

SHIN SHIN TOITSU DO: KI EXAMINATION CRITERIA
(MAR. 2016)

SHOKYU	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Breathing exercise (Kokyuhō) 	
CHUKYU	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	<p>Kenko Taiso:</p> <ol style="list-style-type: none"> 1. Turning the torso while swinging the arms. 2. Stretching the body to the side. 3. Bending backward and forward. 4. Shoulder blade exercise. 5. Stretching the neck forward and backward. 6. Turning the head side to side. 7. Bending at the knees and standing on tiptoe. 8. Stretching the knee. 9. Rotating both arms while bending the knees. <p>Chukyu: Examinee must do Kenko Taiso in the correct order.</p> <p>Jokyu: Examinees must keep timing and rhythm with examiners count.</p> <p>Shoden/Joden/Chuden/Okuden: Examinee must count with the correct rhythm.</p>
JOKYU	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Standing with one foot forward 6. Leaning backward 7. Bending forward 8. Standing on one foot and putting out one hand 9. Standing up and sitting down in seiza 10. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	
SHODEN <i>min. 12 months practise after 1° Kyu</i>	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (Agura) 4. Putting out one hand (Palm facing down) 5. Standing with one step and one arm forward (test: pull the wrist) 6. Standing with one foot forward 7. Leaning backward on a partner 8. Bending forward leaning on a partner 9. Unraisable body 10. Walking forward, while being held from behind 11. Sitting cross legged (Agura) and be pushed by partner from front 12. Both hands up 13. Standing on one foot and putting out one hand 14. Standing up and sitting down in seiza 15. Breathing exercise (Kokyuhō) <p>Kenko Taiso</p>	
CHUDEN	Disciplines 1-15 Kenko Taiso	
JODEN	Disciplines 1-15 Kenko Taiso	
OKUDEN	Disciplines 1-15 Kenko Taiso	