

## 2009 Triangle Aikido Dojo

# AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - KYU RANKS

<b>7<sup>th</sup> KYU – White Belt with Stripe</b>	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> <li>● <b>Seiza</b> - Sitting Japanese style with legs folded underneath</li> <li>● <b>Shizentai</b> - Natural stance with feet shoulder-width</li> <li>● <b>Orenaite</b> - Unbendable arm, tested while in hanmi stance</li> <li>● <b>Koho Tento Undo</b> - Rolling backward and forward from sitting, kneeling and standing positions</li> <li>● <b>Ushiro Ukemi, Rolling</b> - Tumbling backward completely, from kneeling and standing positions</li> <li>● <b>Mae Ukemi, Rolling</b> - Tumbling forward completely, from kneeling and standing positions</li> <li>● <b>Kokyudosa</b> - Partner practice in seiza position; exercise to develop timing or “breath” power</li> </ul>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>● <b>Katatekosatori Kotegaeshi</b> - Cross-hand wrist grab/ “Wrist-turning” throw, pin</li> <li>● <b>Katatori Ikkyo</b> - Lapel grab/ “First teaching” and pin</li> <li>● <b>Katatekosatori Kokyunage</b> - Cross-hand wrist grab/ “Timing throw;” controlling the head</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>● Minimum <b>2 months</b> and <b>20 hours</b> of training</li> </ul>
<b>6<sup>th</sup> KYU – Yellow Belt</b>	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> <li>● <b>Ushiro Ukemi, Breakfall</b> - Rolling backward with slap, and returning to standing position</li> <li>● <b>Empty Hand Strikes</b> - Shomenuchi, Yokomenuchi, and Munetsuki; demonstration of basic strikes</li> <li>● <b>Funakogi Undo</b> - “Rowing exercise”</li> <li>● <b>Shomenuchi Ikkyo Undo</b> - Raising and lowering the arms as if cutting with a sword</li> <li>● <b>Renzoku Kokyudosa</b> - Kokyudosa practiced continuously, one side to another without pause</li> </ul>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>● <b>Shomenuchi Kokyunage</b> - Downward strike to the head/ “Timing throw;” controlling the head</li> <li>● <b>Katatekatori Shihonage</b> - Same side wrist grab/ “Four directions throw”</li> <li>● <b>Shomenuchi Iriminage</b> - Downward strike to the head/ “Entering throw”</li> <li>● <b>Katatori Nikyo</b> - Lapel grab/ “Second teaching” and pin</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>● Minimum <b>3 months</b> and <b>30 hours</b> of training after earning 7<sup>th</sup> Kyu</li> </ul>
<b>5<sup>th</sup> KYU – Yellow Belt with Stripe</b>	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> <li>● <b>Hanmi No Kamae</b> - “Half-body stance”</li> <li>● <b>Zengo Undo</b> - Raising and lowering arms as if cutting with a sword, with 180 degree pivoting motion</li> <li>● <b>Happo Undo</b> - Raising and lowering arms with movement as if cutting in eight directions</li> <li>● <b>Tekubikosa Undo</b> - “Crossing the wrists exercise;” high and low variations required</li> <li>● <b>Demonstration of kokyunages 1-5</b> – done from katatekatori attack</li> </ul>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>● <b>Shomenuchi Kotegaeshi</b> - Downward strike to the head/ “Wrist turning” throw and pin</li> <li>● <b>Shomenuchi Ikkyo</b> - Downward strike to the head/ “First teaching” and pin</li> <li>● <b>Katatekatori Sankyo</b> - Same side wrist grab/ “Third teaching;” both nage waza (throwing) and katame waza (pinning) variations required</li> <li>● <b>Yokomenuchi Sokumen Iriminage</b> - Strike to the side of the head/ “Side of the face, Entering throw” (technique performed in the manner of Sayu Undo)</li> <li>● <b>Munetsuki Kotegaeshi</b> - Thrusting strike to the chest / “Wrist turning” throw and pin</li> <li>● <b>Katatekatori Kaitenage</b> - Same side wrist grab/ “Rotary throw”. Tenkan variation required</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>● Minimum <b>3 months</b> and <b>30 hours</b> of training after earning 6<sup>th</sup> Kyu.</li> </ul>

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# AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - KYU RANKS

<b>4<sup>th</sup> KYU – Blue Belt</b>	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> <li>● <b>Sayu Undo</b> - “Left and right exercise;” extending arms to the left and right and sinking the hips</li> <li>● <b>Sayu Choyaku Undo</b> - “Left and right exercise;” with stepping movement</li> <li>● <b>Udefuri Undo</b> - “Swinging the arms exercise” to left and right</li> <li>● <b>Udefuri Choyaku Undo</b> - “Swinging the arms exercise” with stepping and turning motion</li> <li>● <b>Ushirotori Undo</b> - “Grasped from behind exercise”</li> <li>● <b>Ushirotekubitori Undo</b> - “Wrists grasped from behind exercise”</li> <li>● <b>Shikko</b> - Walking and turning on one’s knees</li> </ul>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>● <b>Yokomenuchi Shihonage</b> - Strike to the side of the head/ “Four directions throw”</li> <li>● <b>Ushirotekubitori Kokyunage</b> - Wrists grasped from behind/ “Timing throw;” variation in the manner of Ushirotekubitori Undo required</li> <li>● <b>Ushirotekubitori Kotegaeshi</b> - Wrists grasped from behind/ “Wrist turning” throw and pin</li> <li>● <b>Shomenuchi Yonkyo</b> – Downward strike to the head/ “Fourth teaching” and pin</li> <li>● <b>Ryotetori Tenchinage</b> - Grasping both wrists/ “Heaven and Earth throw”</li> <li>● <b>Ryotetori Kokyunage</b> - Grasping both wrists/ “Timing throw;” pivot throw variations required</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>● Minimum <b>3 months</b> and <b>30 hours</b> of training since earning 5<sup>th</sup> Kyu</li> <li>● Attendance at <b>1 Seminar</b></li> </ul>
<b>3<sup>rd</sup> KYU – Blue Belt with Stripe</b>	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> <li>● <b>Tenkan Undo</b> - “Spinning change exercise;” turning body movement (direct pivot and step-with-pivot variations required)</li> <li>● <b>Bokken Kata I</b> – First sword form; 13 movements (“Happo Giri”, cutting in eight directions)</li> </ul> <p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>● <b>Ushirohijitori Kotegaeshi</b> - Grasping elbows from behind/ “Wrist-turning” throw and pin</li> <li>● <b>Munetsuki Kokyunage</b> - Thrusting strike to the chest / “Timing throw;” pivot-throw variation required</li> <li>● <b>Munetsuki Gokyo</b> - Lapel grab/ “Fifth teaching” and pin</li> <li>● <b>Ushirotori Kokyunage</b> - Grasping from behind (bearhug)/ “Timing throw;” executed in the manner of Ushirotori Undo</li> <li>● <b>Ryotetori Kaitenage</b> - Grasping both wrists/ “Rotary throw”</li> </ul>	<p><u><i>Technique continued...</i></u></p> <ul style="list-style-type: none"> <li>● <b>Katateriyotetori Nikyo</b> - Grasping a forearm with both hands/ “Second teaching” and pin</li> <li>● <b>Suwariwaza</b> (the following techniques performed from seated (seiza) position): <ul style="list-style-type: none"> <li>○ <b>Shomenuchi Kokyunage</b></li> <li>○ <b>Shomenuchi Ikkyo</b></li> <li>○ <b>Katatori Nikyo</b></li> </ul> </li> <li>● <b>Jiyu Waza</b> - “Free technique;” defense against any grasping attack</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>● Minimum <b>6 months</b> and <b>60 hours</b> of training since earning 4<sup>th</sup> Kyu</li> <li>● Attendance at <b>1 Triangle Aikido Seminar</b></li> </ul>

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# AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - KYU RANKS

<b>2<sup>nd</sup> KYU – Brown Belt</b>	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> <li>● <b>Agura no Shisei</b> - Sitting cross legged</li> <li>● <b>Agaranai Karada</b> - Unliftable body</li> <li>● <b>Jo Kata I</b> – First staff form, 22 movements</li> <li>● <b>Questions</b> - Verbal examination will be administered by test committee on the following topic:               <ul style="list-style-type: none"> <li>○ Four Basic Principles of Aikido</li> </ul> </li> </ul> <p><u>Technique</u></p> <ul style="list-style-type: none"> <li>● <b>Ryokatatori Kokyunage</b> - Grasping both lapels/ “Timing throw;” pivot-throw variations required</li> <li>● <b>Ushirokatatori Kokyunage</b> - Grasping both shoulders from behind/ “Timing throw;” variation with bowing movement required</li> <li>● <b>Katateriyotetori Kokyunage</b> - Grasping a forearm with both hands/ “Timing throw”</li> </ul>	<p><u>Technique continued...</u></p> <ul style="list-style-type: none"> <li>● <b>Ryokatatori Kotegaeshi</b> - Grasping both lapels / “Wrist-turning” throw, pin</li> <li>● <b>Katatori Menuchi Iriminage</b> - Lapel grab with shomenuchi or yokomenuchi to head/ “Entering throw”</li> <li>● <b>Hanmi Hantachi Waza</b> (the following techniques performed from a seated (seiza) position against a standing attacker:               <ul style="list-style-type: none"> <li>○ <b>Katatetori Shihonage</b></li> <li>○ <b>Katatetori Sankyo</b></li> <li>○ <b>Munetsuki Kotegaeshi</b></li> </ul> </li> <li>● <b>Ryotetori Koshinage</b> - Grasping both wrists/ “Hip throw”</li> <li>● <b>Maegeri Kokyunage</b> - Front snapping kick/ “Timing throw”</li> <li>● <b>Jiyu Waza</b> - “Free technique;” defense against any attack</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>● Minimum <b>6 months</b> and <b>60 hours</b> of training since earning 3<sup>rd</sup> Kyu</li> <li>● Attendance at <b>1 Seminar</b> since 3<sup>rd</sup> kyu</li> </ul>
<b>1<sup>st</sup> KYU – Brown Belt with Stripe</b>	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> <li>● <b>Bokken Kata II</b> – Second sword form, 13 movements</li> <li>● <b>Questions</b> - Verbal examination will be administered by test committee on the following topic:               <ul style="list-style-type: none"> <li>○ What is Aikido?</li> </ul> </li> </ul> <p><u>Technique</u></p> <ul style="list-style-type: none"> <li>● <b>Ushirotekubitori Jujinage</b> - Grasp both wrists from behind/ Entwining the arms in the shape of the Japanese number “10” (a cross) and throwing</li> <li>● <b>Yokomenuchi Sudori</b> - Strike to the side of the head/ “Disappearing” throw</li> <li>● <b>Katateriyotetori Kotegaeshi</b> - Grasping a forearm with both hands/ “Wrist turning” throw and pin</li> </ul>	<p><u>Technique continued...</u></p> <ul style="list-style-type: none"> <li>● <b>Munetsuki Sumiotoshi</b> - Thrusting attack to the chest/ “Corner drop” throw</li> <li>● <b>Katatori Ganmenuchi Ikkyo</b> - Lapel grab with straight punch to face/ “First teaching” and pin</li> <li>● <b>Tantodori</b> - Defense against knife attacks; at least three techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required</li> <li>● <b>Randori</b> - “Seizing chaos;” defense against multiple attackers (3)</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>● Minimum <b>6 months</b> and <b>60 hours</b> of training since earning 2<sup>nd</sup> Kyu</li> <li>● Attendance at <b>1 Seminar</b> since earning 2<sup>nd</sup> Kyu</li> </ul>

### 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. A candidate’s readiness for testing will include assessment of their ukemi skills prior to the test date.
3. Many techniques have omote (front) and ura (rear) variations which you must demonstrate.
4. Many techniques have applications against both static and dynamic attacks, which you must know.
5. In certain cases a particular variation of a technique is required and is noted above; you are encouraged, however, to demonstrate additional variations.
6. 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.
7. All test candidates must complete the following prior to testing:
  - Dojo dues must be paid in full
  - Examination application form must be completed and submitted to your instructor

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### **AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - KYU RANKS**

- Examination fee must be paid

No application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor.

## 2007 Triangle Aikido Dojo

# AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - DAN RANKS

<b>Shodan – Black Belt, 1<sup>st</sup> Degree</b>	
<p><i>Two written essays required:</i>  <b>“What is Aikido?”</b>  <b>“What is Shugyo?”</b></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> <li>● <b>Munetsuki</b> - Free demonstration; minimum five arts</li> <li>● <b>Yokomenuchi</b> - Free demonstration; minimum five arts</li> <li>● <b>Ushirotekubitori</b> - Free demonstration; minimum five arts</li> <li>● <b>Ryotetori</b> - Free demonstration; minimum five arts</li> <li>● <b>Hanmi Hantachi</b> - Free technique</li> <li>● <b>Bokken Dori</b> - “Seizing the wooden sword:” unarmed defense against sword attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required</li> <li>● <b>Jo Kata II</b> - Second staff form; 22 movements</li> <li>● <b>Randori</b> - Defense against multiple attackers (4)</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>● Minimum <b>12 months</b> and <b>100 hours</b> of training since earning 1<sup>st</sup> Kyu</li> <li>● Attendance at <b>1 Triangle Aikido Seminar</b> since earning 1<sup>st</sup> Kyu</li> </ul>
<b>Nidan – Black Belt, 2<sup>nd</sup> Degree</b>	
<p><i>One written essay required:</i>  <b>“Aikido History and Future”</b></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> <li>● <b>Katatori Ganmenuchi</b> - Free demonstration; minimum five arts</li> <li>● <b>Shomenuchi</b> - Free demonstration; minimum five arts</li> <li>● <b>Hanmi Hantachi</b> - Free technique against two attackers</li> <li>● <b>Jo Dori</b> - “Seizing the staff:” unarmed defense against staff attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required</li> <li>● <b>Randori</b> - Defense against multiple attackers (5)</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>● Minimum <b>18 months</b> and <b>50 hours</b> as Assistant Instructor</li> <li>● <b>Attendance at 2 Triangle Aikido Seminars</b> since earning Shodan</li> </ul>
<b>Sandan – Black Belt, 3<sup>rd</sup> Degree</b>	
<p><i>One written essay required:</i>  <b>“Aikido Philosophy”</b></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> <li>● <b>Jo Nage</b> - “Throwing with the staff;” free demonstration</li> <li>● <b>Kumijo</b> - Staff versus staff forms (5)</li> <li>● <b>Kumitachi</b> - Sword versus sword forms (6)</li> <li>● <b>Randori</b> - Defense against multiple attackers (6)</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>● Minimum <b>30 months</b> and <b>100 hours</b> as Assistant Instructor</li> <li>● <b>Attendance at 3 Triangle Aikido Seminars</b> since earning Nidan</li> </ul>

## 2007 Triangle Aikido Dojo

### AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - DAN RANKS

Yondan – Black Belt, 4 <sup>th</sup> Degree	
<p><i>One written essay required:</i> <b>“Application of Aikido”</b></p> <p><i>Interview &amp; Approval of Danieley Sensei required</i></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"><li>● <b>Kihon Waza</b> - “Basic technique:” five-minute free demonstration</li><li>● <b>Henka Waza</b> - “Changing technique:” five-minute free demonstration</li><li>● <b>Oyo Waza</b> - “Applied or advanced technique:” five-minute free demonstration</li></ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"><li>● Minimum <b>42 months</b> and <b>250 hours</b> as Instructor <b>OR</b></li><li>● <b>36 Months</b> and <b>200 hours</b> as Dojo Cho.</li><li>● <b>Assistant Instructor at 4 Triangle Aikido Seminars</b> since earning Sandan</li></ul>

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