



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

7 th Kyū-Yellow Belt	Minimum 2 months and 20 hours of training
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• 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 forward from sitting, kneeling, and standing positions• Kokyūdōsa (呼吸動作) – Partner practice in seiza position; exercise to develop timing or “breath” power	<p><u>Techniques</u></p> <ul style="list-style-type: none">• 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) <p>While practicing the “Basic Eight” (listed in required techniques for 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.</p>

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



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

6 th Kyū-Green Belt	Minimum 3 months and 20 hours of training as 7 th Kyū
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• 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	<p><u>Techniques</u></p> <p>All of the Basic Eight which includes the following:</p> <ul style="list-style-type: none">• 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)

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As of May 2019



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

5 th Kyū-Blue Belt	Minimum 6 months and 30 hours of training as 6 th Kyū, 1 Seminar
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• Shōmen-uchi Ikkyō Undō (正面打ち一教運動) – Using the one point, raise and lower the arms as if cutting with a sword• Zengo Undō (前後運動) – Same as Shōmen-uchi Ikkyō, facing forward, then in the opposite direction• Happō Undō (八方運動) – Raising and lowering arms with movement, as if cutting in eight directions• Kokyūhō Undō (呼吸法運動) – Controlled breathing exercise• Tenkan Undō (転換運動) – Step motion to get around an object• Tekubi Kōsa Undō (手首交差運動) – Bring wrists together at navel level• Tekubi Jōhō Kōsa Undō (手首上方交差運動) – Bring wrists together at eye level• Front Kicks (前蹴上げ)• Side Kicks (横蹴上げ)	<p><u>Techniques</u></p> <ul style="list-style-type: none">• Basic Eight• Shōmen-uchi Ikkyō Omote/Ura (正面打ち一教、表・裏)• Yokomen-uchi Kotegaeshi (横面打ち小手返し)• Ushiro Tekubitori Kotegaeshi (後手首取り小手返し)• Katatedori Shihō-nage Omote/Ura (片手取り四方投げ、表・裏)• Gyakudasuki (逆襷) – Arm triangle from Shōmen-uchi• Hadakajime (裸締) – Rear naked choke from tsuki• Uchi-udegaeshi/Tsuki Udegarami (内腕返し・突き腕絡み) <p><u>Aiki Waza (Ki training techniques)</u></p> <ul style="list-style-type: none">• Morotedori Kokyūhō (諸手取り呼吸法)• Ryōtedori Tenchi-nage (両手取り天地投げ)• Kokyū-nage (呼吸投げ) A, B, and C

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As of May 2019



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

4 th Kyū-Purple Belt	Minimum 7 months and 80 hours of training as 5 th Kyū and 1 approved seminar, 1 Private lesson 2 months prior to test
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Sayū Undō (左右運動) – Extending the arms to the left and lowering the hips, then to the right side and lowering the hips. • Sayū Chōyaku Undō (左右跳躍運動) – Sayū undo with stepping motion • Udefuri Undō (腕振り運動) – Swing arms to the left, then to the right • Udefuri Chōyaku Undō (腕振り跳躍運動) – Udefuri undō with stepping motion • Ushirodori Undō (後ろ取り運動) – Extend arms out and step forward • Ushirotekubitori Zenshin and Kōtai Undō (後手首取り 前進・後退運動) • Jō and Bokken Suburi: Shōmen, Yokomen, and Tsuki (杖・木剣素振り：正面、横面&突き) 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • Basic Eight • Katadori Men-uchi Nikyō (肩取り面打ち二教) • Shōmen-uchi Nikyō Omote/Ura (正面打ち二教、表・裏) • Tantōdori-Munetsuki Irimi-nage (短刀取り胸突き入身投げ) • Morotedori Nikyō (諸手取り二教) • Ryōtedori Shihō-nage (両手取り四方投げ) • Ushiro Ryōkatadori Kotegaeshi (後両肩取り小手返し) • Ushiro Kubishime Koshinage (後首絞め腰投げ) • Yokomen-uchi Koshinage/Koshiguruma (横面打ち腰投げ・腰車) – Perpendicular hip throw • Jab-Cross Defense-Parry punch to choke

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As of May 2019



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

4 th Kyū-Purple Belt <i>continued</i>	Minimum 7 months and 80 hours of training as 5 th Kyū and 1 approved seminar, 1 Private lesson 2 months prior to test
<ul style="list-style-type: none"> • Kamae with bokken (木剣構え) – Demonstration of 5 basic stances <ol style="list-style-type: none"> 1. Gedan (下段) 2. Chūdan (中断) 3. Jōdan (上段) 4. Hassō (八相) 5. Waki (脇) 	<p><u>Aiki Waza (Ki training techniques)</u></p> <ul style="list-style-type: none"> • Yokomen-uchi Kokyū-nage using sayū undō (横面打ち呼吸投げ) • Suvari Waza (座技) : <ul style="list-style-type: none"> ○ 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) <p><u>Ne Waza (寝技) – Ground Work</u></p> <ul style="list-style-type: none"> • 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)

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Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

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
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Agaranai Karada (上がらない体) – Unliftable body • Rolling with Jō forwards and backwards • Jō Kata (2 2 の杖 型) – 22 movements • Happōgiri with Bokken (八方切り) – 8 directional cut, 13 movements <p>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."</p> <ul style="list-style-type: none"> ➤ "<u>Masakatsu</u>" is a strong conviction to defeat injustice with righteousness (justice). ➤ "<u>Agatsu</u>" is a strong creed/belief of overcoming oneself by overcoming greedy egoism and selfishness, that is to say, winning against oneself. ➤ "<u>Katsuhayahi</u>" – 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. 	<p><u>Techniques</u></p> <ul style="list-style-type: none"> • 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) • Munetsuki Koshinage (胸突き腰投げ) • Tantōdori Kotegaeshi from Munetsuki (短刀取り小手返し) • Suwari Waza (座技) : <ul style="list-style-type: none"> ○ 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)

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As of May 2019



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

3 rd Kyū-Purple Belt, 1 stripe <i>continued</i>	Minimum 7 months and 100 hours training as 4 th Kyū and 2 approved seminars, 1 Private lesson
	<ul style="list-style-type: none">• Hanmi-Handachi (半身半立ち) :<ul style="list-style-type: none">○ 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 <p><u>Aiki Waza</u></p> <ul style="list-style-type: none">• 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)

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Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

2 nd Kyū-Brown Belt	Minimum 9 months and 150 hours training as 3 rd Kyū and 2 approved seminars, 1 Private lesson
<p><u>Ki Tests and Exercises</u></p> <p>Verbal Examination:</p> <ul style="list-style-type: none">• Verbal Examination:<ul style="list-style-type: none">➢ 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)• Kumijō (組杖) – Dueling Jō Kata	<p><u>Techniques</u></p> <ul style="list-style-type: none">• 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)• Morotedori Sankyō (諸手取り三教)• Hanmi-Handachi (半身半立ち) :<ul style="list-style-type: none">○ 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)

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2nd Kyū-Brown Belt <i>continued</i>	Minimum 9 months and 150 hours training as 3 rd Kyū and 2 approved seminars, 1 Private lesson
	<ul style="list-style-type: none">• Keri Waza (蹴り技) – Kicking Techniques<ul style="list-style-type: none">○ 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)

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As of May 2019



Orange County Aikido-AHI-Adult Minimum Promotion Test Requirements

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
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none">• 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)	<p><u>Techniques</u></p> <ul style="list-style-type: none">• 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<ul style="list-style-type: none">○ 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)

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