

# AIKIDO SHINKI RENGO

## Examination Regulations

### 10th to 6th Kyu



A prerequisite for taking an exam is that students master basic **dojo etiquette**. This includes, in particular, that they treat their training partners with consideration, come to training on time, respect others during meditation, and do not disturb others. From 9th Kyu, at the latest, students should be able to tie their own belt.

The examinations for higher grades also imply performing the techniques for lower grades. These are to be queried regularly, on a random basis, as are basic techniques. As an example, progress should be recognizable including basic techniques being combined with evasive movements.

<b>10th Kyu</b>	<b>Ukemi (Mae-kaiten, Ushiro-kaiten, from kneeling)</b> <b>Kamae-Undo</b>	
<b>9th Kyu</b>	<b>Ukemi (Mae-kaiten, Ushiro-kaiten, from standing)</b> <b>Shikko (forward)</b>	
	Katate-Katate-dori (ai-hanmi)	<b>Ikkyo</b> (omote, ura) <b>Kote-gaeshi</b> <b>Shiho-Nage</b> (omote, ura)
<b>8th Kyu</b>	<b>Ukemi (Yoko-kaiten)</b>	
	Katate-Katate-dori (ai-hanmi) Katate-Katate-dori (gyaku-hanmi)	<b>Irimi-Nage</b> <b>Shiho-Nage</b> (omote, ura) <b>Sumi-otoshi</b> (omote = irimi)
<b>7th Kyu</b>	<b>Ukemi (Yoko-suberi)</b>	
	Katate-Katate-dori (gyaku-hanmi) Ryote-Katate-dori (= Morote-dori)	<b>Sumi-otoshi</b> (ura = soto-tenkan) <b>Kokyu-nage</b> <b>Ikkyo</b> (omote, ura, in 2 ways)
<b>6th Kyu</b>	Kata-dori Ryote-Ryote-dori Shomen-uchi Tsuki Suwari-waza Ryote-Ryote-dori	<b>Ikkyo</b> (omote, ura) <b>Shiho-Nage</b> (omote, ura) <b>Irimi-Nage</b> <b>Kote-gaeshi</b> <b>Kokyu-ho</b>