

KI & AIKIDO EXAMINATION CRITERIA

KI EXAMINATION CRITERIA

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

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AIKIDO KYU EXAMINATION CRITERIA

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
5° KYU	<p>Jo Taiso:</p> <ol style="list-style-type: none"> 1. Turning torso by moving Jo above head. 2. Stretching body by moving Jo sideways above head. 3. Moving shoulder blades with Jo at chest height. 4. Bending knees down, on toes going up, keeping Jo in front of hip. 5. Swing the Jo down as you bend knees and up as you straighten them. <p>Udefuri Undo Udefuri Choyaku Undo Sayu Undo Sayu Choyaku Undo Yoko Ukemi backward Yoko Ukemi forward Shikko 4 steps forward</p>	<p>Katate Kosadori Kokyunage Katatedori Tenshin Kokyunage Ryotemochi Kokyunage Ryotemochi Tenshin Kokyunage Udemawashi Zagi Ryotatedori Kokyunage</p>
4° KYU	<p>Jo Aiki Taiso:</p> <ol style="list-style-type: none"> 1. Funakogi Undo 2. Ikkyo Undo 3. Tenshin Undo 4. Zengo Undo 5. Happo Undo <p>Mae Ukemi and Ushiro Ukemi (For each side 3 forward and 3 backward)</p>	<p>Katatedori Ikkyo Tsuki Ikkyo Tsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotatedori Zenponage Ushiro Katatedori Uragaeshi Ushiro Katatedori Ikkyo</p>
3° KYU	<p>Kotegaeshi Undo Sankyo Undo Nikyo Undo Tekubi Kosa Undo Hanmi Gyaku Hanmi Undo Ushiro Tori Undo Ushiro Ryotatedori Zenshin Undo Ushiro Ryotatedori Koshin Undo Shikko 4 steps backward</p>	<p>Jo and Jo: Shomenuchi, Yokomenuchi, Yokobara, Douchi, Ashiuchi</p> <p>Katatedori Kokyunage Irimi Katatedori Kokyunage Tenshin Yokomenuchi Kokyunage Katatedori Shihonage (Irimi/Tenshin) Yokomenuchi Shihonage (t-i, t-t, i-i, i-t) Ryotatedori Zenponage Ushirodori Zenponage Tantodori: Tsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage</p>
2° KYU	<p>One-hand Bokken exercises: Moving Bokken vertically Shomenuchi with Bokken Moving Bokken horizontally Cutting with Bokken forward horizontally</p> <p>Shikko turning</p>	<p>Zagi: Shomenuchi Ikkyo (Irimi/Tenshin)</p> <p>Katadori Ikkyo (Irimi) Katadori Nikyo (Irimi) Katadori Sankyo (Irimi) Katadori Yonkyo (Irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (Irimi/Tenshin) Ushiro Ryokatadori Kokyunage Ushiro Ryokatadori Zenponage Jodori: Tsuki Kaeshi Jodori: Tsuki Zenponage Hitorigake (one man attack)</p>
1° KYU	<p>Two-hand Bokken exercises: Shomenuchi Tsuki (8 steps forward; 8 steps backward in Chudan) Tenshin Happo Giri Jo 1</p>	<p>Tsuzukiwaza 14 (Suwariwaza) Tsuzukiwaza 16 (Handachi) Tsuzukiwaza 1 (Katatedori Tenshin) or free* Tsuzukiwaza 3 (Ryotemochi) or free* Futarigake (two men attack)</p>
<p>*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza</p>		

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AIKIDO DAN EXAMINATION CRITERIA

DAN	TSUZUKIWAZA
SHODAN	Tsuzukiwaza 11 (Katatedori) or free* Tsuzukiwaza 13 (Ryotemochi) or free* Tsuzukiwaza 2 (Ushiro Katatedori) or free* Tsuzukiwaza 8 (Yokomenuchi) Tsuzukiwaza 21 (Tantodori 1) Tsuzukiwaza 25 (Jo 1 & Bokken) - examinee uses Jo Tsuzukiwaza 27 (Bokken 1, Happo Giri with partner) Sanningake
NIDAN	Tsuzukiwaza 4 (Ryotedori) or free* Tsuzukiwaza 7 (Shomenuchi) or free* Tsuzukiwaza 6 (Ushirodori) or free* Tsuzukiwaza 15 (Ushiro Ryokatadori) Tsuzukiwaza 22 (Tantodori 2) Tsuzukiwaza 23 (Bokkendori) Tsuzukiwaza 26 (Jo 2 & Bokken) - examinee uses Jo Tsuzukiwaza 28 (Bokken 2 with partner) Yoningake
SANDAN	Tsuzukiwaza 5 (Ryokatadori) Tsuzukiwaza 9 (Tsuki - Keri) Tsuzukiwaza 12 (Ushiro Katatedori) Tsuzukiwaza 18 (Yokomenuchi) Tsuzukiwaza 19 (Tsuki) Tsuzukiwaza 24 (Jodori) Tsuzukiwaza 25 (Jo 1 & Bokken) - examinee uses Bokken Tsuzukiwaza 26 (Jo 2 & Bokken) - examinee uses Bokken Tsuzukiwaza 10 (Taninzugake)
YONDAN	All Hitoriwaza Tsuzukiwaza 17 (Katadori Menuchi) Tsuzukiwaza 29 (Kumitachi 1) Tsuzukiwaza 30 (Kumitachi 2, Shinken with partner) Tsuzukiwaza 20 (Jonage)
*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza	