



AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - YOUTH

8th KYU – Orange Belt	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Seiza - Sitting Japanese style with legs folded underneath • Hanmi No Kamae - “Half-body stance” • Orenaitai - Unbendable arm, tested while in hanmi stance • Koho Tendo Undo - Rolling backward and forward from sitting, kneeling and standing positions • Shomenuchi - Demonstration of basic strike 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katatori Ikkyo - Lapel grab/ “First teaching” and pin • Katatekosatori Kokyunage - Cross-hand wrist grab/ “Timing throw,” controlling the head • Katatekosatori Kotegaeshi - Cross-hand wrist grab/ “Wrist-turning” throw, pin <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training
7.5 KYU – Orange Belt with one stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Shizentai - Natural stance with feet shoulder-width • Agura No Shisei - Sitting cross legged • Funakogi Undo - “Rowing exercise” • Munetsuki - Demonstration of basic strike 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Shomenuchi Kokyunage - Downward strike to the head/ “Timing throw;” controlling the head • Katatekatori Shihonage - Same side wrist grab/ “Four directions throw” • Katatekatori Nikyo – Same-side wrist grab/ “Second teaching” and pin <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 8th kyu
7th KYU – Orange belt with two stripes	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Shomenuchi Ikkyo Undo - Raising and lowering the arms as if cutting with a sword • Zengo Undo - Raising and lowering arms as if cutting with a sword, with 180 degree pivoting motion • Mae Ukemi, Rolling - Tumbling forward completely, from kneeling and standing positions • Yokomenuchi - Demonstration of basic strike 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Shomenuchi Kotegaeshi - Downward strike to the head/ “Wrist turning” throw and pin • Shomenuchi Iriminage - Downward strike to the head/ “Entering throw” • Katatekosatori Sankyo – Cross-hand wrist grab/ “Third teaching;” both nage waza (throwing) and katame waza (pinning) variations required • Munetsuki Kotegaeshi - Thrusting strike to the chest / “Wrist turning” throw and pin <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 7.5 kyu
6.5 KYU – Blue belt	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Happo Undo - Raising and lowering arms with movement as if cutting in eight directions • Banzai no Kamae - Stance with feet shoulder-width and both arms raised • Ushiro Ukemi, Rolling - Tumbling backward completely, from kneeling and standing positions 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Yokomenuchi Kokyunage - Strike to the side of the head/ “timing throw” • Katatekatori Kaitenage - Same side wrist grab/ “Rotary throw”. Tenkan variation required • Ushirokatatori Kokyunage - Grasping both shoulders from behind/ “Timing throw;” variation with bowing movement required <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 7th kyu



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6th KYU – Blue belt with one stripe	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Tekubikosa Undo - “Crossing the wrists exercise;” high and low variations required • Sayu Undo - “Left and right exercise;” extending arms to the left and right and sinking the hips • Sayu Choyaku Undo - “Left and right exercise;” with stepping movement • Udefuri Undo - “Swinging the arms exercise” to left and right • Udefuri Choyaku Undo - “Swinging the arms exercise” with stepping and turning motion 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Yokomenuchi Shihonage - Strike to the side of the head/ “Four directions throw” • Ushirotekubitori Kokyunage - Wrists grasped from behind/ “Timing throw;” variation in the manner of Ushirotekubitori Undo required • Shomenuchi Ikkyo - Downward strike to the head/ “First teaching” and pin <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 6.5 kyu
5.5 KYU – Blue belt with two stripes	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Ushirosori - Bending backwards while in hanmi stance • Maekagami - Stooping forward while in hanmi stance • Ushirotori Undo - “Grasped from behind exercise” • Ushirotekubitori Undo - “Wrists grasped from behind exercise” 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Ushirotekubitori Kotegaeshi - Wrists grasped from behind/ “Wrist turning” throw and pin • Katatori Yonkyo - Lapel grab/ “Fourth teaching” and pin • Ryotetori TENCHINAGE - Grasping both wrists/ “Heaven and Earth throw” <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 6th kyu
5th KYU – Blue belt with three stripes	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Tenkan Undo - “Spinning change exercise;” turning body movement (direct pivot and step-with-pivot variations required) • Shikko - Walking and turning on one’s knees • Yoko Ukemi (full breakfall) - “Side fall” exercise, from squatting and standing position, from tumbling forward, and while hand is grasped by a partner 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Ryotetori Kokyunage - Grasping both wrists/ “Timing throw;” pivot throw variations required • Ushirohijitori Kotegaeshi - Grasping elbows from behind/ “Wrist-turning” throw and pin • Munetsuki Kokyunage - Thrusting strike to the chest / “Timing throw;” pivot-throw variation required • Suwariwaza(the following techniques performed from seated (seiza) position): <ul style="list-style-type: none"> ○ Shomenuchi Ikkyo - Downward strike to the head/ “First teaching” and pin <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 5.5 kyu
4.5 KYU – Purple belt	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Kata Ashiage - Raising one leg, hand extended in front • Kamae with Bokken - Demonstration of five basic sword stances 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Katatori Kokyunage - Lapel grab/ “Timing throw” • Ushirotori Kokyunage - Grasping from behind (bearhug)/ “Timing throw;” executed in the manner of Ushirotori Undo • Ryotetori Kaitenage - Grasping both wrists/ “Rotary throw” <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 5th kyu



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4th KYU – Purple belt with one stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Agaranai Karada - Unliftable body • Bokken Suburi - Demonstration of basic strikes with sword 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Katateriyotetori Nikyo - Grasping a forearm with both hands/ "Second teaching" and pin • Suwariwaza (the following techniques performed from seated (seiza) position): <ul style="list-style-type: none"> ○ Shomenuchi Kokyunage - Downward strike to the head/ "Timing throw;" controlling the head ○ Katatori Nikyo - Lapel grab/ "Second teaching" and pin <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 4.5 kyu
3.5 KYU – Purple belt with two stripes	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Jo Suburi Demonstration of basic strikes with staff 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Ryokatatori Kokyunage - Grasping both lapels/ "Timing throw;" pivot-throw variations required • Katatetori Sumiotoshi - Same side wrist grab/ "Corner drop" throw • Katateriyotetori Kokyunage - Grasping a forearm with both hands/ "Timing throw" <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 3 months and 20 hours of training after earning 4th kyu
3rd KYU – Purple belt with three stripes	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Kokyuho - Demonstration of and questions on breathing training • Meisoho – Questions regarding meditation training 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Ryokatatori Kotegaeshi - Grasping both lapels / "Wrist-turning" throw, pin • Ryokatatori Ikkyo - Grasping both lapels / "First teaching" and pin • Hanmi Hantachi Waza (the following techniques performed from a seated (seiza) position against a standing attacker): <ul style="list-style-type: none"> ○ Katatetori Shihonage - Same side wrist grab/ "Four directions throw" ○ Katatetori Sankyo – Same-side wrist grab/ "Third teaching;" both nage waza (throwing) and katame waza (pinning) variations required <p><u>Time and Event Requirements</u></p> <ul style="list-style-type: none"> • Minimum 4 months and 30 hours of training after earning 3.5 kyu
2.5 KYU – Brown belt	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Questions about Four Basic Principles of Aikido 	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Ushirotekubitori Jujinage - Grasp both wrists from behind/ Entwining the arms in the shape of the Japanese number "10" (a cross) and throwing • Ushirokatetori Kubishime Kokyunage - Grasp one wrist and choke from behind/ "Timing throw" • Ryotetori Koshinage - Grasping both wrists/ "Hip throw" • Hanmi Hantachi Waza (the following techniques performed from a seated (seiza) position against a standing attacker): <ul style="list-style-type: none"> ○ Munetsuki Kotegaeshi - Thrusting strike to the chest / "Wrist turning" throw and pin <p><u>Time and Event Requirements</u></p> <p>Minimum 4 months and 30 hours of training after earning 3rd kyu</p>



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2nd KYU – Brown belt with one stripe	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Walking with mind and body unified 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Yokomenuchi Sudori - Strike to the side of the head/ “Disappearing” throw • Ushirotekubitori Shihonage - Grasp both wrists from behind/ “Four directions throw” • Katateriyotetori Kotegaeshi - Grasping a forearm with both hands/ “Wrist turning” throw and pin • Jiyuwaza - “Free technique;” defense against any grasping attack <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 4 months and 30 hours of training after earning 2.5 kyu
1.5 KYU – Brown belt with two stripes	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Bokken Kata I - First sword form; 13 count (“Happo Giri;” cutting in eight directions) 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Munetsuki Kaitenage - Thrusting strike to the chest / “Rotary throw”. • Yokomenuchi Sokumen Iriminage - Strike to the side of the head/ “Side of the face, Entering throw” (technique performed in the manner of Sayu Undo) • Hanmi Hantachi: Jiyuwaza “Free technique;” defense against any attack while kneeling • Randori - “Seizing chaos;” defense against multiple attackers (2) <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 6 months and 50 hours of training after earning 2nd kyu
1st KYU – Brown belt with three stripes	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Jo Kata I - First staff form; 22 count 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Ushirotekubitori Koshinage - Grasp both wrists from behind/”Hip throw” • Ushiro Waza Free Technique – Grasping attacks from behind • Tanto Dori - Defense against knife attacks; at least three techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required • Randori (3 attackers) <p><u><i>Time and Event Requirements</i></u></p> <p>Minimum 6 months and 50 hours of training after earning 1.5 kyu</p>
SHODAN – Black belt, first degree	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Written essays: <ul style="list-style-type: none"> ○ What is Aikido? ○ What is Shugyo? • Bokken Kata II - Second sword form; 13 count • Jo Kata II - Second staff form; 22 count 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Munetsuki - Five Arts • Shomenuchi - Five Arts • Ushirotekubitori - Five Arts • Randori (4 attackers) <p><u><i>Time and Event Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 8 months and 70 hours of training after earning 1st kyu

IMPORTANT NOTES RE KYU AND DAN TESTING

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. Many techniques have omote (front) and ura (rear), or irimi (entering) and tenkan (turning) variations which you must demonstrate.
3. Many techniques have applications against both static and dynamic attacks, which you must know.
4. In certain cases a particular variation of a technique is required and is noted above, but you are encouraged to demonstrate more variations.
5. 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.
6. All test candidates must complete the following prior to testing:
 - Dojo monthly dues must be paid in full
 - Dojo annual dues (if applicable) must be paid up to date
 - Examination application form must be completed legibly and submitted to your instructor
 - Examination fee must be paid



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