

Ki Examination Criteria

Shokyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting Seiza 3. Sitting Agura (cross-legged) 4. Putting out one hand (palm facing down) 5. Breathing exercise (Kokyuhō) 	
Chukyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting Seiza 3. Sitting Agura (cross-legged) 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>Chukyu: Examinee must do Kenko Taiso in the correct order</p> <p>Jokyu: Examinee must keep timing and rhythm with examiners count</p>
Jokyu	<ol style="list-style-type: none"> 1. Standing 2. Sitting Seiza 3. Sitting Agura (cross-legged) 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>	
Shoden	<ol style="list-style-type: none"> 1. Standing 2. Sitting Seiza 3. Sitting Agura (cross-legged) 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 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>Shoden/Chuden/Joden/Okuden: Examinee must count with the correct rhythm</p>
Chuden	<p>A, Disciplines 1.-15. B, Kenko Taiso</p>	
Joden	<p>A, Disciplines 1.-15. B, Kenko Taiso</p>	
Okuden	<p>A, Disciplines 1.-15. B, Kenko Taiso</p>	

Aikido Kyu Examination Criteria

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

*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza