



# 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"*



*AiShinKai*

**laido Rank Requirements** (10/25/2010)



**4th Kyu**

*Reiho*

4 mos/ 20 sessions

Essay

Explain the proper movement of the sword during kirioroshi

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

laido

Hajime no Reiho

Ipponme Mae

Ropponme Morote Tsuki

Owari no Reiho



# AiShinKai

## laido Rank Requirements (10/25/2010)



### 3rd Kyu

*Proper Sword Motion*

4 mos/ 20 sessions

Essay

Explain the importance of dependable posture

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

laido

Hajime no Reiho

*Five shitei-waza selected from 12 ZNKR techniques:*

Ipponme Mae  
Nihonme Ushiro  
Sanbonme Uke Nagashi  
Yohonme Tsuka Ate  
Gohonme Kesa Giri  
Ropponme Morote Tsuki  
Nannahonme Sampo Giri  
Hachihonme Ganmen Ate  
Kyuohonme Soete Tsuki  
Jupponme Shiho Giri  
Juiponme Sou Giri  
Junihonme Nuki Uchi

Owari no Reiho

*Accreditation in laido by AiShinKai is for in-house recognition and training development only. Members may be invited to test at PNKF scheduled Shinsa (February / August: see the Aishinkai [Event Schedule](#)) or at AUSKF Shinsa for ranks 3rd kyu and higher, even if already accredited by AiShinKai. PNKF and AUSKF accreditation is internationally-certified and takes precedence over in-house dojo rank.*

*Ranks ikkyu through shodan test locally at PNKF Shinsa at the AiShinKai's discretion. Ranks nidan and higher normally test at the AUSKF National laido Shinsa (Summer-time, TBA).*



# AiShinKai

## Iaido Rank Requirements (10/25/2010)



### 2nd Kyu

*Correct Technique*  
4 mos/ 20 sessions

Essay

Explain the importance of Proper Grip  
(150 hand-written words must be submitted  
with test fee and application)

Iaido

Hajime no Reiho

*Five shitei-waza selected from 12 ZNKR  
techniques:*

Ipponme Mae  
Nihonme Ushiro  
Sanbonme Uke Nagashi  
Yohonme Tsuka Ate  
Gohonme Kesa Giri  
Ropponme Morote Tsuki  
Nannahonme Sampo Giri  
Hachihonme Ganmen Ate  
Kyuohonme Soete Tsuki  
Jupponme Shiho Giri  
Juiponme Sou Giri  
Junihonme Nuki Uchi

Owari no Reiho

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