

Aikido Olympia

Promotion Process and Examination Criteria

Examinations are a natural part of your training. They are an opportunity for you to examine your progress – how far you have come, where you are at this moment, and your path ahead. Although examinations are not a requirement in this dojo, they are an opportunity for you to advance your training.

You will demonstrate your progress by focusing your training on a set of arts and principles that challenge your level of personal development, improve your technical skills, and deepen your understanding of yourself and your practice. The examination process is an opportunity for you to demonstrate your growth and level of training to the dojo community. Instructors keep a watchful eye on your practice, training, and development. You will only be asked to test when they feel you are ready to demonstrate at the next level successfully

If you have not been asked to participate in an upcoming examination and you are interested in demonstrating your growth, please speak with your instructor.

In order to participate in the examination process you will:

- Keep track of your class attendance by marking your attendance sheet
- Speak clearly and directly to your Sensei about the examination and your desire to participate
- Sign up for your examination one month prior to the announced date
- Have a partner (uke) who has agreed to practice with you and be part of your examination. Your uke should be either your rank or one rank above or below your current rank. Both you and your uke should know the names of techniques and attacks listed in the criteria for your examination and for one level above.
- Train hard for your examination
- Be familiar with the opening and closing bowing formalities of an examination
- Be ready to enjoy letting your true self shine through during your examination!

During the examination:

- You will perform with confidence and fill the dojo with your Ki.
- You will be asked to demonstrate your development and understanding of technique appropriate to your level
- You will demonstrate concentration, awareness, and Ki Ai; speed is not your priority – harmony and continuity of movement is important
- Your technique should be performed continuously both left and right until there is a signal from Sensei
- You will be expected to know and respond to the Japanese terms of techniques

Included in the criteria for each grade are examples of Aiki Taiso (Hitori waza or exercises for Aikido arts), and Kumi waza (techniques). Part or all of these areas may or may not be a part of your examination; be prepared to perform to the best of your ability.

Examination Criteria

10th Kyu

White belt

Min. training time: 10 classes

Kumi Waza (Techniques)

- Katatekosadori kotegaeshi (irimi and tenkan)
- Katatekosadori kokyunage—(sight-seeing throw)
- Katatedori kokyunage (Drop Rock)

Aiki Taiso: Koho Tendo Undo (Sitting and to standing)

9th Kyu

Yellow belt

Min. training time: 15 classes

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- In addition to all above...

Kumi Waza (Techniques)

- Ryotemochi kokyunage
- Katatedori kokyunage (zempo) - 2 variations (baseball throw & yo-yo)
- Katatedori Ikkyo irimi/tenkan katameru
- Kokyu dosa

Aiki Taiso: In addition to above, Funekogi, Ikkyo, Zengo, *Shikko--forward and backward

8th Kyu

Orange belt

Min. training time: 20 classes

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- In addition to all above...

Kumi Waza (Techniques):

- Shomenuchi kokyunage
- Ryotemochi kotegaeshi
- Katatedori shihonage (irimi & tenkan)
- Katatedori kaitennage (tenkan)
- Kokyu dosa

Aiki Taiso: In addition to above, Happo, Tenkan, *Rolling—Standing to Standing (Small, Big, Slow, Fast, **Quiet - Both Sides**)

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7th Kyu

Orange belt

Min. training time: 20 classes

- In addition to all above...
- Munetsuki kotegaeshi katameru
- Munetsuki kokyunage (zempo)
- Ushirotekubidori kokyunage (zempo)
- Shomenuchi ikkyo (irimi & tenkan)
- Kokyu dosa

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6th Kyu

Green belt

Min. training time: 25 classes

- In addition to arts above...
- Yokomenuchi shihonage (irimi)

- Munetsuki kotegaeshi (irimi) katameru
- Katatedori ikkyo (irimi) katameru
- Katatedori ikkyo (tenkan) katameru
- Ushirodori kokyunage
- Kokyu dosa

Aiki Taiso: Funekogi, Ikkyo, Zengo, Zenshin koshin, Tenkan, Sayu, Ude Furi, Ude Furi Choyaku, Ushirodori

5th Kyu

Green belt

Min. Training Time: 25 Classes

In addition to arts above...

The following are known as the eight basic arts

- Shomenuchi kokyunage
- Yokomenuchi shihonage (irimi)
- Yokomenuchi shihonage (tenkan)
- Munetsuki kotegaeshi katameru
- Katadori nikyo omote (irimi) katameru
- Katadori nikyo ura (tenkan) katameru
- Ushirotekubidori kubishime sankyo nage
- Ushirodori kokyunage
- Kokyu dosa

Aiki Taiso: Kaho/Joho tekubikosa, Happo, Sayu choyaku, Ude furi & Ude furi choyaku, Ushirotekubidori zenshin

4th Kyu

Blue belt

Min. Training Time: 35 Classes

- In addition to all arts above, including 8 basic arts...
- Ryotedori tenchi nage irimi
- Ryotedori tenchi nage tenkan
- Ushirotekubidori sankyo katameru
- Katatedori variations (3 arts minimum)
- Katatekosadori variations (3 arts minimum)
- Kokyu dosa

Aiki Taiso: Demonstrate **All** (emphasizing Centering & Extending Ki), Tobikoshi Ukemi (over 1 person), Break Fall Demonstration

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3rd Kyu

Blue belt

Min. Training Time: 40 Classes

- In addition to all arts above, including 8 basic arts...
- Katadori sankyo irimi katameru
- Katadori sankyo tenkan katameru
- Katadori yonkyo irimi katameru
- Katadori yonkyo tenkan katameru
- Yokomenuchi (3 arts)
- Ryotetori (3 arts)
- Ryotemochi (3 arts) **same as Morotedori*

- Ushirotekubidori (3 arts)
- Tanto tori (2 arts)
- Sword of Nine Ways (Bokken kata #1)
- Shooting Star (Jyo kata #1)
- Kokyu dosa

Aiki Taiso: All emphasizing Relaxation & Rhythm), Teach one Hitori waza, Tobikoshi Ukemi over 2 or 3 persons

2nd Kyu

Brown Belt

Min. Training Time: 50 Classes

- In addition to all arts above, including 8 basic arts...
- Ushirodori (2 arts)
- Ushirotekubidori kubishime (4 arts)
- Teach 1 Kumi waza and relate to daily life

Taninzugake (at least 4 arts for 1 minute— Weapons attacks Shomen, Yokomen, and Tsuki)

- Katatedori
- Yokomenuchi
- Ushirotekubidori
- Shomenuchi
- Munetsuki
- Tanto tori
- Bokken tori
- Jyo tori
- Jyo nage

- Sword of Nine Ways (Bokken kata #1)
- Shooting Star (Jyo kata #1)
- Sanningake (randori – 3 attackers—ryokatadori)
- Kokyu dosa

Aiki Taiso: In addition to all of the above, teach two

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1stKyu

Brown Belt with Hakama

Min. Training Time: 70 Classes

- In addition to all arts above, including 8 basic arts...
- Teach 2 arts (kumi waza) and relate to daily life

Taninzugake (at least **5** arts for 1 minute—Weapons attacks Shomen, Yokomen, and Tsuki)

- Katatedori
- Ryotedori
- Yokomenuchi
- Ushirotekubitori
- Shomenuchi
- Munetsuki
- Hamni handachi (selected attacks)
- Tanto tori
- Bokken tori
- Jyo tori
- Jyo nage
- Sword of Nine Ways (kata #1)

- Free Wielding Sword (kata #2)
- Shooting Star (kata #1)
- Butterfly (kata #2)
- Sanningake (randori – 3 attackers—ryokatadori)
- Kokyu dosa

Shodan

1st Degree Black Belt

(Under revision)

Min. Training Time: 100 classes; recommendation of instructor; and approval of International Chief Instructor Michael Williams Sensei and Aikido Yuishinkai Founder, Koretoshi Maruyama Sensei

- In addition to all arts above, including 8 basic arts...
- Teach 3 arts (kumi waza), including one weapon technique, and relate to daily life
- Taninzugake (at least **10** arts each attack— Weapons attacks: Shomen, Yokomen, and Tsuki)
- Katatedori
- Ryotedori
- Ryotemochi
- Yokomenuchi
- Ushirotekubitori
- Shomenuchi
- Munetsuki
- Katadori Shomenuchi (Kata-menuchi)
- Suwari waza & Hamni handachi (selected attacks)
- Tanto tori
- Bokken tori
- Jyo tori

- Jyo nage
- Sword of Nine Ways (kata #1)
- Free Wielding Sword (kata #2)
- Shooting Star (kata #1)
- Butterfly (kata #2)
- Harvest (kata #3)

*Other arts, techniques, teaching at instructor discretion

- Yoningake (randori – 4 attackers—ryokatadori)

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Nidan

2nd Degree Black Belt

(Under revision)

Min. Training Time: 2 years; recommendations same as Shodan

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- In addition to all arts above, including 8 basic arts...
- Teach 4 arts (kumi waza), including one weapon technique, and relate to daily life
- Taninzugake (at least **10** arts each attack — Weapons attacks: Shomen, Yokomen, and Tsuki)
- Jyo tori
- Jyo nage
- Sword of Nine Ways (kata #1)
- Free Wielding Sword (kata #2)
- Shooting Star (kata #1)
- Butterfly (kata #2)
- Harvest (kata #3)

*Other arts, techniques, teaching at instructor discretion

Goningake (randori—5 attackers—ryokatadori)

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Sandan

3rd Degree

Black Belt

(Under revision)

Min. Training Time: 3 years; recommendations same as Shodan

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- In addition to all arts above, including 8 basic arts...
- Teach 5 arts (kumi waza), including one weapon technique, and relate to daily life
- Taninzugake (at least **10** arts each attack — Weapons attacks: Shomen, Yokomen, and Tsuki)
- Jyo tori
- Jyo nage
- Sword of Nine Ways (kata #1)
- Free Wielding Sword (kata #2)
- Shooting Star (kata #1)
- Butterfly (kata #2)
- Harvest (kata #3)

Other arts, techniques, teaching at instructor discretion

Goningake (randori—5 attackers—ryokatadori)

Yondan

4th Degree Black Belt

Recommendation of instructor; and approval of International Chief Instructor Michael Williams Sensei and Aikido Yuishinkai Founder, Koretoshi Maruyama Sensei