

AAA Utah – Definitions for Instructors

AAA kihon waza, the official list

Kokyunage (the ura 7th kyu one)

Kaitennage

Kotegaeshi*

Iriminage

Shihonage

Ikkyo*

Nikyo*

Sankyo*

Yonkyo*

Gokyo*

**Pin required except when doing jiyuwaza (mixed attacks, standing or hanmi handachi).*

ShihoNAGE is a throwing art that does not require a pin.

All kihon waza are separate arts.

We sometimes use the mnemonic **K-K-K-I-I-S**, where one of the "I"s stands for ikkyo thru gokyo.

K-K-K-I-S plus ikkyo, nikyo, sankyo, yonkyo, and gokyo also works!

Omote and ura versions of some of these arts, e.g. kaitennage, shihonage, and ikkyo through gokyo, are included in our kyu requirements. However only the ura/tenkan versions of 7th kyu kokyunage, kotegaeshi, and iriminage are specified. The omote/irimi versions of these basic arts could still be considered kihon waza. Ganmenate (face push), arguably an iriminage, is not a kihon waza.

Variations of the kihon waza arts, e.g. ikkyo nage, sankyo nage, are NOT kihon waza.

AAA style guidelines exist for the kihon waza and should be followed.

Note that the list of kihon waza may differ in other aikido organizations.

Kyu requirements

Kyu requirements are NOT the same as kihon waza. Kihon waza are only the 10 arts listed above.

The kyu requirements include kihon waza plus other named and unnamed techniques.

Having a name, e.g. tenchi nage, sokumen iriminage, sumi otoshi, does not make an art kihon waza.

The kyu requirements are nothing more or less than a list of techniques Toyoda Shihan considered appropriate for a particular rank.

AAA Utah – Definitions for Instructors

Kokyunage, the great catch-all

Toyoda Sensei has refined the definition of kokyunage to exclude named techniques that are kyu requirements. The list below has been approved by him. The list is not exhaustive but it provides a general guideline for exam preparation:

- Any technique called "kokyunage" in the exam requirements
- Omote version of 7th kyu kokyunage
- Ikkyonage
- Udekimenage
- All of Toyoda Shihan's oyowaza
- All pivot throws
- All miscellaneous drop throws
- Any unnamed technique described with an English nickname, e.g. "the hug throw"

Kokyunages are always throwing techniques.

Free demonstration; minimum five arts

Definition of "art": a generic technique without any specifics, e.g. yonkyo. Used in a sentence: "His yonkyo always leaves bruises."

Definition of "technique": describes an art using specifics, e.g. *katatori yonkyo, katatori yonkyo ura, katatori yonkyo omote from a static attack.*

What is included in "free demonstration"

On exams through sandan level the candidate is expected to demonstrate a variety of throwing and pinning arts, using a mixture of omote and ura entries as well as a variety of taisabaki.

The candidate may do aikido techniques of any kind. Kihon waza, named techniques, kokyunage, variations. Oyowaza and henkawaza techniques are possible too, but the test committee prefers to see candidates doing more basic aikido on shodan through sandan exams. Techniques that are clearly from other arts (e.g. judo sacrifice throws) are prohibited.

There is no requirement to do any particular technique, or to do the techniques specified for that attack on the kyu requirements. Dan level candidates are expected to mix and match attacks and techniques. For example, shomenuchi kaitennage, ushiro tekubitori sokumen iriminage, and munetsuki ikkyo are not kyu requirements but they are all valid techniques to include.

Choice of techniques and entries is entirely up to the candidate, with the exception of katatori ganmenuchi, where 3 specific taisabaki are required.

Pinning arts (see kihon waza list) should include the pins on exams.

AAA Utah – Definitions for Instructors

How to count arts

According to the definition above, **koshinage is an art. Ryotetori koshinage is a technique**. Ryotetori koshinage can be set up in various ways, using different taisabaki and entering head or butt first, but when we're counting arts on an exam, all the ryotetori koshinage techniques the candidate did would count as just one art. More examples:

- **Ikkyo** omote and ura, one art.
- **Ikkyo** omote, **nikyo** omote, **sankyo** ura, **yonkyo** ura, **gokyo** omote, five arts.
- Yokomenuchi **sokumen iriminage** from omote and ura entries with omote and ura applications, one art.
- **Ikkyo** omote and ura plus **ikkyo nage**, two arts, because ikkyo nage is on the kokyunage list.
- **Ikkyo** omote and ura plus **ikkyo nage and udekimenage**, two arts (ikkyo and kokyunage)
- From ryotetori: 5 pivot throws, 7th kyu ura kokyunage, omote kokyunage, and a drop throw, one art (all those techniques are **kokyunage**).

There is a gray area when it comes to kokyunage, because there are a lot of them, but according to the arts definition they collectively count as one. See previous section for a list of kokyunage techniques.

Don't panic!

It is actually not necessary to count. Checking old exam video showed that any good varied 5 arts demo easily met the minimum "arts" requirement, even when the candidate was unaware of its existence. Candidates will not have any problems if they focus on variety of different arts rather than on variations of techniques and kokyunage.