

Eastern Ki Federation - Shin Shin Toitsu Aikido – Criteria for Examination

	Hitori Waza	Kumi Waza	
5th kyu (<i>Shokyu</i>) Over 30 hours and 3 months of training	Oneness Rhythm Exercise (Group)	Katatekosa-tori Kokyunage Katate-tori Tenkan Kokyu-nage	
	Udemawashi waza	Katate-tori Ikkyo *	
	Udefuri waza	Katatekosa-tori Koteoroshi	
	Udefuri Choyaku waza	Kokyu Dosa (All Tests)	
	Sayu waza	* - irimi & tenkan • - katameru pin	
	Ushiro Ukemi (Back Roll)		
	Zenpo Ukemi (Forward Roll)		
	4th kyu (<i>Shokyu</i>) Over 30 hours of training after earning 5th kyu.	Oneness Rhythm Exercise (Group)	Kata-tori Ikkyo * · Munatsuki Koteoroshi
Shomenuchi Ikkyo waza		Yokomenuchi Shiho-nage	
Zengo waza		Shomenuchi Kokyu-nage	
Happo waza		Katate-tori Irimi Kokyu-nage	
Zenshin Koshin waza		Katate-tori Kokyunage (Zenpo)	
Shikko (Knee Walk)			
Hitori Waza		Kumi Waza	
Oneness Rhythm Exercise (Group)		Kata-tori Nikyo * · Kata-tori Sankyo * ·	
Funakogi waza	Kata-tori Yonkyo * ·		
Nikyo waza	Yokomenuchi Zenpo-nage		
Sankyo waza	Ryote-tori Zenpo-nage		
Koteoroshi waza	Ryotemochi Irimi Kokyu-nage		
Tenkan waza	Katate-tori Kaiten-nage * Ryote-tori Shiho-nage		
2nd kyu (<i>Chukyu</i>) Over 50 hours and 6 months of training after earning 3rd kyu and instructor's approval	Hitori Waza & Taigi		
	Oneness Rhythm Exercise	Ushiro-tekubitori Zenpo-nage	
	Kaho Tekubi Kosa waza	Ushiro-tekubitori Kubijime Sankyo-nage	
	Joho Tekubi Kosa waza	Ryote-tori Tenchi-nage *	
	Ushirotori waza	Ushiro-tori Kokyu-nage (Zenpo)	
	Ushirotekubitori Zenshin waza	Ryote-mochi Kokyu-nage (Enundo)	
	Ushirotekubitori Koshin waza	Munatsuki Ikkyo * ·	
	Tobikoshi Ukemi (Jump Roll)	Ryote-tori Zenpo-nage (3 arts)	
	1 Taigi from #1 - 9	One Person Randori	

Examiners Notes:

Name:

Date:

Examiner:

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1st kyu (<i>Jokyu</i>) - Over 50 hours and 6 months of training after earning 2nd kyu and instructor's approval	Hitori Waza (All) & Taigi		Kumi Waza	
		Oneness Rhythm Exercise	Zagi Handachi Shomenuchi Kokyu-nage	
		2 Taigi from #1 - 9	Zagi Handachi Munatsuki Koteoroshi	
			Zagi Handachi Yokomenuchi Zenpo-nage	
			Munatsuki Zenpo-nage	
			Munatsuki Sudori	
			Munatsuki Kaiten-nage	
			Katate-tori Ryotemochi Koteoroshi	
			Katate-tori Ryotemochi Kokyu-nage (Hachi-no-Ji)	
			Yokomenuchi Koteoroshi (Enundo)	
			Yokomenuchi Kokyu-nage (Hachi-no-Ji)	
			Shomenuchi Koteoroshi	
			Shomenuchi Ikkyo *	
			Ushiro-tekubitori Koteoroshi	
		Ushiro-tekubitori Ikkyo *		
		Keri waza (3 arts)		
		Ushiro Ryokata-tori Kokyunage (3 arts)		
		Two Person Randori		
Shodan (<i>Jokyu</i>)- Over 70 hours and 6 months of training after 1st kyu and recommendation of Head Instructor.	Hitori Waza (All) & Taigi		Kumi Waza	
		Oneness Rhythm Exercise	Yokomenuchi (5 arts)	
		3 Taigi from #1-15 (chosen by examiner)	Katate-tori (5 arts)	
			Ushiro-tekubitori (5 arts)	
			Tantotori (5 arts)	
			Ushirotori (5 arts)	
			Ken (#1)	
			Jo (#1)	
		Four Person Randori		
Nidan (<i>Jokyu</i>) - Over 120 hours and 1 year of training after Shodan and recommendation of Head Instructor	Hitori Waza (All) & Taigi		Kumi Waza	
		Oneness Rhythm Exercise	Munatsuki (5 arts)	
		3 Taigi from #16-23 (chosen by examiner)	Shomenuchi (5 arts)	
			Bokken-dori (5 arts)	
			Ken #2	
			Jo #2	
		Five Person Randori		
Sandan (<i>Shoden</i>)- Over 2 years of training after Nidan and recommendation of Head Instructor.	Hitori Waza (All) & Taigi		Kumi Waza	
		Oneness Rhythm Exercise	Any of the above	
		Any Taigi(s) #1-30 (chosen by examiner).		

Examiners Notes: