

Ki Examination Criteria

Shokyu	<div>1. Standing</div> <div>2. Sitting Seiza</div> <div>3. Sitting Agura (cross-legged)</div> <div>4. Putting out one hand (palm facing down)</div> <div>5. Breathing exercise (Kokyuho)</div>	
Chukyu	<div>1. Standing</div> <div>2. Sitting Seiza</div> <div>3. Sitting Agura (cross-legged)</div> <div>4. Putting out one hand (palm facing down)</div> <div>5. Breathing exercise (Kokyuho)</div> <div>Kenko Taiso</div>	<div>Kenko Taiso:</div> <div>1. Turning the torso while swinging the arms</div> <div>2. Stretching the body to the side</div> <div>3. Bending backward and forward</div> <div>4. Shoulder blade exercise</div> <div>5. Stretching the neck forward and backward</div>
Jokyu	<div>1. Standing</div> <div>2. Sitting Seiza</div> <div>3. Sitting Agura (cross-legged)</div> <div>4. Putting out one hand (palm facing down)</div> <div>5. Standing with one foot forward</div> <div>6. Leaning backward</div> <div>7. Bending forward leaning</div> <div>8. Standing on one foot and putting out one hand</div> <div>9. Standing up and sitting down in Seiza</div> <div>10. Breathing exercise (Kokyuho)</div> <div>Kenko Taiso</div>	<div>6. Turning the head side to side</div> <div>7. Bending at the knees and standing on tiptoe</div> <div>8. Stretching the knee</div> <div>9. Rotating both arms while bending the knees</div> <div>Chukyu:</div> <div>Examinee must do Kenko Taiso in the correct order</div> <div>Jokyu:</div> <div>Examinee must keep timing and rhythm with examiners count</div>
Shoden	<div>1. Standing</div> <div>2. Sitting Seiza</div> <div>3. Sitting Agura (cross-legged)</div> <div>4. Putting out one hand (palm facing down)</div> <div>5. Standing with one foot and one hand forward (test: pull the wrist)</div> <div>6. Standing with one foot forward</div> <div>7. Leaning backward on a partner</div> <div>8. Bending forward leaning on a partner</div> <div>9. Unraisable body</div> <div>10. Walking forward while being held from behind</div> <div>11. Sitting Agura and be pushed by partner from front</div> <div>12. Both hands up</div> <div>13. Standing on one foot and putting out one hand</div> <div>14. Standing up and sitting down in Seiza</div> <div>15. Breathing exercise (Kokyuho)</div> <div>Kenko Taiso</div>	<div>Shoden/Chuden/Joden/Okuden:</div> <div>Examinee must count with the correct rhythm</div>
Chuden	<div>A, Disciplines 1.-15.</div> <div>B, Kenko Taiso</div>	
Joden	<div>A, Disciplines 1.-15.</div> <div>B, Kenko Taiso</div>	
Okuden	<div>A, Disciplines 1.-15.</div> <div>B, Kenko Taiso</div>	

Aikido Kyu Examination Criteria

KYU	HITORIWAZA	KUMIWAZA/TSUZUKIWAZA
5 th Kyu	Jo Taiso: <div>1. Turning torso by moving Jo above head</div> <div>2. Stretching body by moving Jo sideways above head</div> <div>3. Moving shoulder blades with Jo at chest height</div> <div>4. Bending knees down, on toes going up, keeping Jo in front of hip</div> <div>5. Swing the Jo down as you bend knees and up as you straighten them</div> 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 Ryotedori Kokyunage
4 th Kyu	Jo Aiki Taiso: <div>1. Funakogi Undo</div> <div>2. Ikkyo Undo</div> <div>3. Tenshin Undo</div> <div>4. Zengo Undo</div> <div>5. Happo Undo</div> Mae Ukemi and Ushiro Ukemi (For each side 3 forward and 3 backward)	Katatedori Ikkyo Tsuki Ikkyo Tsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedori Zenponage Ushiro Katatedori Uragaeshi Ushiro Katatedori Ikkyo
3 rd Kyu	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	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 Zenponage Ushirodori Zenponage Tantodori: Tsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage
2 nd Kyu	One-hand Bokken exercises: <div>1. Moving Bokken vertically</div> <div>2. Cutting with Bokken forward vertically</div> <div>3. Moving Bokken horizontally</div> <div>4. Cutting with Bokken forward horizontally</div> 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 Zenponage Jodori: Tsuki Kaeshi Jodori: Tsuki Zenponage Hitorigake (one man attack)
1 st Kyu	Two-hand Bokken exercises: <div>1. Shomenuchi</div> <div>2. Tsuki (8 steps forward; 8 steps backward in Chudan)</div> <div>3. Tenshin</div> 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		