

KI EXAMINATION CRITERIA

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|---------------|---|--|
| SHOKYU | <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) | |
| CHUKYU | <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>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> |
| JOKYU | <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> | |
| SHODEN | <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> | |
| CHUDEN | A, Disciplines 1-15 B, Kenko Taiso | |
| JODEN | A, Disciplines 1-15 B, Kenko Taiso | |
| OKUDEN | A, Disciplines 1-15 B, Kenko Taiso | |

AIKIDO KYU EXAMINATION CRITERIA

| KYU | HITORIWAZA | KUMIWAZA-TSUZUKIWAZA |
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| 5° KYU min. 4 month 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 Tenkan undo Sayu undo Sayu Choyaku undo Yoko Ukemi undo (zijwaarts, amazone-rol) Yoko Kaiten undo (zijwaarts vanuit buiging zit) Shikko (4 stappen voorwaarts) | Katatekosadori Kokyunage. Katatedori Ryotemochi Kokyunage Katatedori Tenkan Kokyunage Katatedori Ryotemochi Kokyunage Udemawashi Zagi Ryotedoru Kokyunage |
| 4° KYU min. 4 month after 5° kyu | Funakogi undo (jo) Ikkyo undo (jo) Tenshin undo (jo) Zengo undo (jo) Happo undo (jo) Mae ukemi en ushiro ukemi (3 voorwaarts en 3 achterwaarts, links en rechts) | Katatedori Ikkyo Munetsuki Ikkyo Ushiro Katatedori Ikkyo Munetsuki Koteoroshi Katatedori Ryotemochi Koteoroshi Ushiro Ryotedoru Zemponage Ushirokubishime Kokyunage Uragaeshi |
| 3° KYU min 6 month after Chukyu | Koteoroshi undo Sankyo undo Nikyo undo Tekubikosa undo Hanmi-Gyakuhanmi undo Ushirotori undo UshiroTekubitori Zenshin undo UshiroTekubitori Koshin undo Shikko (4 stappen achterwaarts) | Jo+Jo shomenuchi, yokomenuchi, yokobaraï, douchi, ashiuchi Katate dori Kokyunage irimi Katate dori Kokyunage (get rid) Yokomenuchi Kokyunage Katatedori Shihonage (irimi/tenkan) Yokomenuchi Shihonage (tenkan irimi, tenkan tenkan, irimi irimi, irimi tenkan) Ryotedoru Zemponage Ushirodori Zemponage Tantodoru munetsuki koteoroshi Bokkendori Shomenuchi kokyunage |
| 2° KYU min 6 month after 3°kyu | Bokken exercise, One Hand vertical. Bokken exercise, One Hand, shomen with vertical movement of Harm. Bokken exercise, One Hand horizontal Bokken exercise, One Harm horizontal, cutting with step. Shikko (4 tenshin. = 180°) | Zagi Shomenuchi Ikkyo (irimi-tenkan) Katadoru Ikkyo irimi (2011) Katadoru Nikyo irimi (2011) Katadoru Sankyo irimi (2011) Katadoru Yonkyo irimi (2011) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (irimi/tenkan) Ushiro Ryokatadoru Kokyunage (2013) Ushiro Ryokatadoru Zemponage Jodori tzukikaeshi Jodori munetsuki zemponage Hitorigake (one man attack) |
| 1° KYU min 8 month after Jokyu | Bokken exercise, both hand : One Hand lateral right and left Shomenuchi (8 times with kiai) Tsuki (8 steps forward, 8 steps backward in chudan) Tenshin (4x4 and 2x8) Happogiri (alone) Jo Kata 1 (alone) | Tsuzukiwaza 14, Suwariwaza Tsuzukiwaza 16, Handachi Tsuzukiwaza 1, Katatedori (or free)* Tsuzukiwaza 3, Katatedori Ryotemochi (or free)* Niningake (two men attack) |

*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza for those marked with (free).

AIKIDO DAN EXAMINATION CRITERIA

| DAN | TSUZUKIWAZA |
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| SHODAN min. 12 month after Shoden | Tsuzukiwaza 11, Katatedori (free)* Tsuzukiwaza 13, Katatedori Ryotemochi (free)* Tsuzukiwaza 2, Ushiro Katatedori (free)* Tsuzukiwaza 8, Yokomenuchi (free)* Tsuzukiwaza 21, Tantodori 1st Tsuzukiwaza 25, Jo+bokken 1st, examinee uses Jo Tsuzukiwaza 27, Bokken 1 st , Happo Giri with partner Sanningake |
| NIDAN min. 18 month after Chuden | Tsuzukiwaza 4, Ryotedori (free)* Tsuzukiwaza 7, Shomenuchi (free)* Tsuzukiwaza 6, Ushirotori (free)* Tsuzukiwaza 15, UshiroRyoKatadori Tsuzukiwaza 22, Tantodori 2nd Tsuzukiwaza 23, Bokkendori Tsuzukiwaza 26, (jo+bokken 2nd, examinee uses Jo), Tsuzukiwaza 28, (bokken+bokken 2nd kata with partner) Yoningake |
| SANDAN min. 2 years after Joden | Tsuzukiwaza 5, RyoKatadori Tsuzukiwaza 9, Tzuki – Keri Tsuzukiwaza 12, Ushirokatatedori Tsuzukiwaza 18, Yokomenuchi Tsuzukiwaza 19, Tzuki Tsuzukiwaza 24, Jodori Tsuzukiwaza 25 (Jo+bokken 1st, examinee uses bokken) Tsuzukiwaza 26 (Jo+bokken 2nd, examinee uses bokken) Tsuzukiwaza 10, Taninzukake |
| YONDAN min. 3 years after Okuden | All Hitoriwaza Tsuzukiwaza 17, KatadoriMenuchi Tsuzukiwaza 20, Jonage Tsuzukiwaza 29, Kumi tachi 1st Tsuzukiwaza 30, Kumi tachi 2nd, Shinken with partner |

*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza for those marked with (free).