

KI EXAMINATION CRITERIA

<p>SHOKYU min. 4 months practise</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 min. 6 months practise 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 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 forward and backward. 6. Turning the head side to side.
<p>JOKYU min. 8 months practise 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>	<ol style="list-style-type: none"> 7. Bending at the knees and standing on tiptoe. 8. Stretching the knee. 9. Rotating both arms while bending the knees. <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 min. 12 months practise 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 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. 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 min. 18 months practise after 1° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p>JODEN min. 2 years practise after 2° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p>OKUDEN min. 3 years practise after 3° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	

AIKIDO KYU EXAMINATION CRITERIA

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
5° KYU min. 4 months practise after Shokyu	Jo Taiso 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 Katatedori Ryotemochi Kokyunage Katatedori Ryotemochi Tenshin Kokyunage Udemawashi Zagi Ryotedori Kokyunage
4° KYU min. 4 months practise after 5° kyu	Jo Aiki Taiso: Funakogi Undo Ikkyo Undo Tenshin Undo Zengo Undo Happo Undo Mae Ukemi and Ushiro Ukemi (for each side 3 forward and 3 backward)	Katatedori Ikkyo Munetsuki Ikkyo Munetsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedori Zemponage Ushiro katatedori Uragaeshi Ushiro Katatedori Ikkyo
3° KYU min. 6 months practise after Chukyu	Koteoroshi Undo Sankyo Undo Nikyo Undo Tekubikosa Undo Hanmi-Gyakuhanmi Undo Ushirodori Undo UshiroTekubidori Zenshin Undo UshiroTekubidori Koshin Undo Shikko 4 steps backward	Jo and Jo: Shomenuchi, Yokomenuchi, Yokobarai, Douchi, Ashiuchi Katatedori Kokyunage Irimi Katatedori Kokyunage Tenshin Yokomenuchi Kokyunage Katatedori Shihonage (irimi/tenshin) Yokomenuchi Shihonage: (t-i, t-t, i-i, i-t) Ryotedori Zemponage Ushirodori Zemponage Tantodori: Munetsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage
2° KYU min. 6 months practise after 3°kyu	One-hand bokken-exercises: Moving bokken vertically Shomenuchi Moving bokken horizontally Cutting forward horizontally Shikko turning	Zagi: Shomenuchi Ikkyo (irimi/tenshin) Katadori Ikkyo (irimi) Katadori Nikyo (irimi) Katadori Sankyo (irimi) Katadori Yonkyo (irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (irimi/tenshin) Ushiro Ryokatadori Kokyunage Ushiro Ryokatadori Zemponage Jodori: Tsukikaeshi Jodori: Munetsuki Zemponage Hitorigake (one man attack)
1° KYU min. 8 months practise 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) or free* Tsuzukiwaza 3 (Katatedori 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 min. 12 months practise after Shoden	Tsuzukiwaza 11 (Katatedori) or free* Tsuzukiwaza 13 (Katatedori Ryotemochi) or free Tsuzukiwaza 2 (Ushiro Katatedori) or free Tsuzukiwaza 8 (Yokomenuchi) Tsuzukiwaza 21 (Tantodori 1) Tsuzukiwaza 25 (Jo & Bokken 1) - examinee use Jo Tsuzukiwaza 27 (Happo Giri with partner) Sanningake
NIDAN min. 18 months practise after Chuden	Tsuzukiwaza 4 (Ryotodori) or free* Tsuzukiwaza 7 (Shomenuchi) or free Tsuzukiwaza 6 (Ushirotori) or free Tsuzukiwaza 15 (UshiroRyoKatadori) Tsuzukiwaza 22 (Tantodori 2) Tsuzukiwaza 23 (Bokkendori) Tsuzukiwaza 26 (Jo & Bokken 2) - examinee use Jo Tsuzukiwaza 28 (Bokken & Bokken) Yoningake
SANDAN min. 2 years practise after Joden	Tsuzukiwaza 5 (Ryokatadori) Tsuzukiwaza 9 (Tzuki – Keri) Tsuzukiwaza 12 (Katatedori Ushirokatatedori) Tsuzukiwaza 18 (Yokomenuchi) Tsuzukiwaza 19 (Tzuki) Tsuzukiwaza 24 (Jodori) Tsuzukiwaza 25 (Jo & Bokken 1) - examinee use Bokken) Tsuzukiwaza 26 (Jo & Bokken 2) - examinee use Bokken) Tsuzukiwaza 10 (Taninzugake)
YONDAN min. 3 years practise after Okuden	All Hitoriwaza Tsuzukiwaza 17 (Katadori Menuchi) Tsuzukiwaza 29 (Kumi Tachi 1) Tsuzukiwaza 30 (Kumi Tachi, Shinken with partner) Tsuzukiwaza 20 (Jonage)
*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza	

Time between examinations
Shokyu after minimum 4 months practice 5. Kyu min. 4 month practice after Shokyu 4. Kyu min. 4 month practice after 5. Kyu Chukyu min. 6 month practice after 4. Kyu 3. Kyu min. 6 month practice after Chukyu 2. Kyu min. 6 month practice after 3. Kyu Jokyu min. 8 month practice after 2. Kyu 1. Kyu min. 8 month practice after Jokyu Shoden min. 12 month practice after 1. Kyu 1. Dan min. 12 month practice after Shoden Chuden min. 18 month practice after 1. Dan 2. Dan min 18 month practice after Chuden Joden min. 24 month practice after 2. Dan 3. Dan min. 24 month practice after Joden Okuden min. 36 month practice after 3. Dan 4. Dan min 36 month practice after Okuden