

SHIN-SHIN-TOITSU-DO (KI CLASS) - CRITERIA FOR ADVANCEMENT

Rank	Age	Required Hours	Unification of Mind & Body	Ki Development Exercises
Shokyu	Over 10 years old	Over 24 hours of training after starting	<ol style="list-style-type: none"> 1. Standing 2. Unbendable arm 3. Thrusting out one hand with its weight underside 4. Sitting Seiza 5. Sitting down and standing up 6. Breathing exercise 	<p>(3 minutes exercises)</p> <ol style="list-style-type: none"> 1. Twisting the trunk by swinging the arm 2. Bending the trunk to the side 3. Bending backward and forward 4. Shoulder-blade exercise 5. Bending the neck to the side 6. Bending the neck forward and backward 7. Turning the head to the side 8. Knee exercise 9. Stretching knees 10. Arm swinging exercise 11. Swinging with both arms 12. Swinging with both arms while bending knees <p>* Instructor calls out the count</p> <p>* Must be done correctly in right sequence, 4 sets of 4 each</p> <p>* if the examinee makes a mistake, the examiner calls out "stop", and performs a Ki test there, otherwise not</p>
Chukyu	Over 13 years old	Have 24 hours of training since obtaining Shokyu	<p>(Shokyu # 1 - 6 plus:)</p> <ol style="list-style-type: none"> 7. Sitting cross-legged <ol style="list-style-type: none"> (a) while being pushed from behind (b) while being raised by one knee 8. Thrusting out one hand while being pushed by the 9. Bending backward 10. Stopping 11. Unraisable body 	<p>(same as Shokyu, but)</p> <p>* Must keep pace with instructors count, proper rhythm</p>
Jokyu	Over 15 years old	Have 48 hours of training since obtaining Chukyu	<p>(Shokyu and Chukyu # 1 - 11 plus:)</p> <ol style="list-style-type: none"> 12. Leaning backward on a partner 13. Leaning forward on a partner 14. Thrusting out one hand and raising one leg 15. Holding up both hands 16. Walking forward when being held 17. Sitting cross-legged while holding both hands of the examiner from underneath with both hands while being pushed by the shoulders 	<p>(same as Chukyu, but)</p> <p>* The examinee calls out the count</p>
Shoden	Over 18 years old	Have at least 2 years of training since obtaining Yokyu	Test criteria are the same as for Jokyu, but with stronger Ki and more strict standards.	
Chuden	Over 30 years old	Have special permission from the President	Same as Shoden, but stricter still	
Okuden	Over 35 years old	Have special permission from the President	<p>* Must receive special training</p> <p>* Must attend training camp</p>	