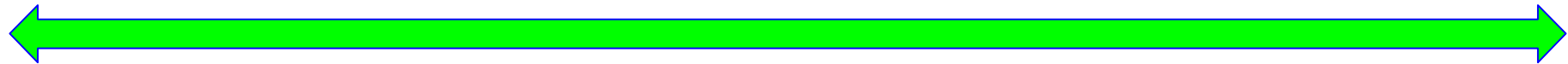
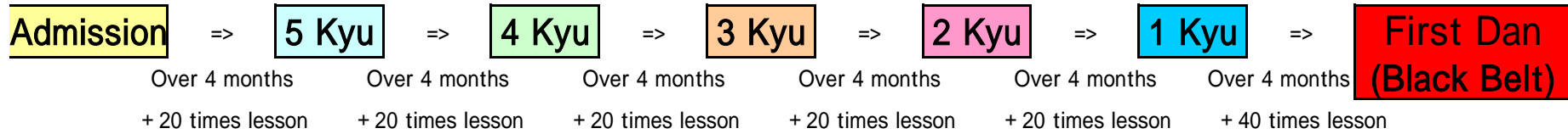


Aishinkan Kyoto Certification System and Testing Items



Basically it will take about 2 years practice to get the First Dan

Kyu Tests Items

	5 Kyu	4 Kyu	3 Kyu	2 Kyu	1 Kyu
Seated Techniques	1 kyo	1 kyo	1 - 4 kyo	1 - 4 kyo	1 - 4 kyo
Standing Techniques	1 kyo	1 kyo	1 kyo	1 - 2 kyo	1 - 2 kyo
2 kyo to shoulder grab					
Shiho-nage					
Irimi-nage					
Kote-gaeshi					
Tenchi-nage					
Kaiten-nage					
Free style					
Standing Breathing					
Seated Breathing					

First Dan Test Items (Free Style)

* Seated Techniques for 2 minutes

* Standing Techniques for 6 minutes

January 18, 2014

Aikido Aishinkan Kyoto
Certification test for Kyu and first Dan

5 Kyu

- Seated Ikkyo (first teaching) against Shomen-uchi (front-head strike)
- Standing Ikkyo (first teaching) against Shomen-uchi (front-head strike)
- Shiho-nage (four-direction throw) against Katate-dori (Single-hand grab)
- Irimi-nage (entering throw) against Shomen-uchi (front-head strike)
- Seated Kokyu-hou (breathing-power training method)

4 Kyu

- Seated Ikkyo (first teaching) against Shomen-uchi (front-head strike)
- Standing Ikkyo (first teaching) against Shomen-uchi (front-head strike)
- Standing Nikyo (second teaching) against Kata-dori (shoulder grab)
- Shiho-nage (four-direction throw) against Yokomen-uchi (side-head strike)
- Irimi-nage (entering throw) against Shomen-uchi (front-head strike)
- Seated Kokyu-hou (breathing-power training method)

3 Kyu

- Seated Ikkyo (first teaching) against Shomen-uchi (front-head strike)
- Seated Nikyo (second teaching) against Shomen-uchi (front-head strike)
- Seated Sankyo (third teaching) against Shomen-uchi (front-head strike)
- Seated Yonkyo (forth teaching) against Shomen-uchi (front-head strike)

- Standing Ikkyo (first teaching) against Shomen-uchi (front-head strike)

- Shiho-nage (four-direction throw) against Yokomen-uchi (side-head strike)
- Shiho-nage (four-direction throw) against Ryote- dori (both-hands grab)

- Irimi-nage (entering throw) against Shomen-uchi (front-head strike)

- Kotegaeshi (forearm return) against Shomen-uchi (front-head strike)
- Kotegaeshi (forearm return) against Tsuki (thrust)

- Tenchi-nage (heaven-and-earth throw) against Ryote- dori (both-hands grab)
- Seated Kokyu-hou (breathing-power training method)

<p>2 Kyu</p>	<ul style="list-style-type: none"> ● Seated Ikkyo (first teaching) to Yonkyo (forth teaching) against Shomen-uchi (front-head strike) <same as 3kyu test> ● Standing Ikkyo (first teaching) against Shomen-uchi (front-head strike) ● Standing Nikyo (second teaching) against Shomen-uchi (front-head strike) ● Standing Nikyo (second teaching) against Kata-dori (shoulder grab) ● Seated Shiho-nage (four-direction throw) against Katate-dori (Single-hand grab) ● Irimi-nage (entering throw) against Shomen-uchi (front-head strike) ● Irimi-nage (entering throw) against Tsuki (thrust) ● Kotegaeshi (forearm return) against Shomen-uchi (front-head strike) ● Kotegaeshi (forearm return) against Tsuki (thrust) ● Kaiten-nage (rotary throw) against Katate-dori (Single-hand grab) ● Tenchi-nage (heaven-and-earth throw) against Ryote- dori (both-hands grab) ● 3 free techniques against Katate-dori (Single-hand grab) ● Seated Kokyu-hou (breathing-power training method)
<p>1 Kyu</p>	<ul style="list-style-type: none"> ● Seated Ikkyo (first teaching) to Yonkyo (forth teaching) against Shomen-uchi (front-head strike) <same as 3kyu test> ● Standing Ikkyo (first teaching) against Shomen-uchi (front-head strike) ● Standing Nikyo (second teaching) against Shomen-uchi (front-head strike) ● Standing Nikyo (second teaching) against Kata-dori (shoulder grab) ● Seated Shiho-nage (four-direction throw) against Katate-dori (Single-hand grab) ● Irimi-nage (entering throw) against Shomen-uchi (front-head strike) ● Irimi-nage (entering throw) against Tsuki (thrust) ● Kotegaeshi (forearm return) against Shomen-uchi (front-head strike) ● Kotegaeshi (forearm return) against Tsuki (thrust) ● Kaiten-nage (rotary throw) against Katate-dori (Single-hand grab) ● Tenchi-nage (heaven-and-earth throw) against Ryote- dori (both-hands grab) ● 3 free techniques against Katate-dori (Single-hand grab) ● 3 free techniques against Ryote- dori (both-hands grab) ● 3 free techniques against Morote- dori (double-handed grab to single hand) ● Standing Kokyu-hou (breathing-power training method) ● Seated Kokyu-hou (breathing-power training method)

First Dan	<ul style="list-style-type: none"> ● Seated free techniques <u>for 2 minutes</u> against; <ul style="list-style-type: none"> Shomen-uchi (front-head strike) Yokomen-uchi (side-head strike) Kata-dori (shoulder grab) Tsuki (thrust) Katate-dori (Single-hand grab) Ryote- dori (both-hands grab) Morote- dori (double-handed grab to single hand) etc. ● Standing free techniques <u>for 6 minutes</u> against; <ul style="list-style-type: none"> Shomen-uchi (front-head strike) Yokomen-uchi (side-head strike) Kata-dori (shoulder grab) Tsuki (thrust) Katate-dori (Single-hand grab) Ryote- dori (both-hands grab) Morote- dori (double-handed grab to single hand) Ushiro- ryote- dori (Rear both wrists grab) etc.
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* Basic terminology of Aikido techniques

Japanese (Nihongo)	English
Zagi or Suwari waza	Seated techniques
Tachi-waza	Standing techniques
Shomen-uchi	Front-head strike
Yokomen-uchi	Side-head strike
Tsuki	Thrust
Kata-dori	Shoulder grab
Katate-dori	Single-hand grab
Ryote- dori	Both-hands grab
Morote- dori	Double-handed grab to single hand
Ushiro- ryote- dori	Rear both wrists grab
Kokyu-hou	Breathing-power training method