



**Aikido in the Fan**  
**2310 ½ West Main Street**  
**Richmond, Virginia 23220-4435**  
**(Between Strawberry St and Stafford St)**

**Rokyu (30 hours/3 months)**

Tenkan  
Shomenuchi ikkyo and iriminage  
Munetsuki kotegaeshi  
Katate dori shihonage  
Yokomenuchi shihonage  
Kokyu tanden ho

**Gokyu (60 hours/4 months)**

All previous techniques plus:

Shomenuchi nikyo  
Kata dori ikkyo and nikyo  
Munetsuki kaitennage

**Yonkyu (60 hours/4 months)**

All previous techniques plus:

Shomenuchi sankyo and yonkyo  
Yokomenuchi ikkyo, kotegaeshi and  
iriminage  
Ryote dori tenchinage and shihonage  
Katate dori ryote mochi kokyu tanden ho

**Sankyu (70 hours/4 months)**

All previous techniques plus:

Ushiro ryokata dori ikkyo  
Ushiro ryote dori shihonage  
Ushiro kubi shime kotegaeshi  
Ushiro waza kokyunage

**Nikyu (80 hours/6 months)**

All previous techniques plus:

Yokomenuchi nikyo, sankyo and yonkyo  
Koshinage from shomenuchi, yokomenuchi,  
katate dori and munetsuki

Hanmi handachi:

Katate dori shihonage

Ryote dori shihonage

Suwariwaza:

Shomenuchi ikkyo  
Kata dori ikkyo  
Yokomenuchi ikkyo

**Ikkyu (90 hours/6 months)**

All previous techniques plus:

Jiyu waza:

Standing  
Hanmi handachi  
Suwariwaza

Tanto dori:

Munetsuki  
Shomenuchi  
Yokomenuchi