



AIKIDO SHINKI RENGO
EXAMINATION REQUIREMENTS
(EFFECTIVE: 01.01.2022)

Opening Remarks

Aikido techniques have to be effective in combat so that one does not succumb to self-delusion when performing them. The goal is not necessarily to want to win, but it is part of self-training to strive for the effectiveness of the techniques as much as possible.

However, the movement must remain natural, which is ensured by moving from the stomach as the center of the body (Hara principle), while the limbs, especially the arms, are moved easily. Figuratively speaking, the movement should be like bamboo or like a willow moving in the wind.

The implementation of Aikido techniques should ultimately be inspired by Ki (= primal life force). What actually applies to all types of Budo - and even to all good movement arts - is particularly important in Ki-Budo, i.e., also in Aikido. The soft movement must have a core. It is not mainly about the deliberately generation of explosive ki, but about the outflow of ki, which arises in us through intensive, devoted practice. Ultimately, we should open ourselves to Shinki (divine Ki).

At the beginning, it is particularly important that you do not concern yourself with a large number of techniques, but rather you have a good command of a few basic techniques. An attitude that is about acquiring many techniques as quickly as possible, and thereby quickly attaining higher ranks, does not fit in with the principles of Shinkiryu Aiki Budo / Aikido Shinki Rengo.

First of all, a stable basic posture and safe movements (Sabaki) should be achieved. Then learn to estimate the distance (Maai) to the attacker (Seme or Uke as a partner in the attacking role); as well as timing, when using the techniques. Over time, the movements should become more fluid and the details of the technique increases to being more precise. The number of techniques must also increase, continuously, in order to avoid a narrow focus. The higher-grade exams presuppose the lower-grade techniques. For this reason, random samples of techniques actually being tested, and below one's level, are always required during examinations.

It is important to ensure that the technique is not carried out in a wild, rough, and hectic manner; but, rather precisely, softly and dynamically. Over time, the true, controlled sharpness of the technique should be sought. During practice, you should always take your partner into consideration, depending on their level of progress, physical condition, age, etc.

The Dan graduation also takes into account the mastery of Ki, the meditative inner attitude in simplicity, modesty, and softness of heart and the commitment to Aikido, in general, and Aikido Shinki Rengo, in particular.

The Dan graduation also means that you not only have a good command of the techniques, but you can also help others to develop and perform them as well. The Dan graduation is a prerequisite that leads to one being able to administer examinations.

Program for Kyu-Grade

	5. Kyu	4. Kyu	3. Kyu	2. Kyu	1. Kyu
Kata	Kamae-Undo	Tachi-Suburi 1	Jo-Suburi 1	Tachi-Suburi 2	Jo-Suburi 2
Ukemi	- Mae-kaiten - Ushiro-kaiten - Yoko-kaiten	- Mae-fuse - Ushiro-hineri - Yoko-suberi	- Mae-sasae-tobi	- Yoko-tobi - Ushiro-tobi	- Mae-tobi (Salto)
Tachi-Waza(Mae-Seme)					
Katate-Katate-dori (Ai-hanmi)	Ikkyo Shiho-nage	Nikyo Juji-nage Irimi-nage Kote-gaeshi	Sankyo Sumi-otoshi Kokyu-nage	Yonkyo Jiyu-Waza	Ikkyo-Kote-gaeshi Ikkyo-Shiho-nage Koshi-nage (soto-tenkan)
Katate-Katate-dori (Gyaku-hanmi)	Shiho-nage	Ikkyo (soto-irimi) Sumi-otoshi Kokyu-nage (ushiro/irimi)	Ikkyo (atemi-uchi-tenkan / sukui) Juji-nage (uchi+soto-tenkan) Irimi-nage (uchi-tenkan)	Nikyo (2 forms) Kote-gaeshi Kaiten-nage Jiyu-Waza	Sankyo (2 forms) Yonkyo (2 forms) Irimi-nage (soto-irimi 2 forms) Kote-gaeshi (hineri)
Katate-Muna-dori	Ikkyo	Nikyo	Sankyo Kiri-otoshi	Yonkyo Fuki-age	Shiho-nage Fuki-age (harai-te)
Katate-Kata-dori	Ikkyo	Nikyo	Sankyo Fuki-age	Yonkyo Kiri-otoshi	Shiho-nage (atemi, lead ukete)
Ryote-Katate-dori (Morote-dori)	Ikkyo	Nikyo Juji-nage	Shiho-nage Kokyu-nage (uchi- / soto-tenkan, mae and ushiro)	Nikyo (soto) Irimi-nage Kokyu-nage (soto-tenkan-makikomi, then throw with your free hand)	Sumi-otoshi (soto-tenkan) Jiyu-Waza
Ryote-Ryote-dori	Shiho-gaeshi	Ikkyo Juji-nage	Nikyo Shiho-nage Kokyu-nage Tenchi-nage	Sankyo Yonkyo Kesa-gake	Koshi-nage Kokyu-ho
Ryote-Muna-dori	Ikkyo	Nikyo	Sankyo	Yonkyo	Kaji-mawashi
Mune-Ude-dori				Hiji-gaeshi	
Shomen-uchi	Ikkyo Irimi-nage	Nikyo Sumi-otoshi	Sankyo Yonkyo Kote-gaeshi	Uchi-Sankyo Kiri-otoshi	Kokyu-nage (irimi-tenkan) Koshi-nage (soto-tenkan) Uchi-Kaiten-nage (soto-tenkan)
Yokomen-uchi	Kiri-otoshi	Ikkyo Shiho-nage	Nikyo Irimi-nage Kote-gaeshi	Yonkyo Juji-nage Sumi-otoshi	Uchi-Sankyo Gokyo
Tsuki	Ikkyo	Sumi-otoshi Fuki-age	Nikyo Irimi-nage Kote-gaeshi	Yonkyo Shiho-nage Kokyu-nage (soto-tenkan)	Kiri-otoshi (soto-tenkan) Uchi-Kaiten-nage (soto-tenkan)

	5. Kyu	4. Kyu	3. Kyu	2. Kyu	1. Kyu
Tachi-Waza(Ushiro-Seme)					
Katate-Muna-dori	Ikkyo	Nikyo	Sankyo	Yonkyo	
Eri-dori			Fuki-age	Irimi-nage	Kokyu-nage
Ryote-Kubi-jime			Sumi-otoshi		Irimi-nage
Ryote-dori	Shiho-nage	Ikkyo Irimi-nage	Nikyo Kote-gaeshi Kokyu-nage (both hands up)	Yonkyo Kokyu-nage (2 forms)	Yonkyo Kokyu-nage (one hand on your hip) Juji-Irimi-nage
Ryo-Kata-dori		Ikkyo	Nikyo		Kokyu-nage (ushiro)
Suwari-Waza(Mae-Seme)					
Katate-Katate-dori - diagonal	Ikkyo	Nikyo	Sankyo Irimi-nage	Kote-gaeshi	
- straight		Ikkyo	Nikyo		Kokyu-nage
Ryote-dori	Kokyu-ho	Ikkyo	Ryo-Nikyo		
Katate-Kata-dori		Ikkyo	Nikyo		
Shomen-uchi		Ikkyo	Nikyo	Yonkyo	Kiri-otoshi
Yokomen-uchi		Ikkyo			Gokyo
Suwari-Waza(Ushiro-Seme)					
Ryote-dori			Kokyu-nage	Ikkyo Nikyo (Ura)	Sankyo (Ura) Yonkyo (Ura)
Hanmi-Handachi					
Katate-Katate-dori (Gyaku-Hanmi)				Shiho-nage	Kote-gaeshi (nukite / hineri)
Ryote-dori					Shiho-nage
Other Techniques					
Futari-gake				Kokyu-nage	Ryo-Nikyo (uchi / soto)
Tanto-dori - Uchioroshi - Tsuki				Ikkyo (irimi) Ikkyo (tenkan)	Kote-gaeshi Kote-gaeshi
Tachi-dori - Shomen-uchi				Ikkyo (irimi)	Kokyu-nage
Jo-dori - Tsuki				Kokyu-nage, mae (omote)	Kokyu-nage, mae (ura = nukido) Jo-gaeshi

Program for Dan-Grade

	1. Dan	2. Dan	3. Dan	4. Dan
Kata	Tachi-Kata	Jo-Kata	Tenchi	
Tachi-Waza(Mae-Seme)				
Katate-Katate-dori (Ai-hanmi)	Koshi-nage (ikkkyo) Uchi-Sankyo	Koshi-nage (kote-hineri) Karami-nage	Nikyo-Yokodomoe	Uzushio
Katate-Katate-dori (Gyaku-hanmi)	Kote-gaeshi (nukite) Koshi-nage (soto-tenkan) Shiho-nage (ude-gaeshi)	Koshi-nage (teगतana / sukui) Suso-barai (soto-tenkan / uchi-irimi-tenkan) Kata-otoshi (teगतana)	Koshi-nage (uchi-tenkan- kote-hineri) Suso-barai (uchi-tenkan- kirikaeshi)	Maki-Arashi
Katate-Muna-dori	Hiji-gaeshi Uchi-Sankyo	Narabi-Juji-nage Juji-garami (atemi)	Yoko-domoe Hiji-gatame	
Katate-Kata-dori	Hiji-gaeshi	Kesa-gake (atemi)	Kesa-gime (atemi)	
Ryote-Katate-dori (Morote-dori)	Koshi-nage (uchi- / soto- irimi)	Koshi-nage (uchi- / soto- tenkan) Suso-barai (kiri-kaeshi)	Tenzashi	Uzushio
Ryote-Ryote-dori	Kiri-otoshi (uchi / soto) Kote-gaeshi(nukite / hineri)	Kaji-mawashi Tsubasa-gaeshi	Udekime-nage	Uzushio
Ryote-Muna-dori	Koshi-nage	Yoko-domoe	Hiji-domoe	
Shomen-uchi	Yonkyo-nage Koshi-nage (uchi- / soto- irimi)	Koshi-guruma Tani-otoshi	O-guruma (omote)	O-guruma (ura)
Yokomen-uchi	Sumi-otoshi (irimi) Koshi-nage (teगतana) Kokyu-nage (teगतana)	Karami-nage Kokyu-nage (uchi-tenkan)	Koshi-nage (uchi-tenkan- kote-hineri) Hiji-gaeshi	O-guruma
Tsuki	Kokyu-nage (uchi-tenkan) Koshi-nage (soto-tenkan) Juji-nage (uchi- / soto- tenkan)	Kata-otoshi Koshi-nage (kote-hineri /sukui) Karami-nage Soto-Kaiten-nage	Kote-barai (uchi-tenkan) Ude-guruma Hiji-gatame (uchi- / soto- tenkan)	Kubi-gatame Hiji-kime-Tomoe
Tachi-Waza(Ushi-ro-Seme)				
Katate-Muna-dori	Kokyu-nage (mae, knien)	Karami-nage	Koshi-nage (direkt)	Hiji-domoe (throw backwards)
Kubi-jime	Kokyu-nage (head down)	Hiza-gime		
Ryote-dori	Kokyu-nage (mae, kneel) O-Hineri	Karami-nage Juji-garami	Koshi-nage (Ikkyo-ura)	Koshi-nage (Sankyo-ura let it happen)
Ryo-Kata-dori	Irimi-nage (hands up)	Irimi-nage (enter between the arms of the attacker while twisting)	Shiho-nage (full rotation)	Koshi-nage (as above)

	1. Dan	2. Dan	3. Dan	4. Dan	
Suwari-Waza(Mae-Seme)					
Katate-Katate-dori - diagonal - straight	Hiji-gatame Kote-gaeshi (hineri)	Kote-gaeshi (nukite)	Hiji-gime-nage (throw backwards)		
Ryote-dori	Kote-gaeshi (hineri)	Kote-gaeshi (nukite)	Irimi-nage (nukite) Hiji-gime-nage	Kime-modoshi	
Shomen-uchi	Irimi-nage	Kote-gaeshi			
Hanmi-Handachi					
Katate-Katate-dori (Gyaku-Hanmi)	Ikkyo (uchi-tenkan)	Ikkyo (soto-tenkan)	Irimi-nage (uchi- & soto-tenkan)	Kime-mawashi	
Other Techniques					
all Tori-Te (holding attacks)	Jiyu-Waza				
all Uchi-Te (striking attacks)		Jiyu-Waza			
Jiyu-Seme (free attack)			Jiyu-Waza		
Futari-gake (2 attackers)	Tsubasa-gaeshi	Shiho-nage	Kokyu-nago (ushiro)	Jiyu-Waza	
San'nin-gake (3 attackers)			Jiyu-Waza	Jiyu-Waza	
Tanto-dori	Uchioroshi	Sumi-otoshi	Irimi-nage	Uchi-Sankyo	Koshi-nage
	Tsuki	Sumi-otoshi Fuki-age	Karami-nage	Koshi-nage	Kubi-gatame
Tachi-dori	Shomen-uchi	Kote-gaeshi	Irimi-nage	Koshi-nage (soto-irimi)	Koshi-nage (uchi-irimi)
Jo-dori	Tsuki	Shiho-nage Ten-gaeshi	Kokyu-nage (ushiro)	Hiji-gime-nage	Nuki-garami
Theory		Oral examination	Essay about Aikido DIN A4, at least 1 page	Essay about Aikido DIN A4, at least 2 pages	Essay about Aikido DIN A4, at least 3 pages
		12pt font size and 1.5 line spacing			