

Redlands Aikikai Test Requirements

Note: The following test requirements are inspired by yet in some ways different from what is contained in the ASU Handbook. However, it should be noted that the requirements below are based on my experience with my teachers, Saotome Shihan and Ikeda Shihan, and on what I have found most efficacious in preparing students to develop the skills required. It is my intention that students should be adequately prepared, *technically*, for testing at the shodan and nidan test levels at the point when they take their Ikkyu test; at least another year (and then two-and-a-half years), at a minimum, is needed for the student to mature to the level at which they are ready to test for shodan (and then nidan).

Chetan Prakash, Head Instructor, Redlands Aikikai

FROM THE ASU HANDBOOK:

The examination system in Aikido is not structured on competition. You will be graded on the following points:

- Your understanding of basic technique appropriate to your level.
- Your spontaneous movement and response appropriate for the attack.
- Your ability to adapt your movement to the force of the attack.
- The concentration and awareness you maintain throughout the examination.
- Continuity of movement is important, not speed.
- Confidence and courage are important, not ego.
- Be prepared to uke for someone else of your same level during the examination period. Your ukemi will be graded.

Redlands Aikikai Time and Responsibility Requirements

Rokyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
30 Training Days	60 Training Days	60 Training Days	72 Training Days	80 Training Days	90 Training Days
3 Months	5 Months	5 Months	5 Months	6 Months	6 Months
		1 Full-Day Seminar	1 Full-Day Seminar at Redlands Aikikai since last test	1 full-day Seminar at Redlands Aikikai since last test and 1 Full Seminar with ASU 6th Dan or above	1 full-day Seminar at Redlands Aikikai since last test and 2 Full Seminars with ASU 6th Dan or above
		Mentor 1 student test	Mentor 1 student since last test	Mentor 1 student since last test	Mentor 1 student since last test
				Train 4 days/week or more in month prior to test	Train 4 days/week or more in month prior to test

An increasing involvement in the maintenance and running of the Dojo is expected as the student grows in rank.

For yudansha examination requirements, please consult the ASU Handbook. In addition, the same workshop/seminar and mentoring requirements as for 1st kyu above are required for yudansha testing. Moreover, training should average 4-5 days or more per week for some months prior to the examination.

Weapons Arts/Attacks

Rokyu	Gokyu	Yonkyu	Sankyu	Nikyu	Ikkyu
<p><u>Footwork</u> Basic Irimi (2), En No Irimi (Irimi-Tenkan), Sankaku No Irimi; Tenkan</p> <p><u>Ukemi</u> Forward Roll -Standing Backwards Roll</p> <p><u>Empty-Hand Strikes</u> Tsuki, Shomenuchi, Yokomenuchi</p> <p><u>Bokken</u> Kamae (Static & Moving): Seigan, Gedan, Gyaku Gedan, Jodan, Gedan Hasso, Jodan Hasso, Yoko, Waki</p> <p><u>Attacks</u> Shomen: seigan & gedan hasso Tsuki to chest: gedan, gedan hasso Yokomen: gedan hasso, jodan hasso Gyaku Yokomen: seigan Kesagiri, Kiriage, Yokogiri</p> <p><u>Jo</u> <u>Attacks</u> Shomen: seigan, gedan hasso Yokomen: gedan hasso and jodan hasso Gyaku Yokomen: seigan</p> <p><u>Kata</u> Solo Basic Form (9 movement)</p>	<p><u>Ukemi</u> Forward roll with timing slap; Kneeling slap falls, Forward roll over kneeling person; "Pushup/Squat" rolls, Sideways rolls, Snaking</p> <p><u>Empty-Hand Strikes</u> Backfist; Roundhouse (fist/slap); Upper Cut; Elbow Strikes</p> <p><u>Bokken</u> Suburi #1-7; Happo Giri; Falling Spiral Deflection (off tsuki & shomenuchi): static & dynamic; Rising Spiral Deflection (square stance); Partner Basic Form</p> <p><u>Jo</u> Partner Basic Form (9 movement kata); Suburi #1-5</p>	<p><u>Ukemi</u> High Ukemi</p> <p><u>Kicks</u> Side & Roundhouse; Mule Kick; Front Push Kick</p> <p><u>Bokken</u> Kumitachi #1-3</p> <p><u>Jo</u> Suburi #6-10; Solo 31-Jo No Kata; Kumijo 1-3</p>	<p><u>Kicks</u> Basic Leg Sweep</p> <p><u>Bokken</u> Kumitachi #4</p> <p><u>Jo</u> Suburi #11-20; Kumijo #4</p>	<p><u>Kicks</u> Kicks to Knee; Knee strikes to chest/side/leg; Body Slap Kick</p> <p><u>Bokken</u> Kumitachi #5</p> <p><u>Jo</u> Paired 31-Jo No Kata; Kumijo #5 & 6</p>	<p><u>Bokken</u> Kumitachi #6-15</p> <p><u>Jo</u> Jo-no-Tachi</p>