



KI TEST
REFERENCE

Name: _____

Dojo: _____

Contact Information: _____

Copyright 2014 by Aikido Association of America

Version: 1.00 November 14, 2014

Table of Contents

Foreword	ii
Preface	iv
General Ki Testing Information	1
7 th Kyu Test (White belt with stripe).....	3
6 th Kyu Test (Yellow belt)	7
5 th Kyu Test (Yellow belt with stripe).....	9
4 th Kyu Test (Blue belt).....	13
3 rd Kyu Test (Blue belt with stripe).....	19
2 nd Kyu Test (Brown Belt)	23
1 st Kyu Test (Brown belt with stripe).....	27
Shodan Test.....	31
Nidan Test.....	32
Sandan Test.....	33
Yondan Test.....	34
Miscellaneous Testing Requirements.....	35

Foreword

This guide is dedicated to the memory of our beloved teacher, the founder of the Aikido Association of America and Aikido Association International: Fumio Toyoda Shihan.

In addition, much gratitude is owed to Nigel Casey Sensei, who really was the engine to propel this project forward to completion. The contributions of James Nakayama Sensei, Stephen Rehrauer Sensei, Christine Dyer Sensei, Leslie Parks-Casey Sensei, and John Ratnam Sensei also cannot be overstated.

This collection of notes has been organized with the intention of emphasizing the importance of the “left side” of the testing sheet. These requirements are sometimes quickly reviewed just before an examination, or unfortunately omitted altogether.

Those of us who knew Toyoda Shihan clearly understood that he did not covet that which was nonessential. Please consider and understand that these exercises are the very core of the system our organization wishes to continue to practice and propagate. Study them with the same vigor and passion that one would apply to any technique or kata. Perhaps, even more.

This guide is meant to help us illuminate a path set forth by Toyoda Shihan. No person, video, or book can replace self-discovery. Concepts must eventually be transcended and become part of us. Toyoda Shihan was constantly evolving his understanding and practice of Aikido, while at the same time, polishing and strengthening his roots. Hence, we may revise this guide to reflect our current understanding, training program, and instructional methodology. However, we will continue to use Toyoda Shihan's most current teachings as our standard point of calibration.

It is our sincerest wish that you will use this booklet either to begin or deepen your understanding and appreciation of the Ki

Exercises. Hopefully, through this sincere study and practice, we can contribute to the increase of positive Ki in ourselves, our dojos, and our communities.

Every day is a new opportunity to learn.

Tatsuo Toyoda Sensei
President and Chief Instructor
Aikido Association of America and
Aikido Association International

Preface

In the late 1990's and early 2000's, Toyoda Shihan was emphasizing standardization of the procedures used during promotion testing. At Tenshinkan Dojo, ki testing featured as regular fare for Kenshusei classes, as the tests were not being applied consistently by the yudansha. The material developed by Toyoda Shihan in these classes was later presented to the AAA community as part of the 2001 National Instructor Seminar.

Knowing Sensei would expect us to know this material "cold" for the Instructor Seminar, a group of kenshusei students at Tenshinkan worked together to document for our own use what we had been working on. One person created the first draft to get us started, typing up everything he had in his notes. Emails were circulated, missing pieces filled in, language tweaked and it began to take shape...into four pages in table format, roughly in kyu order. We started folding it up and tucking in our gis for tests, bringing it to hakamakai classes, and reviewing it as needed.

Over the years, the paper has worn thin, but one thing hasn't changed - the requests for copies persist. The usefulness of the information has proven itself, yet the original notes were lacking in certain respects. These shortfalls had mainly to do with organization. We have reformatted the notes into this booklet in an effort to rectify these shortcomings and make the information more usable and readily available. To make the reference more comprehensive, the current testing requirements have been included. Additionally, some historical observations and relevant information regarding the questions and demonstrations section of the 2nd kyu test have been incorporated.

This booklet is intended to be small and easy to carry; brief enough to review quickly; descriptive enough to jog one's memory; and complete enough to serve as a practical "working" reference.

The intended audience is practicing yudansha who are in need of a quick review and those students making the transition from “being tested”, to “performing the tests”.

This information has proven invaluable to us over the years and we hope it will prove useful to you.

Leslie & Nigel Casey
Tenshinkan Dojo

General Ki Testing Information

1. Where the ki test directions say “press on front”, proceed as follows: use the inside edge of your hand to test, palm down, thumb tucked under, pressing with the side of your hand. Apply the pressure on the sternum, just below the collarbone. Generally, when applying this test, you should stand to the side of the student, in hanmi, facing the student.
2. Where the ki test directions say “press on back”, proceed as follows: use the inside edge as described above in #1. Apply pressure between student’s shoulder blades. Generally, when applying this test, you should stand to the side of the student, in hanmi, facing the same direction as the student.
3. In situations where the ki test needs to be applied while the student is in motion or just coming to a stop, the person leading the ki test should say, “Prepare to test” prior to actual testing, so that the ki test assistants know to move into position. This way everyone is ready for testing when the time comes.
4. When performing ki tests, avoid positioning yourself between the student and the test committee.
5. Stagger the line of test candidates when necessary to provide the test committee with a clear view of all tests.
6. When picking a count on which to administer a ki test, avoid using the first or last count for the test. Instead, choose a count in the middle of the range. In exercises with short counts, run through additional sets, using a middle set for testing.

7. The person leading the ki testing should call out all counts.

7th Kyu Test (White belt with stripe)

Prerequisites:

- Minimum of 2 Months and 20 hours of training.

Ki Tests and Exercises:

Test	Count	How to Test
Seiza (Sitting Japanese style with legs folded underneath)	None	Seated: Press on front and back, try to lift hand and knee. Standing: While pressing on front, have student move from seiza to shizentai (raising right foot first). While pressing on back, have the student return to seiza (lowering left foot first).
Shizentai (Standing natural stance)	None	Press on front and back.
Orenaitte (Unbendable arm)	None	Start student in hanmi with front arm extended. Try to bend arm.
Koho Tendo Undo (Rolling backwards and forward)	1-Down 2-Up	Seated: Run through count a few times for visual inspection. Test on 2 by standing to the side facing the student, extend both arms down towards the floor so that when they sit up their shoulders come into your extended hands. Push back. Kneeling: Run thru count a few times for visual inspection. Test

Test	Count	How to Test
		<p>on 2 by first pressing on back as they come up, then after motion has stopped, press on front. Standing: Same as kneeling</p>
<p>Ushiro Ukemi, Rolling (Tumbling backward completely)</p>	<p>1, pivot, 2, pivot...</p>	<p>Kneeling: Have student roll, returning to kneeling position, then pivot so the other leg is forward and roll again. Repeat a few times for visual inspection. Announce “prepare to test”. As student comes to a halt, press on front with motion of the roll. After motion has stopped, press on back. Standing: Same as kneeling except student starts and ends standing.</p>
<p>Mae Ukemi, Rolling (Tumbling forward completely)</p>	<p>1, pivot, 2, pivot...</p>	<p>Same as Ushiro Ukemi (above), except with a forward roll. Test back first, then front.</p>
<p>Kokyudosa (Exercise for developing timing and “breath” power)</p>	<p>None</p>	<p>Demonstrated with a partner. No additional ki test required. Note: partner should test student’s posture in “pin” position by trying to raise up.</p>

Techniques:

Katatekosatori Kotegaeshi - Cross-hand wrist grab/“Wrist-turning” throw and pin.

Katatori Ikkyo – Lapel grab/ “First teaching” and pin.

Katatekosatori Kokyunage – Cross-hand wrist grab/ “Timing throw”, controlling the head.

Notes:

6th Kyu Test (Yellow belt)

Prerequisites:

- Minimum of 3 Months and 30 hours of training since earning 7th kyu.

Ki Tests and Exercises:

Test	Count	How to Test
Ushiro Ukemi, Breakfall (Rolling backward with slap)	1-Down 2-Up	Run thru count a few times for visual inspection. Test on 2 by first pressing on back as student rises, then pressing on front.
Mae Ukemi (Falling forward with slap)	1-Down 2-Up	Visual inspection points to note: 1) Body is in “plank position”. Only feet and forearms touch ground. 2) Head turned to side. 3) Get up by bringing one leg forward to stand up.
Empty Handed Strikes	1,2,3,4,5 Student kiais on 5	Visually inspect for proper posture and body positioning. Correct only if necessary. Strikes: 1) Shomenuchi 2) Yokomenuchi 3) Munetsuki

Test	Count	How to Test
Funakogi Undo (Rowing exercise)	1-Forward 2-Back	Run thru count a few times for visual inspection. Test on 1 by: 1) Push on wrists from front. 2) Pull on wrists from front.
Shomenuchi Ikkyo Undo (Raising and lowering both arms)	1-Forward 2-Back	Run thru count a few times for visual inspection. Test on 1 by: 1) Pushing hands from in front at a downward angle. 2) Press on back
Renzoku Kokyudosa (Continuous Kokyudosa)	None	Demonstrated with a partner. No additional ki test required.

Techniques:

Shomenuchi Kokyunage – Downward strike to the head/ “Timing throw”, controlling the head.

Katatetori Shihonage – Same side wrist grab/ “Four directions throw”.

Shomenuchi Iriminage – Downward strike to the head/ “Entering throw”.

Katatori Nikyo – Lapel grab/ “Second teaching” and pin.

5th Kyu Test (Yellow belt with stripe)

Prerequisites:

- Minimum of 3 Months and 30 hours of training since earning 6th kyu.

Ki Tests and Exercises:

Test	Count	How to Test
Hanmi no Kamai (Half-body stance)	None	Visually inspect body position and posture. Test by pressing on front and back.
Banzai no Kamai (Stance with feet shoulder width, and both arms raised)	None	Test by pushing downward on both elbows.
Zengo Undo (Raising and lowering arms with pivot)	1,2,3,4	Run thru a few times for visual inspection. Have student hold on count 1 or 3 when their arms are raised and test by: 1) Pushing hands from front at a downward angle. 2) Press on back.

Test	Count	How to Test
Happo Undo (Raising and lowering arms in eight directions)	1,2,3,4, 5,6,7,8	Run thru a few times for visual inspection. Have student hold on any count when their arms are raised and test by: 1) Pushing on hands from in front at a downward angle. 2) Press on back.
Tekubikosa Undo (Crossing the wrists exercise)	1,2,3,4,5	Run thru a few times for visual inspection. Tell students to hold for test. Low Test: Hands should cross at wrists. Test by putting hand under crossed wrists and pull up. Test balance by pressing on front and back. High Test: Hands should cross at fingers/palms (one hand over the other). Test by pushing on extended hands in a slightly downward angle. Test balance by pressing on back.
Kamae with Bokken (Demonstration of 5 basic sword stances)	None	Visually inspect for proper posture and bokken positioning. Correct only if necessary. 5 Stances are: Chudan no Kamae (middle stance) Gedan no Kamae (lower stance) Jodan no Kamae (upper stance) Hasso no Kamae (all 8 directions stance) Wakigamae (side stance)

Test	Count	How to Test
Bokken and Jo Suburi (Demonstration of basic strikes)	1,2,3,4,5 Student kiais on 5	Visually inspect for proper posture and weapon positioning. Correct only if necessary. Bokken: 1) Shomenuchi from Chudan 2) Shomenuchi from Jodan 3) Yokomenuchi from Chudan 4) Yokomenuchi from Jodan 5) Sliding Tsuki 6) Stepping Tsuki Jo: 1) Shomenuchi 2) Yokomenuchi 3) Tsuki

Techniques:

Shomenuchi Kotegaeshi – Downward strike to the head/ “Wrist turning” throw and pin.

Shomenuchi Ikkyo – Downward strike to the head/ “First teaching” and pin.

Katatetori Sankyo – Same side wrist grab/ “Third teaching”; nage waza (throwing) and katame waza (pinning) variations required.

Yokomeuchi Sokumen Iriminage – Strike to the side of the head/ “Side of the face, Entering throw”; technique performed in the manner of Sayu Undo.

Munetsuki Kotegaeshi – Thrusting strike to the chest/ “Wrist turning” throw and pin.

Katatetori Kaitennage – Same side wrist grab/ “Rotary throw”; tenkan variation required.

Notes:

4th Kyu Test (Blue belt)

Prerequisites:

- Minimum of 3 Months and 30 hours of training since earning 5th kyu.
- Prior attendance at one AAA/AAI Seminar.

Ki Tests and Exercises:

Test	Count	How to Test
Ushirosori (Bending backward while in hanmi stance)	None	Visually inspect that student is in hanmi, fully bent back (including head) and hands are relaxed hanging from shoulder (not holding belt or tense). Test on side of forward leg. Place both hands (one over the other) on shoulder. Press down gradually.
Maekagami (Stooping forward while in hanmi stance)	None	Visually inspect that student is in hanmi, fully bent forward (including head), arms are fully extended, and hands bent at wrists like funakogi undo. Test by: 1) Stand in front of student in hanmi. Push on shoulders to the student's rear. Contact with the shoulder should be with side of the index finger, beneath thumb with fingers

Test	Count	How to Test
		<p>pointing straight downwards. Palms should face each other.</p> <ol style="list-style-type: none"> From side, try to disturb balance by pulling/pushing along length of arm. Stand to the side of student with hands on each side of student's hips and gently push the student straight forward.
Sayu Undo (Left and right exercise)	1,2,3,4	<p>Run thru count a few times for visual inspection. Test on any count by:</p> <ol style="list-style-type: none"> Push on un-extended shoulder in direction of extended arm. Try to lift hand at hara. Try to lift extended arm by pushing upwards under elbow.
Sayu Choyaku Undo (Left and right exercise with stepping movement)	1,2,3,4	Same as Sayu Undo (above). Make sure you are in position for test and apply first test with student's motion.
Udefuri Undo (Swing the arms exercise to the left and right)	1,2, end with 3,4	<p>Run thru count a few times for visual inspection. Arms should be extended, swinging out chest high without much shoulder movement. Stop count and test:</p> <ol style="list-style-type: none"> Try to lift front hand. Press on front and back.

Test	Count	How to Test
Udefuri Choyaku Undo (Swing the arms exercise with stepping and turning motion)	1,2 end with 3,4	Run thru count a few times for visual inspection. Announce “prepare to test” before testing. Test by: 1) Pushing on forward shoulder as student comes to a stop. 2) Try to lift the front hand.
Ushirotori Undo (Grasping from behind exercise)	1,2,3,4	Run thru count a few times for visual inspection. Make sure feet are in line, back is straight, looking forward, hands extended, thumbs pointing down. Test on Count 1 or 3: Standing in front, press downward on extended arms at elbows. From side, push forward on hip. Test on Count 2 or 4: Standing to the side of student facing their back, press down on extended arms at elbows. From side, push forward on hip.
Ushirotekubitori Undo (Wrist grasped from behind exercise)	1,2,3,4	Run thru count a few times for visual inspection. Make sure feet are in line, back is straight, hands bent at wrists. Test on Count 1 or 3: Standing in front, press downward on extended arms at wrists. Test on Count 2 or 4: Same as Maekagami (see page 13).

Test	Count	How to Test
Shikko (Walking and turning on one's knees)	None	Forward, Backward, Spin
Taisabaki Toshu (Empty-handed body movement)	See right	<p>Katatetori:</p> <ol style="list-style-type: none"> 1) Sliding in, pass to the rear (irimi movement) 2) Stepping back taking wrist (shihonage grip) 3) Tenkan <p>Shomenuchi:</p> <ol style="list-style-type: none"> 1) Outside head 2) Outside wrist 3) Inside head 4) Inside wrist <p>Yokomenuchi:</p> <ol style="list-style-type: none"> 1. Sliding in, block, pass under (irimi movement) 2. Stepping back, taking wrist (shihonage grip) 3. Counter strike, reverse positions <p>Munetsuki:</p> <ol style="list-style-type: none"> 1) Inside head 2) Inside wrist 3) Outside head 4) Outside wrist 5) Outside, Enter as in Sokumen Iriminage, Tenkan

Techniques:

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.

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.

Ryotetori Kokyunage – Grasping both wrists/“Timing throw”; pivot throw variations required.

Notes:

3rd Kyu Test (Blue belt with stripe)

Prerequisites:

- Minimum of 6 Months and 60 hours of training since earning 4th kyu.
- Prior attendance at one AAA/AAI Camp.

Ki Tests and Exercises:

Test	Count	How to Test
Yoko Ukemi (Side fall exercise)	1-Left, 2-Right	Squatting & Standing: Run thru count a few times for visual inspection. Make corrections only if necessary. Rolling Forward: Student rolls into yoko ukemi position, and holds position. Make corrections only if necessary. Student rises by switching legs and pushing up into starting hanmi. Pivot, and repeat on other side. Partner Forward Breakfall: Facing each other in ai-hanmi, student and partner grasp one another's wrists in katatekosatori. Partner tenkans on forward foot to face same direction as student. Partner leads student through ukemi (but does not throw) by

Test	Count	How to Test
		lifting arm, dropping arm, hold for support. Have student hold position after ukemi. Check and make corrections only if necessary. Student rises by switching legs and pushing up into starting hanmi. Pivot. Repeat on other side.
Tenkan Undo (Spinning change exercise)	1,2	Direct Pivot: Run thru count a few times for visual inspection. Correct only if necessary. No additional ki test required. With Step: Same as direct pivot.

Techniques:

Ushirohijitori Kotegaeshi – Grasping elbows from behind/“Wrist-turning” throw and pin.

Munetsuki Kokyunage – Thrusting strike to the chest/“Timing throw”; pivot-throw variation required.

Katatori Gokyo – Lapel grab/“Fifth teaching” and pin.

Ushirotori Kokyunage – Grasping from behind (Bearhug)/“Timing throw” executed in the manner of Ushirotori Undo.

Ryotetori Kaitennage – Grasping both wrists/“Rotary throw”.

Kataryotetori Nikyo – Grasping a forearm with both hands/“Second teaching” and pin.

Suwariwaza – the following techniques performed from seated (Seiza) position:

Shomenuchi Kokyunage

Shomenuchi Ikkyo

Katatori Nikyo

Bokken Kata I – The first sword form; 13 movements (“Happo giri”, cutting in eight directions).

Jiyu Waza – “Free technique”; defense against any grasping attack.

Notes:

2nd Kyu Test (Brown Belt)

Prerequisites:

- Minimum of 6 Months and 60 hours of training since earning 3rd kyu.
- Prior attendance at one Instructor Seminar.

Questions/Demonstrations:

Question/Demo	Related Information*
Questions about the Four Basic Principles of Aikido	<p>The student could be asked to list or explain one, some, or all of the principles. The student could be asked to explain how one, some, or all of the principles apply to Aikido or to life. Which principles are physical and which mental?</p> <p>The Four Basic Principles are:</p> <ol style="list-style-type: none">1) Keep one point (mental)2) Relax completely (physical)3) Keep weight underside (physical)4) Extend Ki (mental)
Question: “What is Aikido?”	<p>Student should know technical definition of Aikido. Answer should in some meaningful way communicate:</p> <p>Ai = Harmony Ki = Energy Do = Way</p>

Question/Demo	Related Information*
<p>Questions about or demonstration of Meisoho (Meditation exercise)</p>	<p>Questions could include: How often do you meditate? Where? For how long? What are the benefits of meditation? In Aikido? In life?</p> <p>Demonstration: Student should be seated, cross-legged or seiza. Good posture. Performing proper breathing.</p>
<p>Questions about or demonstration of Kokyoho (Breathing exercise)</p>	<p>Questions could include: What are the three types? Explain one, some or all types. What are the benefits? In Aikido? In Life?</p> <p>Demonstration: Have the students demonstrate one, some or all types of breathing.</p> <p>Three types: Kiai: Explosive exhalation from the hara with vocalization. Usually “Ei!” or “Toh!” Ibuki: Explosive exhalation from the hara without vocalization. Okinaga: Deep, prolonged exhalations from the hara through the mouth and controlled inhalations through the nose (misogi breathing).</p>

* - This information is provided as a reference and is not comprehensive. Other answers and demonstrations may be acceptable.

Ki Tests and Exercises:

Test	Count	How to Test
Agura no Shisei (Sitting cross-legged)	None	Same as seiza, seated test only: Press on front and back, try to lift hand and knee.
Kata Ashiage (Raising one leg, hand extended in front)	None	Start student in hanmi with forward hand extended, bent at wrist like funakogi undo. Have them lift forward leg. Student lifts leg with thigh parallel to mat, knee at right angle, foot/ankle relaxed (neither pointed down nor held up). Test by standing in hanmi in front of student, grasp hand at wrist, push in.
Agaranai Karada (Unliftable body)	None	Try to lift student from front with hands under armpits. Turn head to side and bend knees to lift.

Techniques:

Ryokatatori Kokyunage – Grasping both lapels/“Timing throw”; pivot throw variations required.

Ushirokatatori Kokyunage – Grasping both shoulders from behind/“Timing throw”; variation with bowing movement required.

Katateriyotetori Kokyunage – Grasping a forearm with both hands/“Timing throw”.

Ryokatatori Kotegaeshi – Grasping both lapels/“Wrist-turning” throw and pin.

Katatori Menuchi Iriminage – Lapel grab with shomenuchi or yokomenuchi/“Entering throw”.

Hanmi Hantachi waza – The following techniques performed from seated (Seiza) position with a standing attacker:

Katatetori Shihonage

Katatetori Sankyo

Munetsuki Kotegaeshi

Ryotetori Koshinage – Grasping both wrists/“Hip throw”.

Maegeri Kokyunage – Front snap kick/“Timing throw”.

Jiyu waza – “Free technique”; defense against any attack.

Jo Kata I – First staff form, 22 movements.

1st Kyu Test (Brown belt with stripe)

Prerequisites:

- Minimum of 6 Months and 60 hours of training since earning 2nd kyu.
- Attendance at one AAA/AAI Seminar since earning 2nd kyu.

Ki Tests and Exercises:

Test	Count	How to Test
Taisabaki with Bokken (Body movement and striking with the sword)	See Right	Shomenuchi: 1) Outside head 2) Outside wrist 3) Inside head 4) Inside wrist Perform each taisabaki for yokomenuchi, then gyaku yokomen, before moving to next one. Yokomenuchi/gyaku-yokomenuchi: 1) Block, pass under, shomenuchi. (Student ends left foot forward for yokomenuchi and right foot forward for gyaku).

Test	Count	How to Test
		<p>2) Block, slide back, shomenuchi. (Student ends right foot forward for yokomenuchi and left foot forward for gyaku).</p> <p>3) Strike/counterstrike, slide forward, pivot, reverse position.</p> <p>Sliding munetsuki: Same as shomenuchi.</p> <p>Stepping munetsuki:</p> <p>1) Adjust position to the left with guard, counterstrike munetsuki.</p> <p>2) Adjust position to the right with guard, counterstrike munetsuki.</p>

Techniques:

Ushirotekubitori Jujinage – Grasp both wrists from behind/“Entwining the arms in the shape of the Japanese number ‘10’ (a cross)” and throwing.

Yokomenuchi Sudori – Strike to the side of the head/“Disappearing” throw.

Katateriyotetori Kotegaeshi – Grasping a forearm with both hands/“Wrist turning” throw and pin.

Munetsuki Sumiotoshi – Thrusting attack to the chest/“Corner drop” throw.

Katatori Ganmenuchi Ikkyo – Lapel grasp with straight punch to the face/“First teaching” and pin.

Tanto dori – Defense against knife attacks; at least three techniques each against shomenuchi, yokomenuchi and munetsuki attacks required.

Bokken Kata II - Second bokken form, 13 movements.

Randori – “Seizing chaos”. Defense against multiple attackers (3).

Notes:

Shodan Test

Prerequisites:

- Minimum of 10 Months and 100 hours of training since earning 1st kyu.
- Attendance at one Instructor Seminar since earning 1st kyu.
- Written Essays:
 - “What is Aikido?”
 - “What is Shugyo?”

Techniques:

Munetsuki – Free demonstration; minimum five arts.

Yokomenuchi – Free demonstration; minimum five arts.

Ushirotekubitori – Free demonstration; minimum five arts.

Ryotetori – Free demonstration; minimum five arts.

Hanmi Hantachi - Free technique against one attacker.

Bokken Dori – “Seizing the wooden sword”; unarmed defense against sword attack; minimum three techniques each against:

Shomenuchi

Yokomenuchi/gyaku yokomenuchi

Munetsuki (sliding and stepping tsuki)

Jo Kata II – Second staff form; 22 movements.

Randori – “Seizing chaos”. Defense against multiple attackers (4).

Nidan Test

Prerequisites:

- Minimum of 18 months and 50 hours as an assistant instructor.
- Valid instructor's certificate
- Attendance at one AAA/AAI Camp since earning Shodan.
- Written essay: "Aikido History and Future".

Techniques:

Katatori Ganmenuchi – Free demonstration; minimum five arts.

Shomenuchi – Free demonstration; minimum five arts.

Hanmi Hantachi - Free technique against two attackers.

Jo Dori – “Seizing the staff”; unarmed defense against staff attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required.

Randori – “Seizing chaos”. Defense against multiple attackers (5).

Sandan Test

Prerequisites:

- Minimum of 33 months and 100 hours as an assistant instructor.
- Valid instructor's certificate
- Attendance at one AAA/AAI Camp since earning Nidan.
- Written essay: "Aikido Philosophy".

Techniques:

Jo Nage – "Throwing with the staff"; free demonstration

Kumi jo – Staff verse staff forms (5).

Kumi tachi – Sword versus sword forms (6).

Randori – "Seizing chaos". Defense against multiple attackers (6).

Yondan Test

Prerequisites:

- Minimum of 45 months and 250 hours as an instructor.
- Valid instructor's certificate
- Attendance at one AAA/AAI Camp since earning Sandan.
- Written essays:
 - “Application of Aikido”
 - “Instructional Methodology: Kihon to Oyo Waza”
- Recommendation of two teaching committee members.
- Interview and approval of the Executive Director.

Techniques:

Kihon waza – “Basic technique”; five-minute free demonstration.

Henka waza – “Changing technique”; five-minute free demonstration.

Oyo waza – “Applied or advanced technique”; five-minute free demonstration.

Miscellaneous Testing Requirements

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 the candidate must be familiar.
2. Many techniques have omote (front) and ura (rear) variations which the candidate must demonstrate.
3. Many techniques have applications against both static and dynamic attacks, which the candidate must know.
4. In certain cases a particular variation of a technique is required and is noted; the candidate is encouraged, however, to demonstrate additional variations.
5. All tests are cumulative; the candidate must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which they are actually testing.
6. Requirements of attendance at Aikido Seminar, Camps, and Instructor Seminars are fulfilled only by AAA/AAI events.
7. All test candidates must complete the following prior to testing:
 - Dojo dues must be paid in full.
 - AAA or AAI annual dues must be paid up to date.
 - Examination application form must be completed legibly and submitted to their instructor.
 - Examination fee must be paid.

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

