Tsubomi Seishin Kan Dojo **Aikido – Adult Rank Requirements (8/18/2008)**

		Kyu	6	5	4	3	2	1	Shodan	Nidan	Sandan
Essay											
	Explain Basic Principles and Primary Goal for our Style		x								
	Explain Importance of Posture and Smooth, Continuous Movement			x							
	Explain How we generate Natural Rhythm and Why				x						
	Explain How to Apply Power In Technique					x					
	Explain the Importance of Ma and Ma-ai						x				
	What are the Gojo and their Significance in our Practice							x			
	Explain the Importance of Zanshin								x		
	Explain how Rank Promotions are Assessed									x	
	Explain Smile and be Natural										x
Ukemi											
	Back Fall		x								
	Forward Flat Fall		x								
	Munetsuki		x								
	Shomenuchi		x								
	Large Forward Rolls (Seiza Kokyunage)			x							
	Break Fall Position			x							
	Yokomenuchi			x							
	Yokomenuchi Hantai				x						
	Large Rolls (Katatetori Kokyunage)				x						
	Tsuki Keri				x						
	Break Fall (Ryotetori Kokyunage)					x					
	Yokokeri					x					
	Mawashikeri					x					
Ki Tests											
	Seiza		x								
	Ushiro Ukemi		x								
	Shiza		x								
	Hanmi		x								
	One Hand Bait		x								
	Unbendable Arm		x								
	Tekubifuti Undo		x								
	Funekogi Undo		x								
	Shomenuchi Undo		x								
	Zengo Undo		x								
	Tenkan Undo		x								
	Happo Undo			x							
	Tekubi Kosa Undo			x							
	Zenshin Koshin Undo				x						
	Hold Up Both Hands				x						
	Bending Backwards					x					
	Stooping					x					
	One Hand Bait on One Leg						x				
	Meditation Posture						x				
	Ushiro Undo						x				
	Ushiro Tekubitori Undo						x				

Technique	Kyu	6	5	4	3	2	1	Shodan	Nidan	Sandan
Kata Tori Ikkyo (pin)		x								
Katate Tori Shihonage (irimi and tenkan)		x								
Kata Tori Kokyunage		x								
Ushiro Kubishime Kokyunage		x								
Kata Tori Ikkyo (motion; pin)			x							
Katate Tori Shihonage (motion)			x							
Katate Kosatori Kokyunage			x							
Ushiro Kubishime Kokyunage (motion)			x							
Ryote Mochi Kokyunage (scarf)				x						
Ushiro Tekubitori Kokyunage (sayu)				x						
Shomenuchi Ikkyo (irimi and tenkan; pin)				x						
Yokomenuchi Shihonage (irimi and tenkan)				x						
Ushiro Ryokatetori Kokyunage (sayu)					x					
Munetsuki Kotegaeshi (pin)					x					
Ushiro Tekubitori Kokyunage					x					
Tsukikeri Kokyunage					x					
Yokomenuchi Kokyunage (koshin and kotai)						x				
Ryokatatori Kokyunage						x				
Ushiro Katatori Kokyunage						x				
Yokokeri Kokyunage						x				
Katatori Nikkyo (pin)								x		
Ushiro Katatori Sankyo (pin)								x		
Mawashikeri Kokyunage								x		
Shomenuchi Kokyunage (large ukemi)								x		
Suwari Waza (katatori, tsuki, yokomenuchi, shomenuchi; pin as required)								x		
Rykatatetori Tenchinage (irimi and tenkan)									x	
Katatetori Kaitennage									x	
Shomenuchi Kokyunage									x	
Mentsuki Kokyunage (large Ukemi)									x	
Hanmi Handachi (katatetori, ushiro kubishime, tsuki, yokomenuchi, shomenuchi; pin as required)									x	
Kata Tori (3)										x
Katatetori and KatateKosatori (3)										x
Mentsuki and Munetsuki (3)										x
Shomenuchi (3)										x
Yokomenuchi and Yokomenuchi Hantai (3)										x
Keri (tsuki, yoko, mawashi)										x
Ryote Mochi (3)										x
Ryokatatetori (3)										x
Ushiro Kubishime (3)										x
Ushiro Ryotori (tekubi, kata, hiji)										x
2-person hold (3)										x
10-technique choreographed demo										x
Weapons										
Happo Giri Kata		x								
1stt Jo Taigi			x							
Kamae Kata				x						
2nd Jo Taigi					x					
Shomeuchi Bokken Kata						x				
1st 22-step Jo Kata							x			
Yokomenuchi Bokken Kata								x		
Tanto Tori								x		
2nd 22-step Jo Kata									x	
Jo Waza and Tori									x	
Jo Shiteikata (any previous; show proper etiquette)										x
Mogito Shiteikata (any previous; show proper etiquette)										x
Bokken Waza and Tori										x
Bokken Taigi										x
Randori										
2-person freestyle				x	x					
3-person freestyle						x	x			x
5-person freestyle								x	x	
Kokyu Dosa		x	x	x	x	x	x	x	x	x