

# KI & AIKIDO EXAMINATION CRITERIA

## KI EXAMINATION CRITERIA

<b>SHOKYU</b>	<ol style="list-style-type: none"> <li>1. Standing</li> <li>2. Sitting seiza</li> <li>3. Sitting cross legged (Agura)</li> <li>4. Putting out one hand (Palm facing down)</li> <li>5. Breathing exercise (Kokyuhō)</li> </ol>	
<b>CHUKYU</b>	<ol style="list-style-type: none"> <li>1. Standing</li> <li>2. Sitting seiza</li> <li>3. Sitting cross legged (Agura)</li> <li>4. Putting out one hand (Palm facing down)</li> <li>5. Breathing exercise (Kokyuhō)</li> </ol> <p>Kenko Taiso</p>	<p>Kenko Taiso:</p> <ol style="list-style-type: none"> <li>1. Turning the torso while swinging the arms.</li> <li>2. Stretching the body to the side.</li> <li>3. Bending backward and forward.</li> <li>4. Shoulder blade exercise.</li> <li>5. Stretching the neck forward and backward.</li> <li>6. Turning the head side to side.</li> <li>7. Bending at the knees and standing on tiptoe.</li> <li>8. Stretching the knee.</li> <li>9. Rotating both arms while bending the knees.</li> </ol>
<b>JOKYU</b>	<ol style="list-style-type: none"> <li>1. Standing</li> <li>2. Sitting seiza</li> <li>3. Sitting cross legged (Agura)</li> <li>4. Putting out one hand (Palm facing down)</li> <li>5. Standing with one foot forward</li> <li>6. Leaning backward</li> <li>7. Bending forward leaning</li> <li>8. Standing on one foot and putting out one hand</li> <li>9. Standing up and sitting down in seiza</li> <li>10. Breathing exercise (Kokyuhō)</li> </ol> <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>
<b>SHODEN</b>	<ol style="list-style-type: none"> <li>1. Standing</li> <li>2. Sitting seiza</li> <li>3. Sitting cross legged (Agura)</li> <li>4. Putting out one hand (Palm facing down)</li> <li>5. Standing with one foot and one hand forward (test: pull the wrist)</li> <li>6. Standing with one foot forward</li> <li>7. Leaning backward on a partner</li> <li>8. Bending forward leaning on a partner</li> <li>9. Unraisable body</li> <li>10. Walking forward while being held from behind</li> <li>11. Sitting cross legged (Agura) and be pushed by partner from front</li> <li>12. Both hands up</li> <li>13. Standing on one foot and putting out one hand</li> <li>14. Standing up and sitting down in seiza</li> <li>15. Breathing exercise (Kokyuhō)</li> </ol> <p>Kenko Taiso</p>	
<b>CHUDEN</b>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<b>JODEN</b>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<b>OKUDEN</b>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	

# KI & AIKIDO EXAMINATION CRITERIA

## AIKIDO KYU EXAMINATION CRITERIA

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

# KI & AIKIDO EXAMINATION CRITERIA

## AIKIDO DAN EXAMINATION CRITERIA

DAN	TSUZUKIWAZA
<b>SHODAN</b>	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
<b>NIDAN</b>	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
<b>SANDAN</b>	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)
<b>YONDAN</b>	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	