


Ki & Aikido examination criteria

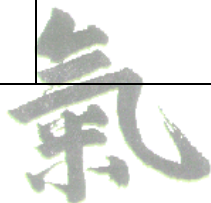
Ki examinations

Shokyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Breathing exercise (Kokyuhō) 	
Chukyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	<p><u>Kenko Taiso (Health exercise)</u></p> <ol style="list-style-type: none"> 1. Turning the trunk while swinging the arms. 2. Stretching the trunk to the side. 3. Bending backward and forward. 4. Shoulder blade exercise. 5. Stretching the neck to the sides. 6. Stretching the neck forward and backward. 7. Turning the head side to side. 8. Bending at the knees and standing on tiptoe. 9. Stretching the knee. 10. Rotating one arm. 11. Rotating both arms. 12. Rotating both arms while bending the knees. <p><u>Chukyu</u> – Examinee must do Kenko Taiso in the correct order.</p> <p><u>Jokyu</u> – Examinees must keep timing and rhythm with examiners count.</p> <p><u>Shoden/Joden/Chuden/Okuden -</u> Examinee must count with the correct rhythm.</p> 
Jokyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Standing with one foot forward 6. Leaning backward 7. Bending forward leaning 8. Standing on one foot and putting out one hand 9. Standing up and sitting down in seiza 10. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	
Shoden	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Standing with one step and one arm forward (test pull the wrist) 6. Standing with one foot forward 7. Leaning backward on a partner 8. Bending forward leaning on a partner 9. Standing on one foot and putting out one hand 10. Standing up and sitting down in seiza 11. Unraisable body 12. Walking forward, while being held from behind 13. Sitting cross legged (Agura) and be pushed by partner from front 14. Both hands up 15. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	
Chuden	A, Disciplines 1-14 B, Kenkotaiso	
Joden	A, Disciplines 1-14 B, Kenkotaiso	
Okuden	A, Disciplines 1-14 B, Kenkotaiso	

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Kyu examinations

	Hitoriwaza	Kumiwaza
5 Kyu	<ol style="list-style-type: none"> 1.Udefuri waza 2.Udefuri Choyaku waza 3.Tenkan waza 4.Sayu waza 5.Sayu Choyaku waza 6.Ushiro Ukemi waza 7.Zempo Kaiten waza 	<ol style="list-style-type: none"> 1. Katate Kosadori Kokyunage 2. Katatedori Tenkan Kokyunage 3. Katatedori Ryotemochi Kokyunage Tobikomi 4. Katatedori Ikkyo irimi 5. Zagi Ryotedori Kokyunage irimi
4 Kyu	<ol style="list-style-type: none"> 1.Ikkyo waza 2.Zengo waza 3.Happo waza 4.Zenshin Koshin waza 5.Zenshin Koshin Choyaku waza 	<ol style="list-style-type: none"> 1. Katatedori Shihonage (irimi/tenkan) 2. Yokomenuchi Shihonage (irimi/tenkan) 3. Katadori Ikkyo (irimi/tenkan) 4. Katatedori Ryotemochi Kokyunage Eundo 5. Shomenuchi Koteoroshi 6. Muna tsuki Koteoroshi
3 Kyu	<ol style="list-style-type: none"> 1.Funakogi waza 2.Nikkyo waza 3.Koteoroshi waza 4.Sankyo waza 5.Ushirotori waza 	<ol style="list-style-type: none"> 1. Katadori Nikkyo (irimi/tenkan) 2. Katate Kosadori Makikaeshi 3. Ryotedori Kokyunage (get rid of hold) 4. Katatedori Kokyunage irimi 5. Munatsuki Ikkyo 6. Munatsuki Zemponage 7. Yokomenuchi Kokyunage 8. Shomenuchi Kokyunage 9. Ushirotekubitori Kokyunage (Uragaeshi) 10. Ushirotekubitori Zemponage 11. Ushirotori Kokyunage
2 Kyu	<ol style="list-style-type: none"> 1.Kaho Tekubi Kosa waza 2.Joho Tekubi Kosa waza 3.Ushiro Tekubitori zenshin waza 4.Ushiro Tekubitori koshin waza 	<ol style="list-style-type: none"> 1. Katadori Sankyo (irimi/tenkan) 2. Katate Kosadori Kirikaeshi 3. Ryotedori Tenchinage (irimi/tenkan) 4. Ryotedori Kokyunage 5. Ushiro Tekubitori Ikkyo 6. Ushiro Tekubitori Koteoroshi 7. Ushiro Tekubitori Kubijime Sankyo (both side) 8. Katatedori Ryotemochi Kokyunage (irimi/tenkan) 9. Shomenuchi Ikkyo (irimi/tenkan) 10. Yokomenuchi Zemponage 11. Zagi Ryotedori Kokyunage (3 techniques)
1 Kyu	<ol style="list-style-type: none"> 1.Shikko 	<ol style="list-style-type: none"> 1. Katadori Yonkyo (irimi/tenkan) 2. Yokomenuchi Koteoroshi (irimi/tenkan) 3. Shomenuchi Zemponage 4. Katatedori Kaitennage (irimi/tenkan) 5. Munatsuki Kaitennage 6. Katatedori Ryotemochi Zemponage (3 techniques) 7. Ryotedori Zemponage (3 techniques) 8. Ushiro Ryokatadori Kokyunage (3 techniques) 9. Zagi Handachi Shomenuchi Kokyunage. 10. Zagi Handachi Munatsuki Koteoroshi 11. Zagi Handachi Yokomenuchi Zemponage



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Dan examinations

Shodan	Katatedori 6 Techniques Katatedori Ryotemochi 6 techniques Yokomenuchi 6 techniques Ushirodori 6 techniques (incl. Ushirotekubitori, Kubishime) Suwariwaza 6 techniques Tsuzukiwaza 21, 25, 29 Saningake
Nidan	Ryotedori 6 techniques Shomenuchi 6 techniques Munatsuki 6 techniques Zagi Handachi 6 techniques Tsuzukiwaza 18, 22, 23, 26, 30 Yoningake
Sandan	Tsuzukiwaza 4, 7, 12, 13, 17, 24, 27, 31, 10
Yondan	Hitoriwaza: Aiki Hitoriwaza Tsuzukiwaza 19, 20, 28, 32, 33
	Shokyu after minimum 4 month practise 5 Kyu min. 4 month practise after Shokyu 4 Kyu min. 4 month practise after 5 Kyu Chukyu min 4 month practise after 4 Kyu 3 Kyu min. 4 month practise after Chukyu 2 Kyu min. 4 month practise after 3 Kyu Jokyu min. 4 month practise after 2 Kyu 1 Kyu min. 4 month practise after Jokyu Shoden min. 8 month practise after 1 Kyu Shodan min. 8 month practise after Shoden Chuden min. 1 year of practise after Shodan Nidan min 1 year of practise after Chuden Joden min. 2 year of practise after Nidan Sandan min. 2 year of practise after Joden Okuden min. 2 year of practise after Sandan Yondan min. 2 year of practise after Okuden Godan min 5 year of practise after Yondan Rokudan min 5 year of practise after Godan Nanadan min. 5 year of practise after Rokudan Hachidan min. 5 year of practise after Nanadan

