

6th Kyu Test Requirements

Minimum 30 days of training since starting aikido

Movement / Technique	Description
Ukemi	Receiving techniques
Ushiro ukemi	Back tuck fall
Yoko ukemi	Side tuck roll
Mae ukemi	Forward roll
Shikkou	Knee walking
Mae shikkou	Forwards knee walking
Ushiro shikkou	Backwards knee walking
Strikes	
Shomen-uchi	Vertical chop to head
Yokomen-uchi	Diagonal chop to neck
(chudan) Tsuki	Step punch (to midsection)
Grabs	
Katate-dori	One hand grabs one wrist
Kata-dori	One hand grabs one shoulder
Ryote-dori	Two hands grab two wrists
Morote-dori	Two hands grab one arm
Tai-no-tenkan	Turning exercise vs. wrist grab
Techniques	
Katate-dori sumi-otoshi	Corner drop vs. wrist grab
Suwari-waza kokyu-ho	Seated unbalancing and pin

