

Adult Testing Requirements

NANAKYU (7th Kyu)

Minimum 2 months training, accumulating 20 hours,
must demonstrate knowledge of and ability to perform the following:



Tai no Henko – kihon (basic, “step by step”), and ki no nagare (moving)

This is the exercise that begins with same side wrist grab (katatedori). There is a scooping of the hand and turning of the body (tainohenko) to end side by side with the uke (attacking partner). The ki no nagare version involves full movement and blending.

Shomenuchi Ikkyo – omote (to the front) and ura (to the back) – kihon and ki no nagare for each direction

Overhead strike. Nage (defender) raises front hand, slides in and pushes up uke's elbow with other hand. Front hand then grabs the pulse. Omote – nage moves (slides) in front of uke. Ura – nage turns and spins uke around to ground. Ends with uke face down and nage is kneeling beside. Kihon and Ki no nagare are the same, but ki no nagare is fully moving.

Gyakutedori Kotegaishi – kihon and ki no nagare

Cross hand grab. Nage defends by turning out of the way (towards uke's back) while counter grabbing uke's hand, keeping it near nage's center and grasping with kotegaishi grip. Then opening hips towards uke's back, turning their wrist.... Uke should be turned onto their belly correctly. Follow up with kneeling pin – uke's wrist should be on nage's shoulder held by opposite hand.

Bokken Suburi #1 (“Ichi no Suburi”) Straight up & down (shomenuchi), practice bokken strikes with proper handling of the bokken.

Other material such as attack terminology, hanmi stance, and basic footwork (slide, step, pivot, tai-no-henko) may be asked of student at the discretion of Sensei.

It's always better to study more rather than the minimum!