



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

Make payments and checks to "Jonathan Bannister"



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Aikido Children's Rank Requirements (10/25/2010)



Belt Color	Yellow		Purple		Green		Red	
Rank	10a	10b	9a	9b	8a	8b	7a	7b
Ki Tests								
Seiza (sitting)	X							
Koho Tendo Undo (roll back and forth)	X							
Shiza (natural stance)		X						
Hanmi (triangular stance)		X						
One Hand Bait			X					
Unbendable Arm			X					
Tekubi Furi Undo (wrist shake exercise)				X				
Fune Kogi Undo (rowing exercise)				X				
Shomen Uchi Undo (raise /lower hands)					X			
Zengo Undo (two direction exercise)					X			
Tenkan Undo (turning exercise)						X		
Happo Undo (eight direction exercise)						X		
Zenshin Koshin Undo (extend step back)							X	
Holding Up Both Hands							X	
Stooping								X
Meditation Posture								X
Ukemi								
Back Fall	X							
Small Forward Roll	X							
Forward Flat Fall		X						
Munetsuki (straight thrust)		X						
Large Forward Roll			X					
Shomenuchi (top of head hit)			X					
Yokomenuchi (side of head hit)				X				
Yokomenuchi Hantai (reverse side head hit)				X				
Tsuki Keri (straight front kick)					X			
Yoko Keri (side kick)					X			
Break Fall (Ryote Mochi Kokyunage - two hand timing throw)						X		
Mawashi Keri (roundhouse kick)						X		
Techniques and Target Skills								
	Posture		Motion		Hips		Focus	
Same side hold - 4 direction throw	X							
Cross wrist hold - Timing throw	X							
Cross wrist hold - 1st principle throw		X						
Behind hold/choke - - Timing throw		X						
Side head hit - 4 direction throw			X					
Center straight thrust - Wrist turn			X					
Top head hit - Timing throw				X				
Top head hit - 1st principle throw				X				
2 hand hold (one arm) - Timing throw					X			
Hold both arms - Heaven/Earth throw					X			
Side head hit - 4 direction throw (turn)						X		
Straight thrust kick - Timing throw						X		
Side head hit - Timing throw							X	
2 shoulder hold - Timing throw							X	
Behind both wrist hold - Timing throw								X
Top head hit - Without hold throw								X
Aiki-ken/Aiki-jo Weapons								
8 kinds of cutting form							X	
Short staff body art (six step form)								X
Randori (Freestyle)								
One Uke (one attacker)					X	X		
Two Uke (two simultaneous attackers)							X	X