

Aikido of Minnesota Rank Requirements

Note: T=Tachi Waza, H=Hanmi handachi, S=Suwari waza, J=Jyu waza

5th Kyu, 80 days

Kyu	T	H	S	Attack	Technique
5	x			Katate tori	Shiho nage
5	x			Katate tori	Kaiten nage
5	x			Ryote tori	Tenchi nage
5	x			Mune tsuki	Kotegaeshi
5	x			Shomenuchi	Irimi nage
5	x		x	Shomenuchi	Ikkyo
5			x	Ryote tori	Kokyuho

4th Kyu, 100 days

Kyu	T	H	S	Attack	Technique
4	x		x	Shomenuchi	Ikkyo
4	x		x	Shomenuchi	Nikyo
4	x		x	Kata tori	Ikkyo
4	x		x	Kata tori	Nikyo
4	x			Mune tsuki	Kotegaeshi
4	x			Shomenuchi	Kotegaeshi
4	x			Mune tsuki	Irimi nage
4	x			Shomenuchi	Irimi nage
4	x			Shomenuchi	Shiho nage
4	x			Yokomenuchi	Shiho nage
4			x	Ryote tori	Kokyuho

3rd Kyu, 125 days

Kyu	T	H	S	Attack	Technique
3	x			Ushiro ryote tori	Ikkyo
3	x			Ushiro ryote tori	Nikyo
3	x		x	Shomenuchi	Sankyo
3	x		x	Shomenuchi	Yonkyo
3	x		x	Kata tori	Sankyo
3	x		x	Kata tori	Yonkyo
3	x			Morote tori	Irimi nage
3	x			Yokomenuchi	Irimi nage
3	x			Shomenuchi	Irimi nage
3	x			Shomenuchi	Kaiten nage
3	x			Mune tsuki	Kaiten nage
3	x			Ushiro ryote tori	Shiho nage
3	x	x		Katate tori	Shiho nage
3	J			Katate tori	3 techniques
3			x	Ryote tori	Kokyuho

2nd Kyu, 150 days

Kyu	T	H	S	Attack	Technique
2		x		Ushiro kata tori	Sankyo
2	x			Ushiro ryote tori	Sankyo
2	x			Ushiro ryote tori	Yonkyo
2	x			Shomenuchi	Gokyo
2	x			Yokomenuchi	Gokyo
2	x			Katate tori	Kotegaeshi
2	x	x		Yokomenuchi	Kotegaeshi
2	x	x		Shomenuchi	Irimi nage
2	x			Katate tori	Irimi nage
2	x			Ushiro ryote tori	Irimi nage
2	x			Ryokata tori	Juji nage
2	x			Ushiro ryote tori	Juji nage
2	x			Shomenuchi	Koshi nage
2	x			Ushiro ryote tori	Koshi nage
2	x			Shomenuchi	Shiho nage
2	J			Ushiro ryote tori	Shiho nage
2	J			Shomenuchi	3 techniques
2	x			Ryote tori	3 techniques
2	x			Morote tori	Kokyuho
2			x	Ryote tori	Kokyuho

1st Kyu, 200 days

Kyu	T	H	S	Attack	Technique
1	x		x	Shomenuchi	Ikkyo
1	x		x	Shomenuchi	Nikyo
1	x		x	Shomenuchi	Sankyo
1	x			Shomenuchi	Yonkyo
1	x			Yokomenuchi	Gokyo
1	x			Katate tori	3 nage
1	x			Ryote tori	3 nage
1	x			Morote tori	3 nage
1	x			Munetsuki	3 nage
1	x			Yokomenuchi	3 nage
1	x			Shomenuchi	3 nage
1	x			Ushiro ryote tori	3 nage
1		x		Katate tori	Shiho nage
1		x		Tsuki	Kaiten nage
1	x			Tanto tori	3 techniques
1	J			Yokomenuchi	3 techniques
1	J			Tsuki	3 techniques
1	J			Ushiro waza	3 techniques
1	x			Morote tori	Kokyuho
1			x	Ryote tori	Kokyuho