



Orange County Aikido-AHI-Adult

Minimum Promotion Test Requirements

<p>7th Kyu-Yellow Belt</p> <p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Seiza - Sitting Japanese style with legs folded underneath • Shizentai - Natural stance with feet shoulder-width • Orenaite - Unbendable arm, tested while in hanmi stance • Ikkyo, Nikyo, Sankyo, Kotegaeshi, and Tekubi furi undo • Mae and Ushiro Ukemi, Rolling - Tumbling forward completely, from • Koho Tento Undo - Rolling backward and forward from sitting, kneeling and standing positions • Kokyudosa - Partner practice in seiza position; exercise to develop timing or “breath” power 	<p>Minimum 2 months and 20 hours of training</p> <p>Techniques</p> <ul style="list-style-type: none"> • Katatori nikyo irimi (B-1) • Katatori nikyo tenkan (B-2) • Yokomenuchi shihonage irimi (B-3) • Yokomenuchi shihonage tenkan (B-4) <p>While practicing the “Basic Eight”, the focus is on proper posture, breathing, balance, 4 basic principles for coordination of mind and body, and the principles of Aikido.</p>
<p>6th Kyu-Green Belt</p> <p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Ushiro Ukemi, Breakfall - Rolling backward with slap • Mae Ukemi, Breakfall - Falling forward with slap • Empty Hand Strikes - Shomenuchi, Yokomenuchi, and Munetsuki • Funakogi Undo - “Rowing exercise” • Hanmi no kamae-one foot forward stance • Banzai no kamae-stance with feet shoulder-width apart and both arms raised • Renzoku Kokyudosa - Kokyudosa practiced continuously, one side to another without pause 	<p>Minimum 3 months and 20 hours of training as 7th Kyu</p> <p>Technique</p> <ul style="list-style-type: none"> • All of the Basic Eight which includes the following: • Shomenuchi kokyu nage irimi (B-5) • Munetsuki kotegaeshi (B-6) • Ushiro tori kokyu nage (B-7) • Ushiro katatetori kubishime sankyo irimi/tenkan(B-8)
<p>5th Kyu-Blue Belt</p> <p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Shomen uchi ikkyo undo- Using the one point, raise and lower the arms as if cutting with a sword • Zengo Undo –Same as shomen uchi ikkyo, facing forward then the opposite direction • Happo Undo - Raising and lowering arms with movement as if cutting in eight directions • Kokyuho undo (tenkan undo) –alternate sides • Tekubi kosa undo- bring hands together at navel level • Tekubi joho kosa undo- bring hands together at eye level 	<p>Minimum 3 months and 30 hours of training as 6th Kyu, 1 Seminar</p> <p>Techniques</p> <ul style="list-style-type: none"> • Basic Eight • Shomenuchi Ikkyo omote/ura • Yokomenuchi kotegaeshi • Ryotetori tenchinage • Ushiro tekubitote kotegaeshi • Morotetori kokyuho • Katatetori shihonage omote/ura
<p>4th Kyu-Purple Belt</p> <p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Sayu Undo – Extending the arms to the left and lowering the hips, then the right side and lowering the hips. • Sayu Choyaku Undo – stepping motion of sayu undo • Udefuri Undo – Swing arms to the left, the to the right • Udefuri Choyaku Undo – Stepping and turning motion of udefuri • Ushirotori Undo – extend arms out and step forward • Ushirotekubitote zenshin and kotai Undo • Shikko - Walking and turning on the knees with heels together 	<p>Minimum 5 months and 80 hours of training as 5th Kyu and 1 approved seminar, 1 Private lesson 2 months prior to test</p> <p>Techniques</p> <ul style="list-style-type: none"> • Katatori menuchi nikkyo • Basic Eight • Shomenuchi nikyo omote/ura • Yokomenuchi kokyunage (using sayu undo) • Tantodori-Munetsuki iriminage • Morotetori nikkyo • Ryotetori shihonage • Ushiro ryokatatori kotegaeshi • Ushiro kubishime koshinage • Yokomenuchi koshinage • Suwari Waza: <ul style="list-style-type: none"> Shomenuchi ikkyo Katatori nikyo omote Katatori nikyo ura Katatori sankyo



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<p>3rd Kyu-Purple Belt, 1 stripe</p>	<p>Minimum 6 months and 100 hours training as 4th Kyu and 2 approved seminars, 1 Private lesson</p>
<p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Yoko Ukemi - “Side fall” exercise, from squatting and standing position, from tumbling forward, and while the hand is held by a partner • Kata Ashiage- Raising one leg with hand extended in front. • Agaranai karada- unliftable body <p>Caligraphy on Shomen wall: MASAKATSU AGATSU- “TRUE VICTORY IS VICTORY OVER ONESELF” OR “TRUE VICTORY IS OVERCOMING YOURSELF” KATSUHAYABI- “MAY THAT HAPPEN RIGHT NOW”</p>	<p>Techniques</p> <ul style="list-style-type: none"> • Katatori Menuchi iriminage • Yokomenuchi iriminage- 2 ways • Tsuki kaiten nage • Ushiro ryokatatori sankyo omote/ura • Morotetori iriminage-2 ways • Ryotetori kokyunage • Shomenuchi sankyo omote/ura • Suwari waza: <ul style="list-style-type: none"> Shomenuchi iriminage Shomenuchi nikyo omote/ura • Hanmi-Handachi: <ul style="list-style-type: none"> Katatetori shihonage Katatetori kaiten nage Uchi, soto mawari • Munetsuki koshinage • Tantodori-Munetsuki kotegaeshi
<p>2nd Kyu-Brown Belt</p>	<p>Minimum 9 months and 150 hours training as 3rd Kyu and 2 approved seminars, 1 Private lesson</p>
<p>Ki Tests and Exercises</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? • Kokyuhō-Demonstration of and questions on breathing training • Kamae with bokken-Demonstration of 5 basic stances • Bokken and jo suburi- Demonstration of basic strikes of sword and staff 	<p>Techniques</p> <ul style="list-style-type: none"> • Katatori menuchi kokyunage • Shomenuchi shihonage • Shomenuchi kaiten nage • Yokomenuchi gokyo • Ushiro tekubitori shihonage • Ushiro tekubitori jujinage • Shomenuchi koshinage • Ryotetori kotegaeshi • Morotetori sankyo • Hanmi-handachi: <ul style="list-style-type: none"> Shomenuchi iriminage Katatori nikyo Yokomenuchi kotegaeshi • Freestyle <ul style="list-style-type: none"> Randori- 2 person
<p>1st Kyu-Brown Belt</p>	<p>Minimum 1 year and 200 hours of training as 2nd Kyu and 2 approved seminars, 1 Private lesson</p>
<p>Ki Tests and Exercises</p> <ul style="list-style-type: none"> • Bokken Kata • Jo Kata • Kumijo • Kumatashi 	<p>Techniques</p> <ul style="list-style-type: none"> • Katatori Menuchi: 5 techniques • Yokomenuchi: 5 techniques • Morotetori: 5 techniques • Shomenuchi: 5 techniques • Hanmi-Handachi: <ul style="list-style-type: none"> Ushiro waza: 5 techniques • Freestyle <ul style="list-style-type: none"> Randori- 3 person • Koshinage: 5 techniques • Tanto tori • Ryotetori: 5 techniques

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 01/04/2018