

SEIKIKAI

合氣道 正氣會

A I K I D O  
J O D O  
K E N J U T S U



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# TESTING REQUIREMENTS

C H I L D S'  
K Y U

**10 KYU:** Katadori ikkyo irimi Shomenuchi iriminage Yokomenuchi shihonage irimi  
**9 KYU:** All of the above plus: Munetski kotagaeshi Ushirodori kokyunage Ushirodori kubi shime sankyonage  
**8 KYU:** All of the above plus: Katatedori ikkyo tenkan Yokomenuchi shihonage tenkan  
**7 KYU:** All of the above plus: Hanmi handachi Katadori ikkyo irimi - Shihonage irimi zagi (both seated) kokyudosa  
**6 KYU:** Katadori ikkyo tenkan Shomenuchi iriminage Yokomenuchi shihonage irimi Yokomenuchi shihonage tenkan  
 Munetski kotagaeshi

**NOTE:** Each art is to be done on both the right and left sides. Children will also take 2 tests for stripes for each color belt they receive.

## GOKYU (5TH)

Shomenuchi ikkyo\*, Munetski kotagaeshi\*, Ushiro ryotedori kokyunage\*, Katatedori shihonage\*, Shomenuchi iriminage\*, Suwariwaza Kokyudosa\*

**Sensei may ask you to perform extra techniques that he is sure you will know (at his option).**

## YONKYU (4TH)

Fundamental arts include all marked (\*) plus Shomenuchi nikyo & three variations of any two techniques

**ELECTIVE ARTS:** Yokomenuchi iriminage, Katadori Ikkyo - nikyo

### NOTES

Each art is to be done on both the right and left sides. You must be at least 15 years of age to take a Shihan test, and at least 22 years of age to take the Yondan test.

Plan on testing about every other test period. The Sensei's will review all student records before each test and make determinations as to who will test.

A I K I D O  
K Y U

## SANKYU (3RD)

Fundamental arts include Gokyu and Yonkyu techniques plus Shomenuchi sankyo -yonkyo (tachiwaza - suwariwaza), Katadori sankyo -yonkyo (tachiwaza - suriwaza) & five variations of any two techniques

**ELECTIVE ARTS:** Yokomenuchi ikkyo - nikyo, Shomenuchi kotagaeshi, Any five techniques done zagi

**At this level you may choose to do additional techniques if you wish. Please check with Sensei.**

## NIKYU (2ND)

Fundamental arts will include Gokyu, Yonkyu & Sankyu techniques plus Hanmi handachi jiyuwaza, Katatedori iriminage, Futarigake as well as three variations of any two techniques

**ELECTIVE ARTS:** Katatedori kaitennage Ryotedori tenchinage Katatedori ryotemochi (iriminage and kotagaeshi)

**At this level, all arts are done in a flowing style. You must also begin to practice on your knees.**

## IKKYU (1ST)

All Gokyu, Yonkyu, Sankyu and Nikyu techniques are done. Additional arts are: Suwariwaza Ryotedori shihonage, Ryotedori iriminage, Ryotedori iriminage (juji), Ryotedori kohonage (ushironage) and, five variations of any two techniques, Tannininzugake (Three man attack)

**ELECTIVE ARTS:** Any six techniques (student's choice) standing or seated.

A I K I D O  
A D A N

## SHODAN

**FUNDAMENTAL ARTS:** Ikkyu test  
**PLUS:** Jiyuwaza Tantodori - arts  
**ELECTIVE ARTS:** Yokomenuchi -5 arts  
 Ushirowaza -5 arts Yonningake

60 days of practice after obtaining Ikkyu

## NIDAN

**FUNDAMENTAL ARTS:** Tachidori -5 arts  
 Jiyuwaza  
**ELECTIVE ARTS:** Munetski -3 arts  
 Shomenuchi -5 arts Goningake

1 year of practice after obtaining Shodan

## SANDAN

**FUNDAMENTAL ARTS:** Jiyuwaza  
**ELECTIVE ARTS:** NONE

2 years of practice after obtaining Nidan

**IMPORTANT INFORMATION:** Testing is held every three (3) months. As a rule, adult students are tested every other time. The Chief Instructor will determine which individuals are eligible based on set guidelines and criteria.