

Xin Qi Shen Dojo

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Aiki Kyu Dan Requirements

Belts and ranking are not given out, belts and promotions then it's clear your developing the principles of Aikido. The least 6 months of continuous practice. next test. Do not compare your skill and than performing the correct movements in individual advancement in attitude and



they are earned. If your interest is in gaining interest isn't in learning, refining and minimal requirement for testing 6-2nd kyu is at Sensei decides when your are ready for your arts with your classmates. There is much more order to quality or pass a test. Personal and spirit are equally as important as waza.

Kyu	Expectations	Waza	
6 th <i>Yellow</i>	All that is asked is to do your best with a positive attitude. All techniques done Kihon Waza, slowly and cleanly.	Aiki Taiso Ukemi Folding Gi Shiho nage Kotegaeshi	Ikkyo Nikyo Sankyo Kokyu nage Irimi nage
5 th	Irimi and Tenkan demonstrated clearly, clean and stable. Basic Ukemi must be good	Same as above + All movements irimi & tenkan	Bokken Happo Kiri or Jo 22 Kata
4 th <i>Blue</i>	Ma-ai and neutralizing attacks demonstrated in all movements. Movements stable not hurried.	Jo Partner kata Yokomen uchi Kote gaeshi Yokomen uchi Sankyo Ryote tori Tenchi nage	Ushiro hiji tori Kotegaeshi Ushiro hiji tori Sayu nage Kata tori Ikkyo – Sankyo Morote tori Sumi otoshi
3 rd	All waza Ki no Nagare At this level all techniques should be smooth.	Ikkyo – Yonkyo all attacks Yokomen uchi gokyo	Kata tori men uchi waza Ushiro tekubi tori Juji nage Kaiten nage: tanto / katate tori / tsuki
2 nd <i>Brown</i>	All movements should have 'leading', nage in control of the session.	Hard falls Folding Hakama Any attack Ikkyo – Yonkyo Ken waza & Tachi tori	Atemi waza Jo Waza Jo Tori Jiyu waza 1 man
1 st	All movements clean and clear. Good ki extension, yet body relaxed and natural in stance. No straining or force used at all.	Suwari waza Jo Tai Ken Demonstrate kihon waza and ki no nagare waza	Koshi nage Randori 3 man Jiyu waza 4 man
Shodan	Aside from mere techniques, positive attitude, helpfulness, and managing dojo.	Any technique asked Kaeshi waza Tanto waza Tanto tori	Tessen waza Jo Randori 3 man Teaching class Aiki Spear
Nidan	Jiyu waza, randori, and weaponry is expected to be non-effort.	The test for Nidan is to present an Aikido demonstration. This exhibition must include all aspects of Aikido training: Taijitsu, Jo, Bokken, Tanto, Tessen, Randori, and jiyu waza.	
Sandan		This test is a presentation of Aikido waza progressions from kihon waza - ki no nagare - takemusu aiki. In addition the relationship of taijitsu to Jo, Ken, tanto, and tessen waza.	