

Tsuzukiwaza

1 Katatedori Tenshin		2 Ushiro Katatedori		3 Ryotemochi		4 Ryotedori		5 Ryokatadori	
Kokyunage Kirikaeshi Zenponage Kaitennage Ikkyo Yonkyo Nikyo (Katameru)		Uragaeshi (static) Zenponage Koteoroshi (on 1 st hand) Ikkyo Sankyo Nage Koteoroshi (on 2 nd hand) Shihonage		Ikkyo Tenshin Kokyunage Tenshin Kokyunage Hachinoji Zenponage Nikyo Irimi Koteoroshi (Katameru) Kokyunage (Sankyo – uke hold nage arm to their chest)		Kokyunage Koteoroshi Kokyunage (Sayuwaza) Tenchinage Irimi Tenchinage Tenshin Zenponage Kirikaeshi		Zenponage Kirikaeshi Kokyunage Sudori Kokyunage (turning) Nikyo Zenponage	
6 Ushirodori		7 Shomenuchi		8 Yokomenuchi		9 Tsuki and Keri		10 Taninzugake	
Sankyo (hold on hips) Koteoroshi Sankyo Zenponage Hagaijime Kokyunage Ushiro Ryotedori Koteoroshi Ushiro Ryotedori Ikkyo		Ikkyo Irimi Ikkyo Tenshin Kokyunage Shihonage Zenponage Kirikaeshi Sankyo		Sudori Ojigi (bow) Kokyunage Irimi Shihonage Irimi Shihonage Tenshin Zenponage Kokyunage Hachinoji		Tsuki Koteoroshi Nage Tsuki Ikkyo Irimi Tsuki Hantai Koteoroshi Nage Keri Kokyunage (catching foot) Keri Kokyunage (without catching foot) Low Mawashigeri High Mawashigeri		Ryotemochi Ikkyo Futarigake Zenponage Futarigake Kokyunage Udemawashi Futarigake Seiretsu Futarigake Shihonage Sanningake Seiretsu Yoningake	
11 Katatedori		12 Ushiro Katatedori		13 Ryotemochi		14 Ryotedori (Suwariwaza/Tachiwaza)		15 Ushiro Ryokatadori	
Kokyunage Irimi Kokyunage Tenshin Uchiwanage Shihonage Irimi Kaitennage Irimi Ikkyo Kaitennage (external)		Sankyo (static) Shihonage Tenshin (static) Kokyunage Hachinoji Koteoroshi Makikaeshi (large) Makikaeshi (direct) Kirikaeshi		Kokyunage Irimi Kokyunage Udemawashi Kokyunage Hachinoji Nikyo Tenshin Shihonage Zenponage (hand down) Zenponage (hand up)		Suwariwaza Kokyunage (hand above) Suwariwaza Kokyunage (hand under) Suwariwaza Zenponage Suwariwaza Kokyunage (throw far away, uke stand up on 2 nd attack) Handachi Zenponage (swan lake) Handachi Ushiro Ryokatadori Zenponage Handachi Ryotedori Shihonage (nage stand up and 2 nd standing)		Kokyunage Hachinoji (static) Kokyunage Hachinoji (in movement) Kokyunage Zenponage Ikkyo Koteoroshi Sankyo	
16 Hanmi Handachi				17 Katadori Menuchi		18 Yokomenuchi		19 Tsuki	
Tachiwaza (uke attack to hold nage hips – nage block down) Tachiwaza (uke attack to hold nage hips – Kaitennage) Tachiwaza (uke attack to hold nage legs/knees, nage move back sitting on the knees – Handachi Zenponage) Handachi Shomenuchi Kokyunage Handachi Tsuki Koteoroshi (Katameru) Handachi Keri (nage hold both legs) Handachi Keri (nage hold one leg)				Kokyunage (static) Kokyunage (direct) Kokyunage Udemawashi Kokyunage Hachinoji Nikyo Sankyo Zenponage		Kokyunage Irimi Kokyunage Jujinage (lead hand) Kokyunage Atemi Shihonage Tobikomi Koteoroshi Irimi Koteoroshi Tenshi Zenponage		Kokyunage Irimi Zenponage Kokyunage Shomenuchi Kokyunage Irimi Hantai Tenshin Yokomenuchi Kokyunage Irimi Kaitennage	

Tsuzukiwaza – Bukiwaza

20 Jonage	21 Tantodori 1	22 Tantodori 2	23 Bokkendori	24 Jodori	
Kokyunage	Tsuki Koteoroshi	Ushiro Kubijime Sankyo	Shomenuchi Sudori	Yokomenuchi Zenponage	25 Jo 1 with Bokken
Zenponage	Tsuki Ikkyo	Ushiro Kubijime Shihonage	Shomenuchi Kokyunage	Yokomenuchi Shihonage	26 Jo 2 with Bokken
Kirikaeshi	Shomenuchi Koteoroshi	Ushiro Tsuki Koteoroshi	Shomenuchi Sudori Kokyunage	Tsuki Kaeshi	27 Bokken 1
Ashi Sukui	Shomenuchi Kokyunage	Ushiro Tsuki Ikkyo	Shomenuchi Koteoroshi (one side)	Tsuki Zenponage	(Happo Giri with partner)
Nikyo	Yokomenuchi Shihonage	Tsuki Zenponage	Shomenuchi Irimidori (one side)	Tsuki Kirikaeshi	28 Bokken 2 with partner
Koteoroshi Tenshin	Tsuki Menuchi (static)	Tsuki Kaitennage	Yokomenuchi Shihonage (one side)	Douchi Kokyunage	29 Bokken Kunitachi 1
Koteoroshi Irimi	Tsuki Menuchi	Sakatemochi Kokyunage Irimi	Yokomenuchi Kokyunage Irimi (one side)	Yokobarai Kokyunage	30 Bokken Kunitachi 2
Shihonage		Sakatemochi Gokyo	Tsuki Koteoroshi (one side)		(Shinken with partner)
Sakatemochi Zenponage			Tsuki Zenponage		
Futarigake Kokyunage			Tsuki Nikyo (one side)		
Sanningake Kokyunage					
Sanningake					

Aikido Dan Examination Criteria

Shodan	Nidan	Sandan	Yondan
Tsuzukiwaza 11 (Katatedori) or free*	Tsuzukiwaza 4 (Ryotedori) or free*	Tsuzukiwaza 5 (Ryokatadori)	All Hitoriwaza
Tsuzukiwaza 13 (Ryotemochi) or free*	Tsuzukiwaza 7 (Shomenuchi) or free*	Tsuzukiwaza 9 (Tsuki and Keri)	Tsuzukiwaza 17 (Katadori Menuchi)
Tsuzukiwaza 2 (Ushiro Katatedori) or free*	Tsuzukiwaza 6 (Ushirodori) or free*	Tsuzukiwaza 12 (Ushiro Katatedori)	Tsuzukiwaza 29 (Bokken Kunitachi 1)
Tsuzukiwaza 8 (Yokomenuchi)	Tsuzukiwaza 15 (Ushiro Ryokatadori)	Tsuzukiwaza 18 (Yokomenuchi)	Tsuzukiwaza 30 (Bokken Kunitachi 2,
Tsuzukiwaza 21 (Tantodori 1)	Tsuzukiwaza 22 (Tantodori 2)	Tsuzukiwaza 19 (Tsuki)	Shinken with partner)
Tsuzukiwaza 25 (Jo 1 with Bokken) – examinee uses Jo	Tsuzukiwaza 23 (Bokkendori)	Tsuzukiwaza 24 (Jodori)	Tsuzukiwaza 20 (Jonage)
Tsuzukiwaza 27 (Bokken 1, Happo Giri with partner)	Tsuzukiwaza 26 (Jo 2 with Bokken) –	Tsuzukiwaza 25 (Bokken with Jo 1) –	
Sanningake	examinee uses Jo	examinee uses Bokken	
	Tsuzukiwaza 28 (Bokken 2 with partner)	Tsuzukiwaza 26 (Bokken with Jo 2) –	
	Yoningake	examinee uses Bokken	
		Tsuzukiwaza 10 (Taninzugake)	

*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza