

KI EXAMINATION CRITERIA

<p>SHOKYU 4 months practice</p>	<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>CHUKYU 6 months practice after 4° Kyu</p>	<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.
<p>JOKYU 8 months practice after 2° Kyu</p>	<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>
<p>SHODEN 1 year practice after 1° Kyu</p>	<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>	
<p>CHUDEN 2 years practice after 1° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p>JODEN 3 years practice after 2° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p>OKUDEN 4 years practice after 3° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	

AIKIDO KYU EXAMINATION CRITERIA

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
5° KYU 4 months practice after Shokyu	Jo Taiso: 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. Udefuri Undo Udefuri Choyaku Undo Sayu Undo Sayu Choyaku Undo Yoko Ukemi backward Yoko Ukemi forward Shikko 4 steps forward	Katate Kosadori Kokyunage Katatedori Tenshin Kokyunage Ryotemochi Kokyunage Ryotemochi Tenshin Kokyunage Udemawashi Zagi Ryotedoru Kokyunage
4° KYU 4 months practice after 5° kyu	Jo Aiki Taiso: 1. Funakogi Undo 2. Ikkyo Undo 3. Tenshin Undo 4. Zengo Undo 5. Happo Undo Mae Ukemi and Ushiro Ukemi (For each side 3 forward and 3 backward)	Katatedori Ikkyo Tsuki Ikkyo Tsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedoru Zemponage Ushiro Katatedori Uragaeshi Ushiro Katatedori Ikkyo
3° KYU 6 months practice after Chukyu	Kotegaeshi Undo Sankyo Undo Nikyo Undo Tekubi Kosa Undo Hanmi-Gyakuhanmi Undo Ushiro Tori Undo Ushiro Ryotedoru Zenshin Undo Ushiro Ryotedoru Koshin Undo Shikko 4 steps backward	Jo and Jo: Shomenuchi, Yokomenuchi, Yokobarae, Douchi, Ashiuchi Katatedori Kokyunage Irimi Katatedori Kokyunage Tenshin Yokomenuchi Kokyunage Katatedori Shihonage (Irimi/Tenshin) Yokomenuchi Shihonage: (t-i, t-t, i-i, i-t) Ryotedoru Zemponage Ushirodorru Zemponage Tantodoru: Tsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage
2° KYU 6 months practice after 3°kyu	One-hand Bokken exercises: Moving Bokken vertically Shomenuchi with Bokken Moving Bokken horizontally Cutting with Bokken forward horizontally Shikko turning	Zagi: Shomenuchi Ikkyo (Irimi/Tenshin) Katadoru Ikkyo (Irimi) Katadoru Nikyo (Irimi) Katadoru Sankyo (Irimi) Katadoru Yonkyo (Irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (Irimi/Tenshin) Ushiro Ryokatadoru Kokyunage Ushiro Ryokatadoru Zemponage Jodori: Tsuki Kaeshi Jodori: Tsuki Zemponage Hitorigake (one man attack)
1° KYU 8 months practice after Jokyu	Two-hand Bokken exercises: Shomenuchi Tsuki (8 steps forward; 8 steps backward in Chudan) Tenshin Happogiri 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		

AIKIDO DAN EXAMINATION CRITERIA

DAN	TSUZUKIWAZA
SHODAN 1 year practice after Shoden	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 2 years practice after Chuden	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 3 years practice after Joden	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 1 & Bokken) - examinee uses Bokken Tsuzukiwaza 10 (Taninzugake)
YONDAN 4 years practice after Okuden	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	

Recommended time between examinations:	
Shokyu	4 months
5. Kyu	4 months
4. Kyu	4 months
Chukyu	6 months
3. Kyu	6 months
2. Kyu	6 months
Jokyu	8 months
1. Kyu	8 months
Shoden	1 year
1. Dan	1 year
Chuden	2 years
2. Dan	2 years
Joden	3 years
3. Dan	3 years
Okuden	4 years
4. Dan	4 years