

“RULES DURING PRACTICE”

Composed by the Founder

1. One blow in Aikido is capable of killing an opponent. In practice, obey your instructor, and do not make the practice period a time for needless testing of strength.
2. Aikido is an art in which one person learns to face many opponents simultaneously. It therefore requires that you polish and perfect your execution of each movement so that you can take on not only the directly before you but also those approaching from every direction.
3. Practice at all times with a feeling of pleasurable exhilaration.
4. The teachings of your instructor constitute only a small fraction of what you will learn. Your mastery of each movement will depend almost completely on individual, earnest practice.
5. Daily practice begins with light movements of the body, gradually increasing in intensity and strength: but there must be no over-exertion. That is why even an elderly person may continue to practice with pleasure without bodily harm, and will attain the goal of his training.
6. The purpose of Aikido is to train both body and mind and to make a person since. All Aikido arts are secret in nature and are not to be revealed publicly, nor taught to rogues who will use them for evil purposes.

2008 Toyoda Aikido Center
AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - KYU RANKS

7th KYU – White Belt with Stripe	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Seiza - Sitting Japanese style with legs folded underneath • Shizentai - Natural stance with feet shoulder-width • Orenaitte - Unbendable arm, tested while in hanmi stance • Koho Tendo Undo - Rolling backward and forward from sitting, kneeling and standing positions • Ushiro Ukemi, Rolling - Tumbling backward completely, from kneeling and standing positions • Mae Ukemi, Rolling - Tumbling forward completely, from kneeling and standing positions • Kokyudosa - Partner practice in seiza position; exercise to develop timing or "breath" power 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • Katatekosatori Kotegaeshi - Cross-hand wrist grab/ "Wrist-turning" throw, pin • Katatori Ikkyo - Lapel grab/ "First teaching" and pin • Katatekosatori Kokyunage - Cross-hand wrist grab/ "Timing throw;" controlling the head <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 2 months and 20 hours of training
6th KYU – Yellow Belt	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Ushiro Ukemi, Breakfall - Rolling backward with slap, and returning to standing position • Mae Ukemi, Breakfall - Falling forward with slap, and returning to standing position • Empty Hand Strikes - Shomenuchi, Yokomenuchi, and Munetsuki; demonstration of basic strikes • Funakogi Undo - "Rowing exercise" • Shomenuchi Ikkyo Undo - Raising and lowering the arms as if cutting with a sword • Renzoku Kokyudosa - Kokyudosa practiced continuously, one side to another without pause 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • 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 <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 30 hours of training after earning 7th Kyu
5th KYU – Yellow Belt with Stripe	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Hanmi No Kamae - "Half-body stance" • Banzai no Kamae - Stance with feet shoulder-width and both arms raised • Zengo Undo - Raising and lowering arms as if cutting with a sword, with 180 degree pivoting motion • Happo Undo - Raising and lowering arms with movement as if cutting in eight directions • Tekubikosa Undo - "Crossing the wrists exercise;" high and low variations required • Kamae with Bokken - Demonstration of five basic sword stances • Bokken and Jo Suburi - Demonstration of basic strikes with sword and staff 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • 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;" both nage waza (throwing) and katame waza (pinning) variations required • Yokomenuchi 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 Kaitenage - Same side wrist grab/ "Rotary throw". Tenkan variation required <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 30 hours of training after earning 6th Kyu.

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4th KYU – Blue Belt	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Ushirosori - Bending backwards while in hanmi stance • Maekagami - Stooping forward while in hanmi stance • Sayu Undo - "Left and right exercise;" extending arms to the left and right and sinking the hips • Sayu Choyaku Undo - "Left and right exercise;" with stepping movement • Udefuri Undo - "Swinging the arms exercise" to left and right • Udefuri Choyaku Undo - "Swinging the arms exercise" with stepping and turning motion • Ushirotori Undo - "Grasped from behind exercise" • Ushirotekubitori Undo - "Wrists grasped from behind exercise" • Shikko - Walking and turning on one's knees • Taisabaki Toshu - "Empty-hand body movement" against Katatetori, Shomenuchi, Yokomenuchi and Munetsuki attacks. 	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • 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 <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 3 months and 30 hours of training since earning 5th Kyu • Prior attendance at 1 AAA/AAI Seminar, AAA/AAI Teaching Committee Seminar or National Kangeiko in Palatine, IL
3rd KYU – Blue Belt with Stripe	
<p><u><i>Ki Tests and Exercises</i></u></p> <ul style="list-style-type: none"> • Yoko Ukemi - "Side fall" exercise, from squatting and standing position, from tumbling forward, and while hand is grasped by a partner • Tenkan Undo - "Spinning change exercise;" turning body movement (direct pivot and step-with-pivot variations required) <p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> • 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 Kaitenage - Grasping both wrists/ "Rotary throw" 	<p><u><i>Technique continued...</i></u></p> <ul style="list-style-type: none"> • Katateriyotetori Nikyo - Grasping a forearm with both hands/ "Second teaching" and pin • Suwariwaza (the following techniques performed from seated (seiza) position): <ul style="list-style-type: none"> ○ Shomenuchi Kokyunage ○ Shomenuchi Ikkyo ○ Katatori Nikyo • Bokken Kata I - First sword form; 13 movements ("Happo Giri;" cutting in eight directions) • Jiyu Waza - "Free technique;" defense against any grasping attack <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 4th Kyu • Prior attendance at 1 AAA/AAI Camp

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2nd KYU – Brown Belt	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Agura no Shisei - Sitting cross legged • Kata Ashiage - Raising one leg, hand extended in front • Agaranai Karada - Unliftable body • Questions - Verbal examination will be administered by test committee on the following topics: <ul style="list-style-type: none"> ○ Four Basic Principles of Aikido ○ What is Aikido? • Meisocho – Questions regarding meditation training • Kokyuho - Demonstration of and questions on breathing training <p><u>Technique</u></p> <ul style="list-style-type: none"> • 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" 	<p><u>Technique continued...</u></p> <ul style="list-style-type: none"> • Ryokatatori Kotegaeshi - Grasping both lapels / "Wrist-turning" throw, pin • Katatori Menuchi Iriminage - Lapel grab with shomenuchi or yokomenuchi to head/ "Entering throw" • Hanmi Hantachi Waza (the following techniques performed from a seated (seiza) position against a standing attacker: <ul style="list-style-type: none"> ○ Katateri Shihonage ○ Katateri Sankyo ○ Munetsuki Kotegaeshi • Ryotetori Koshinage - Grasping both wrists/ "Hip throw" • Maegeri Kokyunage - Front snapping kick/ "Timing throw" • Jiyu Waza - "Free technique;" defense against any attack • Jo Kata I - First staff form; 22 movements <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 3rd Kyu • Prior attendance at 1 Instructor's Seminar
1st KYU – Brown Belt with Stripe	
<p><u>Ki Tests and Exercises</u></p> <ul style="list-style-type: none"> • Tai Sabaki with Bokken - Body movement and striking with the sword against an opponent, against shomenuchi, yokomenuchi/ gyaku-yokomenuchi, sliding munetsuki, and stepping munetsuki attacks <p><u>Technique</u></p> <ul style="list-style-type: none"> • 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 	<p><u>Technique continued...</u></p> <ul style="list-style-type: none"> • Munetsuki Sumiotoshi - Thrusting attack to the chest/ "Corner drop" throw • Katatori Ganmenuchi Ikkyo - Lapel grab with straight punch to face/ "First teaching" and pin • Tantodori - Defense against knife attacks; at least three techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required • Bokken Kata II - Second sword form; 13 movements • Randori - "Seizing chaos;" defense against multiple attackers (3) <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 6 months and 60 hours of training since earning 2nd Kyu • Prior attendance at 1 AAA/AAI Seminar since earning 2nd Kyu

IMPORTANT NOTES

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 you must be familiar.
2. Many techniques have omote (front) and ura (rear) variations which you must demonstrate.
3. Many techniques have applications against both static and dynamic attacks, which you must know.
4. In certain cases a particular variation of a technique is required and is noted above; you are encouraged, however, to demonstrate additional variations.
5. All tests are cumulative; you must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you 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
 - Examination application form must be completed legibly and submitted to your instructor
 - Examination fee must be paid

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

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Shodan – Black Belt, 1st Degree	
<p><i>Two written essays required:</i> “What is Aikido?” “What is Shugyo?”</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • 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 • Bokken Dori - “Seizing the wooden sword.” unarmed defense against sword attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required • Jo Kata II - Second staff form; 22 movements • Randori - Defense against multiple attackers (4) <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 10 months and 100 hours of training since earning 1st Kyu • Attendance at 1 Instructor’s Seminar since earning 1st Kyu
Nidan – Black Belt, 2nd Degree	
<p><i>One written essay required:</i> “Aikido History and Future”</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • 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 - Defense against multiple attackers (5) <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 18 months and 50 hours as Assistant Instructor • Valid instructor Certificate and • Attendance at 1 AAA/AAI Camp since earning Shodan
Sandan – Black Belt, 3rd Degree	
<p><i>One written essay required:</i> “Aikido Philosophy”</p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • Jo Nage - “Throwing with the staff;” free demonstration • Kumijo - Staff versus staff forms (5) • Kumitachi - Sword versus sword forms (6) • Randori - Defense against multiple attackers (6) <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 33 months and 100 hours as Assistant Instructor • Valid instructor Certificate and • Attendance at 1 Camp since earning Nidan

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Yondan – Black Belt, 4 th Degree	
<p><i>Two written essay required:</i> “Application of Aikido” “Instruction Methodology: Kihon to Oyo Waza”</p> <p><i>Recommendation of two Teaching Committee Members</i> <i>Interview & Approval of Executive Director required</i></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> • 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 • Instructional Methodology - Free demonstration of how to instruct Kihon Waza and Oyo Waza <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> • Minimum 45 months and 250 hours as Instructor • Valid Instructor Certificate and • Attendance at 1 Camp since earning Sandan

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