



## McGill Aikido Kyu Technique Requirements

<b>Attack</b>	<b>Kyu</b> (S = Suwari waza / H = Hanmi hantachi)				
	<b>5</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<i>Katatetori</i>	Shihonage Udekimenage	Iriminage Kotegaeshi Kaitennage	S - Iriminage S - Kotegaeshi H - Shihonage H - Uchikaitennage		
<i>Ryotetori</i>	Tenchinage	Shihonage Udekiminage	Koshinage Kokyunage		H - Kokyunage
<i>Moretetori</i>		Shihonage Udekiminage	Iriminage Kotegaeshi	Koshinage Kokyunage	Jujigarami
<i>Katatori</i>		Ikkyo Nikyo Sankyo Yonkyo		Shihonage	
<i>Shomenuchi</i>	Ikkyo Nikyo Sankyo Iriminage	Yonkyo S - Ikkyo S - Nikyo S - Sankyo S - Yonkyo	Kaitennage Iriminage Shihonage Kotegaeshi Kokyunage	Koshinage	
<i>Yokomenuchi</i>	Udekiminage	Shihonage Kotegaeshi	Kaitennage Iriminage Koshinage Kokyunage Gokyo	Ikkyo Nikyo Sankyo Yonkyo	
<i>Tsuki</i>	Kotegaeshi	Kaitennage Udekimenage	Kokyunage	Ikkyo Nikyo Sankyo Yonkyo	Koshinage
<i>Ushiro ryotetori</i>	Ikkyo Nikyo Sankyo	Shihonage Kotegaeshi Kokyunage	Kaitennage Iriminage Yonkyo	Koshinage	Jujigarami
<i>Ushiro ryokatatori</i>			Ikkyo Nikyo Sankyo Yonkyo Kotegaeshi Kokyunage	Jujigarami Aiki otoshi H - Sankyo H - Shihonage H - Kotegaeshi H - Kokyunage	
<i>Ushiro katatori kubijime</i>			Sankyo Kaitennage Iriminage	Koshinage Kokyunage	Jujigarami
<i>Katamenuchi</i>			Shihonage Sankyo	Ikkyo Nikyo Sankyo Yonkyo	Jujigarami Koshinage Kokyunage
<i>Weapons</i>			31 Jo kata	Form with uke (any weapon)	Form with uke (Jo & Bokken)
<i>Freestyle</i>		Shomenuchi Yokomenuchi  Jiyuwaza ( 2 ukes )	Suwariwaza Ushiwaza Tsuki Morotetori Jiyuwaza ( 3 ukes )	Katamenuchi Hammi hantachi Tanto tori Jiyuwaza ( 4 ukes )	Jo tori Tachi tori Jiyuwaza ( 5 ukes )