

## AAUSA KYU REQUIREMENTS

### 7<sup>th</sup> Kyu – 20 hours of training

JUMBI TAISO - WARM UP EXERCISES  
VARIOUS STRETCHING – WRIST FLEXIBILITY EXERCISES  
UKEMI – BASIC FRONT & BACK  
TAI NO HENKO – BODY PIVOTING  
HAPPO UNDO – EIGHT DIRECTIONS FOOT MOVEMENTS  
KOKYUDOSA– SITTING DOUBLE WRIST GRAB EXERCISE

### 5<sup>th</sup> Kyu – 30 hours of training

KATATETORI KOKYUNAGE – MOMEN TUM THROW  
KATATETORI KAITENNAGE - WHEEL THROW  
SHOMENUCHI IRIMINAGE – HEAD STRIKE – ENTERING  
YOKOMENUCHI SHIHONAGE – SIDE HEAD STRIKE  
MUNETSUKI KOTEGAESHI – PUNCH-WRIST OUT THROW  
USHIRO RYOTETORI KOKYUNAGE – REAR GRAB THROW  
all previous requirements, plus instructor requests

### 3<sup>RD</sup> Kyu – 50 hours of training

KATATETORI – IKKYO thru GOKKYO – ONE HAND GRAB  
KATATORI – IKKYO thru GOKKYO – ONE LAPEL GRAB  
USHIRO RYOKATATETORI – IKKYO thru GOKKYO  
RYO KATATORI TENCHINAGE- HEAVEN/EARTH ENTERING  
RYOKATATORI SHIHONAGE – FOUR CORNER THROW (2)  
SUWARI WAZA RYO KATATORI – VARIATIONS  
all previous requirements, plus instructor requests

### 1<sup>st</sup> Kyu – 80 hours of training

MINIMUM OF FIVE (5) VARIED TECHNIQUES FOR:  
SHOMENUCHI - KATATORI - USHIRO RYOKATATORI  
RYOTETORI – MOROTETORI – KOSHINAGE  
TANTODORI - KNIFE TAKE AWAY

### 6<sup>th</sup> Kyu – 20 hours of training since last test

KATATETORI IRIMI HO – ONE HAND GRAB - ENTERING MOVEMENTS  
RYOTETORI TENCHI HO – HEAVEN-EARTH ENTERING MOVEMENT  
USHIRO RYOTETORI IRIMI HO - DOUBLE WRIST GRAB FROM BEHIND  
UKEMI – FULL RANGE OF VARIATIONS  
KATATETORI SHIHONAGE – FOUR CORNER THROW  
all previous requirements, plus instructor requests

### 4<sup>th</sup> Kyu – 40 hours of training

SHOMENUCHI - IKKYO thru GOKKYO – HEAD STRIKE  
SHOMENUCHI KAITENNAGE – WHEEL THROW  
MUNETSUKI IRIMINAGE – MOMENTUM THROW  
MUNETSUKI KAITENNAGE - WHEEL THROW  
RYOKATATORI KOKYUNAGE – LAPEL GRAB, MOMENTUM THROW  
USHIROTORI KOTEGAESHI – REAR GRAB, WRIST OUT THROW  
all previous requirements, plus instructor requests

### 2<sup>ND</sup> Kyu – 60 hours of training

YOKOMENUCHI – IKKYO thru GOKKYO  
MUNETSUKI – IKKYO thru GOKKYO  
HANMI HANDACHI – KATATETORI VARIATIONS  
SUWARI WAZA SHOMENUCHI - VARIATIONS  
HAPPO GIRI – BOKKEN  
RANDORI RYOKATATORI – TWO UKES  
all previous requirements, plus instructor requests

SIX (6) JO SUBURI

HANMI HANDACHI – FREE ATTACK - ONE UKE

RANDORI RYOKATATORI- THREE UKES

all previous requirements, plus instructor requests

