Iriminage variations jo, chu, ge  
(continuous and change direction)  
Koshinage based on udegarami  
Nikyo – 4 variations

Ryotedori

Kokyunage variations –  
outside spirals – short and long var.  
Koshinage based on outside spiral  
Shihonage\*\*\* jo, chu, ge + jo 4 dir

Katadorimenuchi

Ikkyo-yonkyo, iriminage, shihonage,  
Kotegaeshi, Kokyunage

Ushirokatadori

hanmihandachi

Kokyunage variations - forward wave,  
head and arm sweep through, udegarami,  
Shihonage, Ikkyo-Sankyo\*, kotegaeshi  
Same as above (no head/arm variation)

Ushirokubishime  
(Choke and wrist grab)

Kokyunage, sankyo, Iriminage, kotegaeshi,  
Koshinage

Ushiroiridori

Ikkyo, nikyo, shihonage, iriminage

Tanto dori

kotegaeshi, gokyo and hijishime form all  
standard attacks, Backhand to choke.  
Random attacks

3 person freestyle, Bokken: All kumitachi, Sansho 1, 2 and 3

Essay

\*omote and \*\*soto and uchi \*\*\*kinonagare

**Nidan (200 hours)**

All of the above

Yokomenuchi

step 90 deg. under yokomen arm  
to do sankyo, sumiotoshi and  
koshinage.

Henkawaza

Nikyo to koshinage  
Nikyo to hijishime  
Nikyo to kotegaeshi  
Hijishime to kotegaeshi  
Hijishime to nikyo  
Kotegaeshi to sankyo  
Iriminage to kaitennage  
Kiatenage to kotegaeshi  
Ikkyo to udegarami  
Reverse yonkyo to shihonage attempt into  
Iriminage  
Sumiotoshi to shihonage

Reversals

Iriminage to sumiotoshi  
Iriminage to stemiwaza  
Kotegaeshi to iriminage  
Kotegaeshi to hijishime  
Nikyo to sankyo  
Nikyo to stemiwaza  
Shihonage to shihonage  
Shihonage to Nikyo or any morotedori technique  
Ikkyo to ikkyo  
Ikkyo to sumiotoshi

Tachidori

Bokken kumitachi with variations

Hanmihandachi Freestyle with 1 attacker

Jo: sansho with variations, Bokken Ichinotachi through gonotachi, kimusubinotachi  
Freestyle 3 attackers

Essay

**Sandan (300 hours)**

To be determined by the examiner at the time of the test.

Essay