

**SHIN SHIN TOITSU AIKIDO: KYU EXAMINATION CRITERIA**  
(MAR. 2016)

KYU	HITORIWAZA	KUMIWAZA / TSUZUKIWAZA
<b>5<sup>th</sup> KYU</b>	<p><i>Jo Taiso:</i></p> <ol style="list-style-type: none"> <li>1. Turning torso by moving Jo above head.</li> <li>2. Stretching body by moving Jo sideways above head.</li> <li>3. Moving shoulder blades with Jo at chest height.</li> <li>4. Bending knees down, on toes going up, keeping Jo in front of hip.</li> <li>5. Swing the Jo down as you bend knees and up as you straighten them.</li> </ol> <p>Udefuri Undo Udefuri Choyaku Undo Sayu Undo Sayu Choyaku Undo Yoko Ukemi backward Yoko Ukemi forward Shikko 4 steps forward</p>	<p>Katate Kosadori Kokyunage Katatedori Tenshin Kokyunage Ryotemochi Kokyunage Ryotemochi Tenshin Kokyunage Udemawashi Zagi Ryotedori Kokyunage</p>
<b>4<sup>th</sup> KYU</b>	<p><i>Jo Aiki Taiso:</i></p> <ul style="list-style-type: none"> <li>- Funakogi Undo</li> <li>- Ikkyo Undo</li> <li>- Tenshin Undo</li> <li>- Zengo Undo</li> <li>- Happo Undo</li> </ul> <p>Mae Ukemi and Ushiro Ukemi (for each side 3 forward and 3 backward)</p>	<p>Katatedori Ikkyo Tsuki Ikkyo Tsuki Koteoroshi Ryotemochi Koteoroshi Ushiro Ryotedori Zemponage Ushiro Katatedori kubishime Uragaeshi Ushiro Katatedori Ikkyo</p>
<b>3<sup>rd</sup> KYU</b>	<p>Koteoroshi Undo Sankyo Undo Nikyo Undo Tekubi kosa Undo Hanmi-Gyakuhanmi Undo Ushirodori Undo Ushiro Ryotedori Zenshin Undo Ushiro Ryotedori Koshin Undo Shikko 4 steps backward</p>	<p><i>Jo and Jo:</i></p> <p>Shomenuchi, Yokomenuchi, Yokobarai, Douchi, Ashiuchi</p> <p>Katatedori Kokyunage Irimi Katatedori Kokyunage (get rid) Yokomenuchi Kokyunage en undo Katatedori Shihonage (irimi/tenshin) Yokomenuchi Shihonage: (t-i, t-t, i-i, i-t) Ryotedori Zemponage Ushirodori Zemponage Tantodori: Tsuki Koteoroshi Bokkendori: Shomenuchi Kokyunage</p>
<b>2<sup>nd</sup> KYU</b>	<p><i>One-hand bokken-exercises:</i></p> <ul style="list-style-type: none"> <li>- Moving bokken vertically</li> <li>- Shomenuchi</li> <li>- Moving bokken horizontally</li> <li>- Cutting forward horizontally</li> </ul> <p>Shikko turning</p>	<p>Zagi: Shomenuchi Ikkyo (irimi/tenshin) Katadori Ikkyo (irimi) Katadori Nikyo (irimi) Katadori Sankyo (irimi) Katadori Yonkyo (irimi) Yokomenuchi Kokyunage Irimi Shomenuchi Ikkyo (irimi/tenshin) Ushiro Ryokatadori Kokyunage Ushiro Ryokatadori Zemponage Jodori: Tsuki Tsukikaeshi Jodori: Tsuki Zemponage Hitorigake (one man attack)</p>
<b>1<sup>st</sup> KYU</b>	<p><i>Two-hand bokken-exercises:</i></p> <ul style="list-style-type: none"> <li>- Shomenuchi</li> <li>- Tsuki (8 steps forward, 8 steps backward in chudan)</li> <li>- Tenshin</li> </ul> <p>Happo Giri Jo 1</p>	<p>Tsuzukiwaza 14 (Suwariwaza) Tsuzukiwaza 16 (Handachi) Tsuzukiwaza 1 (Katatedori) or free* Tsuzukiwaza 3 (Katatedori Ryotemochi) or free* Futarigake (two men attack)</p>

\*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza

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<b>DAN</b>	<b>TSUZUKIWAZA</b>
<b>SHODAN</b>	<p>Tsuzukiwaza 11 (Katatedori) or free*</p> <p>Tsuzukiwaza 13 (Ryotemochi) or free*</p> <p>Tsuzukiwaza 2 (Ushiro Katatedori) or free*</p> <p>Tsuzukiwaza 8 (Yokomenuchi)</p> <p>Tsuzukiwaza 21 (Tantodori 1)</p> <p>Tsuzukiwaza 25 (Jo &amp; Bokken 1) - examinee use Jo</p> <p>Tsuzukiwaza 27 (Bokken 1, Happo Giri with partner)</p> <p>Sanningake</p>
<b>NIDAN</b>	<p>Tsuzukiwaza 4 (Ryotedori) or free*</p> <p>Tsuzukiwaza 7 (Shomenuchi) or free*</p> <p>Tsuzukiwaza 6 (Ushirotori) or free*</p> <p>Tsuzukiwaza 15 (Ushiro RyoKatadori)</p> <p>Tsuzukiwaza 22 (Tantodori 2)</p> <p>Tsuzukiwaza 23 (Bokkendori)</p> <p>Tsuzukiwaza 26 (Jo &amp; Bokken 2) - examinee use Jo</p> <p>Tsuzukiwaza 28 (Bokken 2 with partner)</p> <p>Yoningake</p>
<b>SANDAN</b>	<p>Tsuzukiwaza 5 (Ryokatadori)</p> <p>Tsuzukiwaza 9 (Tsuki – Keri)</p> <p>Tsuzukiwaza 12 (Ushiro Katatedori)</p> <p>Tsuzukiwaza 18 (Yokomenuchi)</p> <p>Tsuzukiwaza 19 (Tzuki)</p> <p>Tsuzukiwaza 24 (Jodori)</p> <p>Tsuzukiwaza 25 (Jo &amp; Bokken 1) - examinee use Bokken</p> <p>Tsuzukiwaza 26 (Jo &amp; Bokken 2) - examinee use Bokken</p> <p>Tsuzukiwaza 10 (Taninzugake)</p>
<b>YONDAN</b>	<p>All Hitoriwaza</p> <p>Tsuzukiwaza 17 (Katadori Menuchi)</p> <p>Tsuzukiwaza 29 (Kumi Tachi 1)</p> <p>Tsuzukiwaza 30 (Kumi Tachi 2, Shinken with partner)</p> <p>Tsuzukiwaza 20 (Jonage)</p>

\*Examiners can ask free techniques with the same attack instead of the Tsuzukiwaza