

Chushinkan Dojo Adult Kyu Testing Requirements 2010

7th KYU	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Seiza: Sitting kneeling position • Shizentai: Standing natural stance • Hanmi No Kamae: "Half-body" stance • Orenate: Unbendable arm • Koho Tento Undo: Rolling back and forth from sitting, kneeling, and standing positions • Ushiro Ukemi, Rolling: Rolling backward completely, from kneeling and standing positions • Mae Ukemi, Rolling: Rolling forward completely, from kneeling and standing positions • Ukemi: Ukemi for all 7th kyu techniques • Kokyudosa: With pin • Bowing: Bow with good form from standing and seiza • Etiquette: Know basic dojo etiquette • Cleanup: Assist with dojo cleanup <p><u>Level of training:</u> Be able to recognize 7th kyu technique names and do the techniques without hesitation. Emphasis is on precise mechanics rather than fluid movements</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatekosatori Kotegaeshi: Dynamic, ura, with pin • Katatori Ikkyo: Static and dynamic, omote and ura, with pin • Katatekosatori Kokyunage: Dynamic, ura <p><u>Time and Events Requirements</u> Minimum 2 months and 20 hours of training</p>
6th KYU	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushiro Ukemi, Breakfall: Roll back with double slap • Yoko Ukemi: "Side fall" exercise from squatting, and standing • Empty Hand Strikes: Shomenuchi, yokomenuchi, and munetsuki demonstration of basic strikes • Funakogi Undo: Rowing • Shomenuchi Ikkyo Undo: Raising arms to the front • Renzoku Kokyudosa: Continuous side to side • General Ukemi: Be able to take ukemi for 6th kyu techniques, following smoothly without hesitation, and falling safely • Cleanup: Take initiative on dojo cleanup <p><u>Level of training:</u> Shorter pauses than at 7th kyu, with proper kuzushi (unbalancing) and extension</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Shomenuchi Kokyunage: Ura • Katatetori Shihonage: Static and dynamic, omote and ura • Shomenuchi Iriminage: Tenkan • Katatori Nikyo: Static and dynamic, omote and ura, with pin <p><u>Time and Events Requirements</u> Minimum 3 months and 30 hours of training after earning 7th Kyu</p>
5th KYU	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Banzai No Kamae: Shizentai with arms raised • Zengo Undo: Shomenuchi Ikkyo Undo with pivot • Happo Undo: Shomenuchi Ikkyo Undo 8 directions • Tekubi Kosa Undo: Wrist crossing • Tekubi Joho Kosa Undo: Wrist crossing, high • Kamae with Bokken: Demonstration of five basic sword stances • Bokken and Jo Suburi: Demonstration of basic strikes with sword and staff • Yoko Ukemi: Side fall from forward roll • General Ukemi: Be able to take ukemi for 5th kyu techniques, following smoothly without hesitation, and falling safely with back and forward rolls. • Weight Transfer: Demonstration of weight transfer • Triangle Principle: Explain the triangle principle <p><u>Level of training:</u> Emphasis is on performing techniques with connection and sensitivity without any pause or hesitation</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Shomenuchi Kotegaeshi: Ura, with pin • Shomenuchi Ikkyo: Omote and ura, with pin • Katatetori Sankyo: Static and dynamic, omote and ura with nage waza (throwing) and katame waza (pinning) • Yokomenuchi Sokumen Iriminage: Omote and ura entry, irimi and tenkan • Munetsuki Kotegaeshi: Ura, with pin • Katatetori Kaitennage: Uchi, static and dynamic, irimi and tenkan <p><u>Time and Events Requirements</u> Minimum 3 months and 30 hours of training after earning 6th Kyu</p>

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4th KYU	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Ushirosori: Bending backwards in hanmi • Maekagami: Bending forward in hanmi • Sayu Undo: Swinging arms left and right and hip drop • Sayu Choyaku Undo: With side steps • Udefuri Undo: Swinging arms side to side • Udefuri Choyaku Undo: With pivoting • Ushirotori Undo: Stepping forward and hip pivot • Ushiro tekubitori Zenshin Undo: Stepping forward arms extended with bow • Ushiro tekubitori Kotai Undo: Stepping rearward arms extended with bow • Shikko: Knee walking with pivots • Taisabaki Toshu: "Empty-hand body movement" for Katatetori, Shomenuchi, Yokomenuchi and Munetsuki attacks • Yoko Ukemi with partner: Yoko ukemi from sokumen iriminage and shihonage • General Ukemi: Take ukemi for yudansha, following smoothly without hesitation or anticipation • Visitors: Welcome visitors to the dojo and make them comfortable <p><u>Level of training:</u> Perform techniques with good timing</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Yokomenuchi Shihonage: Omote and ura • Ushiro Tekubitori Kokyunage: Dynamic, Ushiro Tekubitori Zenshin Undo movement, 2 variations (standing and kneeling) • Ushiro Tekubitori Kotegaeshi: Dynamic, 1st and 2nd hand, omote and ura, with pin • Katatori Yonkyo: Static and dynamic, omote and ura, with pin • Ryotetori Tenchinage: Dynamic, irimi and tenkan • Ryotetori Kokyunage: Dynamic, sliding back pivot throw, 5 variations <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 30 hours of training since earning 5th Kyu <p>Prior attendance at 1 AAA/AAI Seminar, AAA/AAI Teaching Committee Seminar or National Kangeiko in Palatine, IL</p>
3rd KYU	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Tenkan Undo: direct pivot and stepping variation • Soft breakfall: Soft breakfall exercise from forward roll • Warm-ups: Be able to lead the class in warm-ups <p><u>Level of training:</u> Perform techniques with good timing and fluid movements</p> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 4th Kyu <p>Prior attendance at 1 AAA/AAI Camp</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Ushiro Hijitori Kotegaeshi: Dynamic, 1st hand, with pin • Munetsuki Kokyunage: Sliding back pivot throw • Katatori Gokyo: Static and dynamic, omote and ura, with pin • Ushirotori Kokyunage: Dynamic, Ushirotori Zenshin Undo movement • Ryotetori Kaitennage: Dynamic, irimi and tenkan • Katate Ryotetori Nikyo: Static and dynamic, aite and gyakute, omote and ura, with pin • Suwariwaza: <ul style="list-style-type: none"> Shomenuchi Kokyunage: Ura Shomenuchi Ikkyo: Omote and ura, with pin Katatori Nikyo: Static and dynamic, omote and ura, with pin • Bokken Kata I (Happo Giri): 13 movements • Jiyu Waza: Defense against any grasping attack, no pin

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2nd KYU: Brown Belt	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Agura no Shisei: Sitting cross-legged • Kata Ashiage: Raising one leg, hand extended • Questions: Verbal examination will be administered by test committee on the following topics: <ul style="list-style-type: none"> – Four Basic Principles of Aikido – What is Aikido? • Meisoho: Questions regarding meditation training • Kokyu ho: Questions regarding breathing training • Yoko Ukemi: From koshinage • Soft Breakfall: From kotegaeshi • Visitors: Greet visitors and answer their questions • Aikitaiso: Teach aikitaiso with associated ki tests • Beginners: Teach beginners breakdown of 7th kyu requirements and proper ukemi • Hakama: Traditional folding of hakama <p><u><i>Level of training:</i></u> Be able to add variations to primary techniques during exam</p> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 3rd Kyu • Prior attendance at 1 Instructor's Seminar 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Ryokatatori Kokyunage: Dynamic, stepping or sliding back pivot throws, 3 variations • Ushiro Katatori Kokyunage: Dynamic, Ushiro Tekubitori Zenshin Undo movement, 3 variations (standing, one knee, and both knees) • Katate Ryotetori Kokyunage: Dynamic, omote and ura entry, 4 variations • Ryokatatori Kotegaeshi: Dynamic, with pin, 2 variations • Katatori Menuchi Iriminage: 2 variations • Hanmi Hantachi Waza: <ul style="list-style-type: none"> Katatetori Shihonage: Static and dynamic, omote and ura, pinning and throwing variations Katatetori Sankyo: Static and dynamic, omote and ura, pinning and throwing variations Munetsuki Kotegaeshi: Ura • Ryotetori Koshinage: Static and dynamic, 5 variations • Maegeri Kokyunage: Omote and ura • Jiyu Waza: Defense against any attack, no pin • Jo Kata I: 22 movements
1st KYU: Brown Belt	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Tai Sabaki with Bokken: Paired sword “body movement” against shomenuchi, yokomenuchi/gyaku-yokomenuchi, munetsuki/gyaku-munetsuki • Soft Breakfall: From shihonage • Beginners: Perform new student orientations <p><u><i>Level of training:</i></u> Be fluent with all required kyu techniques and all variations</p> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 2nd Kyu • Prior attendance at 1 AAA/AAI Seminar since earning 2nd Kyu 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Ushiro Tekubitori Jujinage: Static and dynamic • Yokomenuchi Sudori: Sliding under • Katate Ryotetori Kotegaeshi: Dynamic, aite and gyakute, with pin • Munetsuki Sumiotoshi: Omote Uchi and Ura Soto • Katatori Ganmenuchi Ikkyo: 3 taisabaki, with pin • Tantodori: Shomenuchi, yokomenuchi, and munetsuki attacks, 3 techniques each, with proper knife removal • Bokken Kata II: 13 movements • Randori: Defense against 3 attackers

IMPORTANT NOTES

1. These requirements are a minimum standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar.
2. In certain cases a particular variation of a technique is required and is noted above; you are encouraged, however, to demonstrate additional variations.
3. All tests are cumulative; you must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you are actually testing.
4. Requirements of attendance at Aikido Seminar, Camps, and Instructor Seminars are fulfilled only by AAA/AAI events.
5. All test candidates must complete the following prior to testing:
 - Dojo dues must be paid in full
 - Examination application form must be completed legibly and submitted
 - Examination fee must be paid