AiShinKai – AiShinRyu Aikido – Adult Rank Requirements (10/25/2010)

Essay	Kyu	6	5	4	3	2	1	Shodan	Nidan	Sandan
Explain Basic Principles and Primary Goal for our Style		x								
Explain Importance of Posture and Smooth, Continuous Movement			x							
Explain How we generate Natural Rhythm and Why				x						
Explain How to Apply Power In Technique					x					
Explain the Importance of Ma and Ma-ai						x				
What are the Gojo and their Significance in our Practice							x			
Explain the Importance of Zanshin								x		
Explain how Rank Promotions are Assessed									x	
Explain Smile and be Natural										x
Ukemi										
Back Fall		x								
Forward Flat Fall		x								
Munetsuki		x								
Shomenuchi		x								
Large Forward Rolls (Seiza Kokyunage)			x							
Break Fall Position			x							
Yokomenuchi			x							
Yokomenuchi Hantai				x						
Large Rolls (Katatetori Kokyunage)				x						
Tsuki Keri				x						
Break Fall (Ryotetori Kokyunage)					x					
Yokokeri					x					
Mawashikeri					x					
Ki Tests										
Seiza		x								
Ushiro Ukemi		x								
Shiza		x								
Hanmi		x								
One Hand Bait		x								
Unbendable Arm		x								
Tekubifuti Undo		x								
Funekogi Undo		x								
Shomenuchi Undo		x								
Zengo Undo		x								
Tenkan Undo		x								
Happo Undo			x							
Tekubi Kosa Undo			x							
Zenshin Koshin Undo				x						
Hold Up Both Hands				x						
Bending Backwards					x					
Stooping					x					
One Hand Bait on One Leg						x				
Meditation Posture						x				
Ushiro Undo						x				
Ushiro Tekubitori Undo						x				

Technique	Kyu	6	5	4	3	2	1	Shodan	Nidan	Sandan
Kata Tori Ikkyo (pin)		x								
Katate Tori Shihonage (irimi and tenkan)		x								
Kata Tori Kokyunage		x								
Ushiro Kubishime Kokyunage		x								
Kata Tori Ikkyo (motion; pin)			x							
Katate Tori Shihonage (motion)			x							
Katate Kosatori Kokyunage			x							
Ushiro Kubishime Kokyunage (motion)			x							
Ryote Mochi Kokyunage (scarf)				x						
Ushiro Tekubitori Kokyunage (sayu)				x						
Shomenuchi Ikkyo (irimi and tenkan; pin)				x						
Yokomenuchi Shihonage (irimi and tenkan)				x						
Ushiro Ryokatetori Kokyunage (sayu)					x					
Munetsuki Kotegaeshi (pin)					x					
Ushiro Tekubitori Kokyunage					x					
Tsukikeri Kokyunage					x					
Yokomenuchi Kokyunage (koshin and kotai)						x				
Ryokatatori Kokyunage						x				
Ushiro Katatori Kokyunage						x				
Yokokeri Kokyunage						x				
Katatori Nikkyo (pin)								x		
Ushiro Katatori Sankyo (pin)								x		
Mawashikeri Kokyunage								x		
Shomenuchi Kokyunage (large ukemi)								x		
Suwari Waza (katatori, tsuki, yokomenuchi, shomenuchi; pin as required)								x		
Rykatatetori Tenchinage (irimi and tenkan)									x	
Katatetori Kaitennage									x	
Shomenuchi Kokyunage									x	
Mentsuki Kokyunage (large Ukemi)									x	
Hanmi Handachi (katatetori, ushiro kubishime, tsuki, yokomenuchi, shomenuchi; pin as required)									x	
Kata Tori (3)										x
Katatetori and KatateKosatori (3)										x
Mentsuki and Munetsuki (3)										x
Shomenuchi (3)										x
Yokomenuchi and Yokomenuchi Hantai (3)										x
Keri (tsuki, yoko, mawashi)										x
Ryote Mochi (3)										x
Ryokatatetori (3)										x
Ushiro Kubishime (3)										x
Ushiro Ryotori (tekubi, kata, hiji)										x
2-person hold (3)										x
10-technique choreographed demo										x
Weapons										
Happo Giri Kata		x								
1stt Jo Taigi			x							
Kamae Kata				x						
2nd Jo Taigi					x					
Shomeuchi Bokken Kata						x				
1st 22-step Jo Kata							x			
Yokomenuchi Bokken Kata								x		
Tanto Tori								x		
2nd 22-step Jo Kata									x	
Jo Waza and Tori									x	
Jo Shiteikata (any previous; show proper etiquette)										x
Mogito Shiteikata (any previous; show proper etiquette)										x
Bokken Waza and Tori										x
Bokken Taigi										x
Randori										
2-person freestyle				x	x					
3-person freestyle						x	x			x
5-person freestyle								x	x	
Kokyu Dosa		x	x	x	x	x	x	x	x	x