







# Aikido Yuishinkai International

## Additional notes to test guideline

Rank	Aikido Yuishinkai Waza	Notes
6 <sup>th</sup> kyu	1. Katatekosadori kokyunage 2. Katatedori tenkan kokyunage	<p data-bbox="786 349 1070 412"><b>Katate kosa tori</b> Wrist hold – opposite side</p>  <p data-bbox="786 533 1035 595"><b>Katate tori</b> Wrist hold – same side</p>  <p data-bbox="786 719 1477 927"><b>Translation:</b> <b>Kata te</b>      Kata (in this case) = one of two,                     Te = hand                     This is taken to mean a grab of the hand/wrist, even though tekubi (literally ‘neck (kubi) of the hand (te)’) is the Japanese word for wrist.</p> <p data-bbox="786 960 1094 990"><b>Kosa</b>            Cross over</p> <p data-bbox="786 1023 1086 1052"><b>Tori</b>             Take hold</p> <p data-bbox="786 1086 1110 1115"><b>Tenkan</b>         Turn around</p> <p data-bbox="786 1149 1091 1178"><b>Waza</b>            Technique</p>







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5 <sup>th</sup> kyu	<ol style="list-style-type: none"> <li>1. Katatekosadori kokyunage</li> <li>2. Katatedori tenkan kokyunage</li> <li>3. Shomenuchi irimi nage</li> <li>4. Yokomenuchi shihonage omote/ura</li> <li>5. Munetsuki kotegaeshi katameru</li> <li>6. Katadori ikkyo omote/ura katameru</li> <li>7. Kokyu dosa</li> </ol>	<p data-bbox="786 349 1023 409"><b>Shihonage</b> Four directions throw</p>  <p data-bbox="786 595 995 656"><b>Kotegaeshi</b> Wrist twist (return)</p>  <p data-bbox="786 808 1058 869"><b>Kata tori</b> Shoulder/upper arm hold</p>  <p data-bbox="786 1021 1034 1081"><b>Ikkyo</b> First control technique</p>  <p data-bbox="786 1234 1118 1294"><b>Translation:</b> <b>Shomen</b>      Front of face</p> <p data-bbox="786 1328 1043 1357"><b>Uchi</b>              Strike</p> <p data-bbox="786 1391 1107 1420"><b>Yokomen</b>      Side of face</p> <p data-bbox="786 1453 1142 1482"><b>Shi ho</b>            Four directions</p> <p data-bbox="786 1516 1110 1545"><b>Mune tsuki</b>      Chest thrust</p> <p data-bbox="786 1579 1050 1608"><b>Nage</b>              Throw</p> <p data-bbox="786 1641 1050 1671"><b>Kokyu</b>            Breath</p> <p data-bbox="786 1704 1098 1733"><b>Dosa</b>              Movement</p>



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4 <sup>th</sup> kyu	<ol style="list-style-type: none"> <li>1. Katatekosadori kokyunage</li> <li>2. Katatedori tenkan kokyunage</li> <li>3. Shomenuchi irimi nage</li> <li>4. Yokomenuchi shihonage omote/ura</li> <li>5. Katatedori shihonage omote/ura</li> <li>6. Munetsuki kotegaeshi katameru</li> <li>7. Katadori ikkyo omote/ura katameru</li> <li>8. Katadori nikyo omote/ura katameru</li> <li>9. Ushirodori kokyunage zenponage</li> <li>10. Kokyu dosa</li> </ol>	<p><b>Nikyo</b> Second control technique</p>  <p><b>Ushiro tori</b> Low or high arm hold from behind</p>  <p><b>Translation:</b> <b>Zenpo</b> Forward direction Zenpo nage = forward direction throw</p>
3 <sup>rd</sup> kyu	<ol style="list-style-type: none"> <li>1. Katatekosadori kokyunage</li> <li>2. Katatedori tenkan kokyunage</li> <li>3. Shomenuchi irimi nage</li> <li>4. Shomenuchi kotegaeshi katameru</li> <li>5. Yokomenuchi shihonage omote/ura</li> <li>6. Yokomenuchi kokyunage makikomi</li> <li>7. Katadori ikkyo omote/ura katameru</li> <li>8. Katadori nikyo omote/ura katameru</li> <li>9. Katadori sankyo omote/ura katameru</li> <li>10. Katadori yonkyo omote/ura katameru</li> <li>11. Kokyu dosa</li> </ol>	<p><b>Sankyo</b> Third control technique</p>  <p><b>Yonkyo</b> Fourth control technique</p> 
2 <sup>nd</sup> kyu	<ol style="list-style-type: none"> <li>1. Katatekosadori kokyunage</li> <li>2. Katatedori tenkan kokyunage</li> <li>3. Shomenuchi irimi nage</li> <li>4. Shomenuchi kotegaeshi katameru</li> <li>5. Yokomenuchi shihonage omote/ura</li> <li>6. Yokomenuchi kotegaeshi</li> <li>7. Katadori ikkyo omote/ura katameru</li> <li>8. Katadori nikyo omote/ura katameru</li> <li>9. Katadori sankyo omote/ura katameru</li> <li>10. Katadori yonkyo omote/ura katameru</li> <li>11. Ushirodori kokyunage zenponage</li> <li>12. Ushiro ryotekubidori zenponage</li> <li>13. Ushiro ryotekubidori ikkyo katameru</li> <li>14. Kokyu dosa</li> </ol>	<p><b>Ushiro ryo tekubi tori</b> Hold wrists from behind</p>  <p><b>Ryote tori</b> Two hands hold two wrists</p>  <p><b>Translation:</b> <b>Ushiro</b> Back <b>Ryo</b> Both <b>Tekubi</b> Wrist</p>

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Rank	Aikido Yuishinkai Waza	Notes
1 <sup>st</sup> kyu	<p><i>Minimum of 5 techniques per attack:</i></p> <ol style="list-style-type: none"> <li>1. Katatekosadori</li> <li>2. Katatedori</li> <li>3. Katatedori ryotemochi</li> <li>4. Shomenuchi</li> <li>5. Yokomenuchi</li> <li>6. Munetsuki</li> <li>7. Ushirodori/ushirotekubidori</li> <li>8. Ryotedori</li> <li>9. Zagi handachi</li> <li>10. Zagi</li> </ol>	<p><b>Katate tori ryote mochi</b> Two hands hold one hand</p>  <p><b>Zagi handachi</b> Uke stands, nage on knees</p> <p><b>Zagi</b> Uke and nage on knees</p> 

Drawings from Aikido Yuishinkai Student Handbook