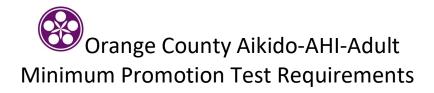
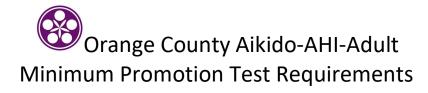
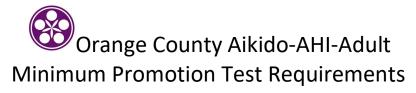


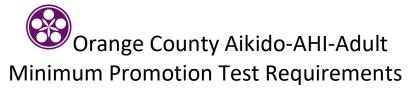
7 th Kyū-Yellow Belt	Minimum 2 months and 20 hours of training
Tth Kyū-Yellow Belt Ki Tests and Exercises Seiza(正座) – Sitting Japanese style with legs folded underneath Shizentai(自然体) – Natural stance with feet shoulder-width apart Orenai Te(折れない手) – Unbendable arm, tested while in hanmi stance Ikkyō(一教), Nikyō(二教), Sankyō(三教), Kotegaeshi(小手返し), and Tekubi Furi Undō(手首振り運動) Mae and Ushiro Ukemi(前受身&後受身) – Rolling, tumbling forward completely, from standing Kōhō Tentō Undō(後方転倒運動) – Rolling backward and	Techniques B-1: Katadori Nikyō Irimi (肩取り二教入身) B-2: Katadori Nikyō Tenkan(肩取り二教転換) B-3: Yokomen-uchi Shihō-nage Irimi (横面打ち四方投げ入身) B-4: Yokomen-uchi Shihō-nage Tenkan (横面打ち四方投げ転換) Empty Hand Strikes – Shōmen-uchi (正面打ち)、 Yokomen-uchi (横面打ち)、& Munetsuki (胸突き) While practicing the "Basic Eight" (listed in required techniques for yellow and green belt, as B-#), the focus is on proper posture,
 Kōhō Tentō Undō (後方転倒運動) – Rolling backward and forward from sitting, kneeling, and standing positions Kokyūdōsa (呼吸動作) – Partner practice in seiza position; exercise to develop timing or "breath" power 	yellow and green belt, as B-#), the focus is on proper posture, breathing, balance, 4 basic principles for coordination of mind and body, and the principles of Aikido.



6 th Kyū-Green Belt	Minimum 3 months and 20 hours of training as 7 th Kyū
Exercises **Ushiro Ukemi (後受身) - Break fall, rolling backward with a slap* **Mae Ukemi (前受身) - Break fall, falling forward with a slap* **Yoko Ukemi (横受身) - "Side fall" exercise, from squatting and standing position, from tumbling forward, and while the hand is held by a partner* **Funakogi Undō (舟漕ぎ運動) - "Rowing exercise"* **Hanmi no Kamae (半身の構え) - One-foot forward stance* **Jab, Cross, Hook Punches* **Renzoku Kokyūdōsa (連続呼吸動作) - Kokyūdōsa practiced continuously, one side to another without pause* **Shikkō (膝行) - Walking and turning on the knees with heels together*	Techniques All of the Basic Eight which includes the following: • B-5: Shōmen-uchi Kokyū-nage Irimi (正面打ち呼吸投げ入身) • B-6: Munetsuki Kotegaeshi(胸突き小手返し) • B-7: Ushirodori Kokyū-nage(後取り呼吸投げ) • B-8: Ushiro Katatedori Kubishime Sankyō Irimi/Tenkan (後片手取り首絞め三教 入身・転換)



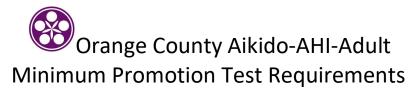




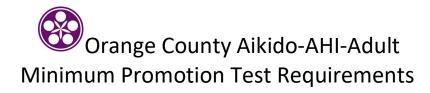
4 th Kyū-Purple Belt continued	Minimum 7 months and 80 hours of training as 5 th Kyū and 1 approved seminar, 1 Private lesson 2 months prior to test
• Kamae with bokken(木剣構え) – Demonstration of 5 basic stances 1. Gedan(下段) 2. Chūdan(中断) 3. Jōdan(上段) 4. Hassō(八相) 5. Waki(脇)	Aiki Waza (Ki training techniques) • Yokomen-uchi Kokyū-nage using sayū undō (横面打ち呼吸投げ) • Suwari Waza(座技): ○ Shōmen-uchi Ikkyō(正面打ち一教) ○ Katadori Nikyō Omote & Ura(肩取り二教、表・裏) ○ Katadori Sankyō(肩取り三教) Ne Waza(寝技) – Ground Work • Katadori Nikyō(肩取り二教)to Udegarami(腕絡み)lock • Yokomen-uchi Shihō-nage(横面打ち四方投げ)to Hadakajime choke(裸締) • Shōmen-uchi Kokyū-nage Irimi(正面打ち呼吸投げ入身)to Katahajime choke(片羽締め) • Munetsuki Kotegaeshi(胸突き小手返し)to Jūji Gatame armbar(十字固め) • Ushirodori Sukuinage(後取りすくい投げ)to Gyakudasuki(arm triangle)(逆襷) • Ushiro Katatedori Kubishime Sankyo(後ろ片手取り首絞め三教)to Hiji-shime(肘締)

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.

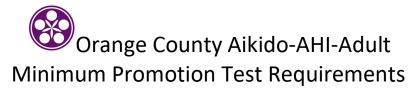
As of May 2019



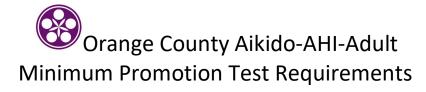
3 rd Kyū-Purple Belt, 1 stripe	Minimum 7 months and 100 hours training as 4 th Kyū and 2 approved seminars, 1 Private lesson
Ki Tests and Exercises Agaranai Karada(上がらない体) – Unliftable body Rolling with Jō forwards and backwards Jō Kata(22の杖型) – 22 movements Happōgiri with Bokken(八方切り) – 8 directional cut, 13 movements	Techniques • Katadori Men-uchi Irimi-nage(肩取り面打ち入見投げ) • Tsuki Kaiten-nage(突き回転投げ) • Ushiro Ryōkatadori Sankyō Omote/Ura (後両肩取り三教、表・裏) • Shōmen-uchi Sankyō Omote/Ura(正面打ち三教、表・裏)
 Calligraphy on Shōmen wall: 正勝 吾勝 勝速日 (Masakatsu Agatsu Katsuhayahi) "Win righteously, win against oneself, and the win occurs in an instant." » "Masakatsu" is a strong conviction to defeat injustice with righteousness (justice). » "Agatsu" is a strong creed/belief of overcoming oneself by overcoming greedy egoism and selfishness, that is to say, winning against oneself. » "Katsuhayahi" – according to Ō-Sensei, one cannot see anything when focused so hard on winning. One must let everything flow, win righteously, and win against oneself. When everything falls into place, victory shall be swift. 	 Munetsuki Koshinage(胸突き腰投げ) Tantōdori Kotegaeshi from Munetsuki(短刀取り小手返し) Suwari Waza(座技): Shōmen-uchi Irimi-nage(正面打ち入身投げ) Shōmen-uchi Nikyō Omote/Ura (正面打ち二教、表・裏)



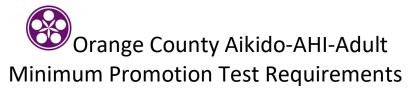
3 rd Kyū-Purple Belt, 1 stripe continued	Minimum 7 months and 100 hours training as 4 th Kyū and 2 approved seminars, 1 Private lesson
	• Hanmi-Handachi(半身半立ち):
	○ Katatedori Shihō-nage(片手取り四方投げ)
	○ Katatedori Kaiten-nage Uchi/Soto Mawari
	(片手取り回転投げ 内回り・外回り)
	Jab-Cross Defense-Parry to Figure Four lock
	Aiki Waza
	● Morotedori Irimi-nage(諸手取り入身投げ)− 2 ways
	• Yokomen-uchi Irimi-nage(横面打ち入身投げ)– 2 ways
	• Ryōtedori Kokyū-nage(両手取り呼吸投げ)



2 nd Kyū-Brown Belt	Minimum 9 months and 150 hours training as 3 rd Kyū and 2 approved seminars, 1 Private lesson
Ki Tests and Exercises	<u>Techniques</u>
Verbal Examination: ● Verbal Examination: ● What is Aikido? ● What has Aikido done for you? ● What are the 4 basic principles to coordinate the mind and body? ● Kokyūhō(呼吸方) – Demonstration of and questions on breathing training ● Jō Kata 13 (13の杖型)	 Katadori Men-uchi Kokyū-nage(肩取り面打ち呼吸投げ) Shōmen-uchi Shihō-nage(正面打ち四方投げ) Shōmen-uchi Kaiten-nage(正面打ち回転投げ) Yokomen-uchi Gokyō(横面打ち五教) Ushiro Tekubitori Shihō-nage(後手首取り四方投げ) Ushiro Tekubitori Jyūji-nage(後手首取り十字投げ) Shōmen-uchi Koshinage(正面打ち腰投げ) Ryōtedori Kotegaeshi(両手取り小手返し)
• Kumijō(組杖) – Dueling Jō Kata	 Morotedori Sankyō (諸手取り三教) Hanmi-Handachi (半身半立ち): Shōmen-uchi Irimi-nage (正面打ち入身投げ) Katadori Nikyō (肩取り二教) Yokomen-uchi Kotegaeshi (横面打ち小手返し)



2 nd Kyū-Brown Belt continued	Minimum 9 months and 150 hours training as 3 rd Kyū and 2 approved seminars, 1 Private lesson
	 Keri Waza (蹴り技) – Kicking Techniques Mae Geri (前蹴り) – Front Snap Kick Yoko Geri (横蹴り) – Side Snap Kick Jiyū Waza (自由技) demonstration – Various random attacks 2 person Randori (二人掛け乱取り)
	• 2 person kandori (一人掛り 配収り)



1 st Kyū-Brown Belt, 1 stripe	Minimum 1 year and 200 hours of training as 2 nd Kyū and 2 approved seminars, 1 Private lesson
 Ki Tests and Exercises Kumitachi (組太刀) – Dueling sword movement Jō and Bokken Dori (杖取り・木剣取り) Happōgiri with Bokken, Suwari-waza – 8 directional cut, 9 movements (八方切り 座技) 	 Echniques Katadori Men-uchi (肩取り面打ち) – 5 techniques Koshinage (腰投げ) – 5 techniques Yokomen-uchi (横面打ち) – 5 techniques Tantō-dori (短刀取り) Morotedori (諸手取り) – 5 techniques Ryōtedori (両手取り) – 5 techniques Shōmen-uchi (正面打ち) – 5 techniques Hanmi-Handachi (半身半立ち): Ushiro-waza (後ろ技) – 5 techniques Yubidori (指取り) – Finger Lock Technique Yubidori Kokyū-nage (指取り呼吸投げ) – Same side lapel grab; drop opponent face forward to ground Yubidori Shihō-nage (指取り四方投げ) – Cross-hand lapel grab into shihō-nage Yubidori Kamatezume (指取り鎌手詰め) – Sickle lock ("gooseneck lock") behind the back Two-handed Front Choke Defenses Jiyū Waza (自由技) demonstration – Various random attacks 3 Person Randori (三人掛け乱取り)

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.

As of May 2019