

Eastern Ki Federation – Shin Shin Toitsu Do – Criteria for Examination

Shokyu (Perform the first test for all exercises)
Over 10 years of age

Unification of Mind and Body

- Standing
- Unbendable arm
- Thrusting out one hand with its weight underside
- Sitting Seiza
- Sitting down and standing up
- Breathing exercise (last for all tests)

Chukyu (Perform the second test for all exercises)
Over 24 hours of training after earning Shokyu
Over 13 years of age

Unification of Mind and Body

- Sitting cross-legged
- while being pushed from behind
- while being raised by one knee
- Thrusting out one hand while being pushed by the wrist
- Bending backward
- Stooping
- Unraisable body

Oneness Rhythm Exercise (Group)

Jokyu (Perform the third test for all exercises)
Over 48 hours of training after earning Chukyu
Over 15 years of age

Unification of Mind and Body

- Leaning
- backward on a partner
- forward on a partner
- Thrusting out one hand and raising one leg
- Holding up both hands
- Walking forward while being held from behind
- Sitting cross-legged while holding both hands of the examiner from underneath while being pushed by the shoulders

Oneness Rhythm Exercise (Hitori)

Examiners Notes:

Name:

Date:

Examiner:

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

5th kyu (<i>Shokyu</i>) Over 30 hours and 3 months of training	Hitori Waza		Kumi Waza	
	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.	Hitori Waza		Kumi Waza	
	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)		

3rd kyu (<i>Chukyu</i>) Over 30 hours of training after earning 4th kyu	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		Kumi Waza	
	Oneness Rhythm Exercise		Ushiro-tekubitori Zenpo-nage	
			Ushiro-tekubitori Kubijime Sankyo-nage	
		Kaho Tekubi Kosa waza	Ryote-tori Tenchi-nage *	
		Joho Tekubi Kosa waza	Ushiro-tori Kokyu-nage (Zenpo)	
		Ushiro-tori waza	Ryote-mochi Kokyu-nage (Enundo)	
		Ushirotekubitori Zenshin waza	Munatsuki Ikkyo * .	
		Ushirotekubitori Koshin waza	Ryote-tori Zenpo-nage (3 arts)	
	Tobikoshi Ukemi (Jump Roll)	One Person Randori		

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

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).	

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**Eastern Ki Federation - Shin Shin Toitsu Aikido – Criteria for Examination
Children's Class**

10th kyu (Yellow Belt) A, B, C	Ki Development & Hitori Waza	Kumi Waza
	Unbendable arm	Katatekosa-tori Kokyunage
	Standing with mind & body unified	Munatsuki Koteoroshi
	Sitting seiza with mind & body unified	Kokyu Dosa (All Tests)
	Sitting down & standing up with mind & body unified	
	Koho tento waza	
Tekubi furi waza		

9th kyu (Yellow Belt) A, B, C	Ki Development & Hitori Waza	Kumi Waza
	Forward Roll	Same as above
	Backward Roll	

8th kyu (Orange Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Funakogi waza	Shomenuchi Kokyunage
	Ikkyo waza	Munatsuki Koteoroshi
	Zengo waza	Kata-tori ikkyo * ·
		Katatekosa-tori Kokyunage
		* - irimi & tenkan · - katameru pin

7th kyu (Orange Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Shikko walk	Same as above

6th kyu (Blue Belt) A,B,C	Ki Development & Hitori Waza	Kumi Waza
	Thrusting out one hand with mind & body unified	Shomenuchi Kokyunage
	Holding up both hands	Yokomenuchi Shihonage
	Bending backward	Ryote-tori Tenchinage
	Bending forward	Munatsuki Kaiten-nage
	Happo waza	Katate-tori Shihonage
	Tekubi kosa waza	

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