



Aiki Goshin Jutsu Testing Techniques



Techniques must be demonstrated at a proficient skill level for promotion.
Free Style one on one and two on one will be included in all testing.

9th Kyu

- Single Wrist Grab Release - Backhand Strike To Face - Kote Gaeshi
- Cross Wrist Grab Release - Palm Heel Strike To Face - Kote Gaeshi
- Both Wrist Grab Release - Palm Heel Strike to Face - Take Down
- Both Shoulders Grasp - Elbow Strike - Kote Gaeshi
- Behind Both Shoulders Grasp - Kote Gaeshi
- Behind Both Wrist Grab - Kote Gaeshi

8th Kyu

- Front Strike - Kote Gaeshi
- Backhand Strike - Kote Gaeshi
- Side Strike - Kote Gaeshi
- Stomach Punch - Kote Gaeshi

Though Adult and Youth students are responsible for the same techniques, their respective ranking systems differ:

- The Adult belt ranking system consists of white, brown and black belts.

- The Youth belt ranking system varies in color from white to orange, yellow, blue, green, purple and brown to black.

7th Kyu

- Front Strike – Irimi-Nage
- Backhand Strike – Irimi-Nage
- Side Strike – Irimi-Nage
- Stomach Punch - Irimi-Nage

6th Kyu

- Face Punch - Deflection Closing Distance - Kote Gaeshi
- Face Punch, Back Hand Punch Combination - Kote Gaeshi
- Single Wrist Grab - Kote Gaeshi
- Cross Wrist Grab - Kote Gaeshi
- Front Shoulder Grab - Kote Gaeshi

5th Kyu

- Cross Wrist Grab – Irimi-Nage
- Double Lapel Bent Arm Grab - Elbow Lock Takedown
- Face Punch - Kote Gaeshi
- Face Punch – Irimi-Nage
- Single Hand Push - Yubi Jutsu
- Single Lapel Grab With Pull - Osoto Gari
- Rear Choke - Osoto Gari



Aiki Goshin Jutsu Testing Techniques



Techniques must be demonstrated at a proficient skill level for promotion.
Free Style one on one and two on one will be included in all testing.

4th Kyu

- Single Hand Shoulder Grab With Face Punch - Kote Gaeshi
- Two Handed Straight Arm Choke - Step Away Strike - Kote Gaeshi
- Rear Both Shoulders Grab - Kote Gaeshi – Ogoshi
- Front Strike With Club – Irimi-Nage
- Back Hand Strike With Club - Irimi-Nage

3rd Kyu

- Both Shoulders Grab - Ippon Seoinage
- Roundhouse Punch To Face – Tai-Otoshi
- Roundhouse Punch To Face - Osoto Gari
- Rear Single Wrist Grab With Shoulder Push - Irimi-Nage

2nd Kyu

- Roundhouse Punch - Double Inside Block - Double Strike Takedown
- Face Punch - Double Inside Block - Double Hit Takedown
- Face Punch - Outside Parry Block - Elbow Strike Takedown
- Front Strike - Ippon Seoinage
- Rear Single Arm Choke - Ippon Seoinage
- Rear Cross Shoulder Pull With Punch - Ippon Seoinage
- Rear Bear Hug - Ippon Seoinage
- Rear Cross Shoulder Grab With Wrist Pull - Kote Gaeshi - Uchi Mata
- Side Headlock - Kote Gaeshi
- Side Headlock Escape - Osoto Gari

1st Kyu

- Two Handed Straight Arm Choke - Knee Strike and Throw
- Front Roundhouse Kick - Leg Sweep Takedown
- Side Strike Shiho-Nage Throw
- Knife To Inside Of Neck - Kote Gaeshi
- Knife To Outside Of Neck - Soto Makikomi
- Knife Under Chin With Rear Head Pull - Kote Gaeshi