

KI EXAMINATION CRITERIA

<p><b>SHOKYU</b> min. 4 months practise</p>	<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><b>CHUKYU</b> min. 6 months practise after 4° Kyu</p>	<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><b>Kenko Taiso:</b></p> <ol style="list-style-type: none"> <li>1. Turning the trunk while swinging the arms.</li> <li>2. Stretching the trunk 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> </ol>
<p><b>JOKYU</b> min. 8 months practise after 2° Kyu</p>	<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>	<ol style="list-style-type: none"> <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> <p><b>Chukyu:</b> Examinee must do Kenko Taiso in the correct order.</p> <p><b>Jokyu:</b> Examinees must keep timing and rhythm with examiners count.</p> <p><b>Shoden/Joden/Chuden/Okuden:</b> Examinee must count with the correct rhythm.</p>
<p><b>SHODEN</b> min. 12 months practise after 1° Kyu</p>	<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 step and one arm 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>	
<p><b>CHUDEN</b> min. 18 months practise after 1° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p><b>JODEN</b> min. 2 years practise after 2° Dan</p>	<p>A, Disciplines 1-15 B, Kenko Taiso</p>	
<p><b>OKUDEN</b> 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
<b>5° KYU</b> 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
<b>4° KYU</b> 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
<b>3° KYU</b> 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
<b>2° KYU</b> 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)
<b>1° KYU</b> 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
<b>SHODAN</b> 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
<b>NIDAN</b> min. 18 months practise after Chuden	Tsuzukiwaza 4 (Ryotedori) 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
<b>SANDAN</b> 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)
<b>YONDAN</b> 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