



AiShinKai

Rank Promotion Examinations (10/25/2010)

Participation in formal testing for rank at **AiShinKai** will consolidate your practice, approximate the stress of real conflict by staging performance under modest pressure, and allow your community to recognize skills that you have achieved. You'll learn a lot about where to direct your practice in the immediate future, and you'll have fun too! Don't be too nervous: remember that we have a vested interest in each student's success and we are looking for reasons to pass you!

Rank promotion exams are generally conducted three times a year. Participation is optional though highly encouraged. A blackbelt panel of your peers administers each test. Eligibility is determined by membership in good standing, completion of minimum time in grade requirements, blackbelt sponsorship, and timely submission of the application, test fee, and required essay by requested deadlines. Applications must be signed by an appropriately-ranked blackbelt sponsor who will be responsible for helping the candidate to prepare. Essays must be neatly hand-written, double-spaced, and submitted on clean, white 8.5x11" paper. While test fees are non-refundable, candidates pay for a certificate and belt only if achieving a passing grade. Ranks are certified by the **AiShinKai**.

Aikido tests consist of a written essay (except children's ranks), ukemi skills, Ki tests, self-defense techniques (including spot checks of all techniques from previous tests), weapons demonstrations, and randori (free-style multiple attack). Candidates should be familiar with all the skills posted for their rank before requesting grading. Bear in mind that technique demonstrations are intended to illustrate target skills for each rank. You should strive to perform all techniques with the particular skills of the rank in mind.

laido tests generally consist of a written essay, and a performance of laido etiquette and technique. The experience is designed to help this programs members to prepare for grading by the Pacific Northwest Kendo Federation, All US Kendo Federation, or All Japan Kendo Federation.

Aiki-ken/Aiki-Jo tests parallel the regular weapons requirements in Aikido, but allows participation and concentration on the principles and philosophy of the art as it applies to weapons - all without falling, and with throwing only at the highest rank levels.

Eligibility to Test

1. **AiShinKai** membership required - annual \$75 adult (age 13+); \$35 child (age 7-12) - membership term Jan-Dec - reupped each January.
2. Sponsorship by an appropriately-ranked black belt sponsor.
3. Test fee, test application, and required essays (if any) must be submitted by the posted deadline.
4. Dojo member accounts (membership, tuition, and all other required fees) must be current.

Test Fees (revised 10/25/2010)

Upon successful completion of a test, candidates will be awarded a menjyo certificate and new belt (if changing color).

Children's Aikido (all ranks) - \$25

Adult Aikido and laido (in-house kyu ranks only)

6th kyu - \$50
5th-1st kyu - \$75
Shodan - \$100
Nidan - \$200
Sandan - \$300



AiShinKai

AiShinRyu Aikido Rank Requirements (11/6/2010)



6th Kyu (static) Essay

Dependable posture
3 mos/ 24 sessions

1. Explain your understanding of *AiShinKai* Basic Principles 1-4
2. Explain the primary goal of our style
(maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ukemi

Back fall (ushiro ukemi)
Forward Flat Fall (Zenpo Taira Ukemi)
Straight Thrust (Munetsuki)
Forehead Strike (Shomenuchi)

Ki Tests

1-4 Mind-Body Coordination Solo Exercises (Hitoridake Toitsu Taiso)
Standing / Sitting (Shiza / Seiza)
Align Wrists (Tekubi Narabe Undo)
Turning Wave (Nami Gaeshi Undo)
Arm Circles (Ude Mawashi Undo)

1-4 Mind-Body Coordination Partner Exercises (Kyoryoku Toitsu Taiso)

Standing Up (Kiritsu Undo)

Sitting Down (Suwari Undo)

Sitting Cross-Legged (Agura Undo)

Rolling Backwards / Forwards (Koho Tendo)

Technique

Kata Tori Ikkyo Irimi (shoulder hold first principle; show formal pin)

Katate Tori Shihonage Irimi / Tenkan
(same side wrist hold four direction throw entering / turning)

Kata Tori Fudoshinnage (shoulder hold immovable mind throw)

Ushiro Kubishime Kokyunage (behind hold and choke timing throw)

Aiki-Ken

Happo Giri Kata (eight cuts form)

Timing Movement (Kokyu Dosa)

Aishinkai Basic Principles for Life

- Create a Calm Center (principle of mind)
- Be Comfortably Relaxed (principle of body)
- Practice Dependable Posture (principle of body)
- Unify Body, Mind and Spirit (principle of mind)
- Strive for Excellence
- Be Loyal, Brave and Sincere
- Seek the Simplest Solution
- Smile and Be Natural

Dr. Jonathan Bannister, *Founder & President*

Aishinkai Basic Principles of Weapons Practice

- **Correct Stance** (gamae-tadishii)
- **Proper Grip** (te-no-uchi)
- **Sharp Footwork** (ashi-sabaki-meikai)
- **Correct Motion** (Dai-kiri-otoshi; ichi-byoshi-no-uchi)
- **Proper Strike Angle** (principle of mind)hasuji-tadashii)
- **Control Distance and Timing** (ma-ai; ma)
- **Understand the Scenario** (ri-ai)
- **Correct Technique** (waza-tadashii)
- **Correct Form** (katachi-tadashii)
- **Continuous Awareness** (zanshin)

Dr. Jonathan Bannister, *Founder & President*



AiShinKai

Aikido Rank Requirements (11/6/2010)



5th Kyu (motion) Essay

Smooth, continuous motion
3 mos/ 24 sessions

1. **Explain the importance of dependable posture**
2. **Explain the importance of smooth, continuous movement when practicing technique**

(Maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ukemi

Large forward rolls (Zenko Kaiten Ukemi, from Seiza Kokyunage - seated timing throw)

Break fall position (Zenko Ukemi)

Side Head Strike (Yokomenuchi)

Ki Tests

5-8 Mind-Body Coordination Solo Exercises (Hitoridake Toitsu Taiso)

Principle 2 (Nikkyo)

Wrist Rotation (Kotegaeshi)

Principle 3 (Sankyo)

Reverse Principle 2 (Gyakku Nikkyo)

5-8 Mind-Body Coordination Partner Exercises (Kyoryoku Toitsu Taiso)

Bending Backwards (Ushiro Magari Undo)

Stooping (Kagamu Undo)

Walking (Aruki Undo)

Bowing (Reigi Undo)

Technique

Kata Tori Ikkyo Irimi / Tenkan (shoulder hold first principle entering / turning; show formal pin)

Katate Tori Shihonage Irimi / Tenkan (same side wrist hold four direction throw entering / turning)

Katate Kosatori Kokyunage (cross-hand hold timing throw)

Ushiro Kubishime Kokyunage (behind hold and choke timing throw)

Aiki-jo

1st Jo Taigi (body art; show with partner)

Timing Movement (Kokyu Dosa)



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Aikido Rank Requirements (11/6/2010)



4th Kyu (motion) Essay
Rhythm
6 mos/ 48 sessions

Discuss rhythm in technique, what kind is desired, how to generate it, when and why

(Maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ukemi

Large rolls (Katatetori Koyunage)

Front Thrust Kick (Tsuki Keri)

Opposite Side Head Strike (Yokomenuchi Hantai)

Ki Tests

9-12 Mind-Body Coordination Solo Exercises (Hitoridake Toitsu Taiso)

Principle 6 (Rokkyo)

Wrist Shaking (Tekubifuri Undo)

Rowing Exercise (Funekogi Undo)

Forehead Defense (Shomenuchi Undo)

9-12 Mind-Body Coordination Partner Exercises (Kyoryoku Toitsu Taiso)

Raising Arms (Ude Ageru Undo)

One-Legged Bait (Otori Hitoe Ashi Undo)

Self-Reliance (Jiko Shinyo Undo)

Unbendable Arm (Ude Magarinai Undo)

Technique

Ryote Mochi Kokyunage (two hand hold on one arm timing throw)

Ushiro Tekubitori Kokyunage (behind wrist hold timing throw from sayu undo)

Shomenuchi Ikkyo Irimi / Tenkan (forehead strike first principle entering / turning; show formal pin)

Yokomenuchi Shihonage Irimi / Tenkan (side head strike four direction throw entering / turning)

Aiki-ken

Kamae Kata (stance form)

Randori

Two Uke "Freestyle"

Timing Movement (Kokyu Dosa)



AiShinKai

Aikido Rank Requirements (11/6/2010)



3rd Kyu

Hip Power

6 mos/ 48 sessions

Essay

Discuss the application of power in technique, how to generate it, when and why

(Maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ukemi

Break fall (Zenko Ukemi from Ryotetori Kokyunage)

Side Thrust Kick (Yokokeri)

Roundhouse Kick (Mawashi Keri)

Ki Tests

13-16 Mind-Body Coordination Solo Exercises (Hitoridake Toitsu Taiso)

Two Directions (Zengo Undo)

Eight Directions (Happo Undo)

Left-Right Movement (Sayu / Sayu Choyaku Undo)

Turning Movement (Tenkan Undo)

13-16 Mind-Body Coordination Partner Exercises (Kyoryoku Toitsu Taiso)

Immovable Mind Body (Fudoshintai Undo)

Unliftable Body (Tai Agerunai Undo)

Unbendable Body (Tai Magarinai Undo)

Finger Link (Yubi Tsunagari Undo)

Technique

Ushiro Ryokatatori Kokyunage (behind two shoulder hold timing throw, from sayu undo)

Munetsuki Kotegaeshi (straight thrust wrist twist out; show formal pin)

Ushiro Tekubitori Kokyunage (behind both wrist hold timing throw)

Tsukikeri Kokyunage (front thrust kick timing throw)

Aiki-jo

2nd Jo Taigi

Randori

Two Uke “Freestyle”

Timing Movement (Kokyu Dosa)



AiShinKai

Aikido Rank Requirements (11/6/2010)



2nd Kyu

Ma & ma-ai
9 mos/ 72 sessions

Essay

Explain the importance of ma-ai and ma

(Maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ki Tests

17-20 Mind-Body Coordination Solo Exercises (Hitoridake Toitsu Taiso)

Arm Swinging (Udefuri Undo)

Forward / Backward (Zenshin Koshin Undo)

Rear Guard (Ushiro Bogyo Undo)

Behind Both Wrist Hold (Ushiro Ryo Tekubitori Undo)

17-20 Mind-Body Coordination Partner Exercises (Kyoryoku Toitsu Taiso)

Rope Connection (Tsunagari Undo)

Spinning Lead (Sento Kaiten Undo)

Moving Mountains (Yama Ugoku Undo)

Timing Movement (Kokyu Dosa Undo)

Technique

Yokomenuchi Kokyunage Zenshin / Koshin (side of head strike timing throw forward / backward)

Ryokatatori Kokyunage (two shoulder hold timing throw)

Ushiro Tekubitori Kokyunage (behind wrist hold timing throw)

Yokokeri Kokyunage (side thrust kick timing throw)

Aiki-ken

Shomenuchi Kata (Forehead Strike Form)

Randori

Three Uke "Freestyle"



AiShinKai

Aikido Rank Requirements (11/6/2010)



1st Kyu

Control & focus
9 mos/ 72 sessions

Essay

What are the Gojo and their significance in AiShinRyu practice?

(Maximum 150 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ki Tests

Demonstrate Warm-up Stretches

(Junan Kenko Taiso)

Technique

Katatori Nikkyo (shoulder hold principle 2; show formal pin)

Ushiro Katatori Sankyo (behind shoulder hold principle 3; show formal pin)

Mawashikeri Kokyunage (roundhouse kick timing throw)

Shomenuchi Kokyunage (forehead strike timing throw; large ukemi)

Suwari Waza (ground techniques: **Katatori** - shoulder hold; **Tsuki** - straight thrust; **Yokomenuchi** - sidehead strike; **Shomenuchi** - forehead strike; pin as appropriate)

Aiki-jo

1st 22-step Jo Kata

Randori

Three Uke "Freestyle"

Kokyu Dosa

Gojo Five Virtues of an Ideal Person

Coded in the five front pleats of the hakama

| | |
|-------------|---------------|
| Jin | Benevolence |
| Gi | Righteousness |
| Rei | Propriety |
| Chi | Wisdom |
| Shin | Faithfulness |

Additional

Coded in the two back pleats of the hakama

| | |
|--------------|---------|
| Yu | Courage |
| Meiyo | Honor |



AiShinKai

Aikido Rank Requirements (11/6/2010)



Shodan

Zanshin

12 mos/ 96 sessions

Essay

1. Explain the importance of zanshin
2. Explain the basic principles of Kiatsu Ryoho

(Maximum 300 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

Ki Tests

Demonstrate Kiatsu Ryoho treatment for neck pain

Technique

Ryokatetori TENCHINAGE Irimi / Tenkan
(two hands hold both arms heaven and earth throw entering / turning)

Katatetori Kaitennage (same side wrist hold rotary throw)

Shomenuchi Sudorinage (forehead strike without holding throw)

Mentsuki Kokyunage (face punch timing throw; large ukemi)

Hanmi Handachi (half triangle crouching: pin as appropriate)

Katatetori - same side wrist hold

Ushiro Kubishime - behind hold and choke

Mentsuki - face thrust

Yokomenuchi - side head strike

Shomenuchi - forehead strike

Aiki-ken

Yokomenuchi Kata (side head strike form)

Aiki-tanto

Tanto Tori (knife taking)

Randori

Five uke "freestyle"

Kokyu Dosa

Aishinkai Basic Principles of Kiatsu Ryoho

- Extend Ki Calmly From Your Center
- Press Without Excess Physical Force
- Practice Dependable Posture
- Press Perpendicular to the Center
- Concentrate Ki in the Fingertips
- Think in Lines Instead of Points
- Unify Body, Mind and Spirit



AiShinKai

Aikido Rank Requirements (11/6/2010)



Nidan

Essay

Explain how rank promotions are assessed

Technical proficiency & vigor

(Maximum 300 hand-written words must be submitted to your sponsor for approval prior to submission with test fee and application)

12 mos/ 96 sessions

Ki Tests

Explain the techniques of, and the relationship between, Ki Breathing and Ki Meditation

Technique

Kata tori

Katate and Katate Kosatori

Mentsuki and Munetsuki

Shomenuchi

Yokomenuchi and Yokomenuchi Hantai

Tsukikeri, Yokokeri, Mawashi

Ryote Mochi

Ryokatetori

Ushiro Kubishime

Ushiro Ryotori (tekubi. kata, hiji)

2-person hold (two ways)

Aiki-jo

2nd 22-step Jo Kata

Jo Waza and Jo Tori

Randori

Five uke “freestyle”

Kokyu Dosa



AiShinKai

Aikido Rank Requirements (11/6/2010)



Sandan

*Independent research,
gracefulness, elegance*
24 mos/ 192 sessions

Speech: Explain “Smile & Be Natural”

*(hand-written outline must be submitted
with test fee and application)*

Ki Tests

All previous

Technique

Perform a choreographed sequence of ten (10) techniques of your choice such as would constitute a public exhibition

Aiki-Jo

Shiteikata (perform one previous kata on demand)

Aiki-ken

Shiteikata (perform one previous kata on demand using mogito or shinken)

**Bokken Waza and Bokken Tori
Bokken Taigi** (with partner, using mogito)

Randori

Three uke “freestyle” (demonstrate strategy & beauty)

Kokyu Dosa

A message to all sandan candidates:

It is my intention that following successful completion of this exam you will finally have all the foundation skills necessary to become an accomplished martial artist and will begin to contribute back to the art through teaching. Both will require continued participation and practice, and the application of the principles and philosophy of the art in all aspects of your daily life. It is my sincere hope that you will continue to grow and develop, discovering your full human potential and your capacity for being a source of loving compassion and help to your fellow man. To do this you must be free of slavish reliance upon technique. While the study of technique provides invaluable stepping stones on the path to self-realization, the pursuit of technique for itself is an unnatural path and itself a technical dead end. Discover your true self, then express that truth in your own interpretation of the arts. “First become enlightened, then work to save all beings.”

Yours in Budo,

Jonathan Bannister
Founder & President