

SHIN-SHIN-TOITSU-AIKIDO - CRITERIA FOR EXAMINATION

Rank	Required Hours	Hitori Waza	Kumi Waza
5th Kyu	Over 30 hours training	1. Udemawashi Waza 2. Udefuri Waza 3. Udefuri Choyaku Waza 4. Sayuu Waza 5. Ushiro Ukemi Waza 6. Zempou Kaiten Waza (Shokyu exam. of Ki test must be passed.)	1. Katate Kosatori Kokyu-nage 2. Katatetori Tenkan Kokyu-nage Kokyo Dosa
4th Kyu	Have 30 hours of training since obtaining 5th Kyu	7. Ikkyo Waza 8. Zengo Waza 9. Happo Waza 10. Zenshin-Koshin Waza 11. Kokyo Dosa	3. Katatori Ikkyo (Irimi-Tenkan) 4. Munatsuki Kotegaeshi 5. Yokomen-uchi Shiho-nage (Irimi-Tenkan) 6. Shomen-uchi Kokyu-nage
3rd Kyu	Have 30 hours of training since obtaining 4th Kyu	12. Funakogi Waza 13. Nikkyo Waza 14. Sankyo Waza 15. Kotegaeshi Waza (Chukyu exam. of Ki test must be passed.)	7. Katatori Nikkyo (Irimi-Tenkan) 8. Katatori Sankyo (Irimi-Tenkan) 9. Katatori Yonkyo (Irimi-Tenkan) 10. Yokomen-uchi kokyu-nage (Zempou-nage) 11. Ryotetori Kokyu-nage (Zempou-nage)
2nd Kyu	Have 40 hours of training since obtaining 3rd Kyu	16. Kaho Tekubi Kosa Waza 17. Joho Tekubi Kosa Waza 18. Ushirotori Waza 19. Ushirotekubitori Zenshin Waza 20. Ushirotekubitori Koshin Waza	12. Ushirotekubitori Kokyu-nage (Zempou-nage) 13. Ushirotekubitori Kubijime (Sankyo-nage) 14. Tenchi Nage (Irimi-Tenkan) 15. Ushirotori Kokyu-nage 16. Katatetori Ryotemochi Kokyu-nage (En-undo)
1st Kyu	Have 40 hours of training since obtaining 2nd Kyu	Same as above	17. Zagi Handachi Shomen-uchi Kokyu-nage 18. Zagi Handachi Munatsuki Kotegaeshi (Katameru) 19. Zagi Handachi Yokomen-uchi Kokyu-nage (Zempou-nage) 20. Munatsuki Kokyu-nage (Zempou-nage) 21. Munatsuki Kokyu-nage (Sudori) 22. Munatsuki Kokyu-nage (Kaiten-nage) 23. Katatetori Ryotemochi Kotegaeshi 24. Katatetori Ryotemochi Kokyu-nage (Hachi-no-ji) 25. Yokomen-uchi Kotegaeshi (En-undo) 26. Yokomen-uchi Kokyu-nage (Hachi-no-ji) 27. Shomen-uchi Kotegaeshi 28. Shomen-uchi Ikkyo (Irimi-Tenkan) 29. Ushirotekubitori Kotegaeshi 30. Ushirotekubitori Ikkyo
Shodan	Have 60 hours of training since obtaining 1st Kyu	Same as above (Jokyu exam. of Ki test must be passed.)	1. Yokomenuchi (5 arts) 2. Katatetori (5 arts) 3. Ushirotekubitori (5 arts) 4. Tantotori (5 arts) 5. Ken (Part I) 6. Jo (Part I) 7. Four men attack
Nidan	Have 120 hours of training since obtaining Shodan	Same as above	In addition to items above 1. Munatsuki (5 arts) 2. Shomen-uchi (5 arts) 3. Bokken-Dori (5 arts) 4. Ken (Part 2) 5. Jo (Part 2) 6. Five men attack
Sandan	Have two years of training since obtaining Nidan	Same as above (Shodan exam. Of Ki test must be passed.)	In addition to items above, the examinee must do 1 Taigi which is requested by the examiner from 30 Taigi.