Examinations are a natural part of your training. They are an opportunity for you to examine your progress – how far you have come, where you are at this moment, and the possibilities ahead. Although examinations are not a requirement in this dojo, they are an opportunity for you to advance your training.

You will demonstrate progress by focusing your training on a set of principles and arts that deepen your understanding of yourself and your practice, improve your technical skills, and challenge your level of personal development. The examination process is an opportunity for you to demonstrate your growth and level of training to the dojo community. Instructors keep a watchful eye on your practice, training, and development. You will only test when they feel you are ready to demonstrate at the next level successfully.

If you have not been asked to participate in an upcoming examination and you are interested in demonstrating your growth, please speak with your instructor. It is not possible to proceed in the examination process without having verbal confirmation from your instructor after they speak with the Chief Instructor.

In order to participate in the examination process, you will:

* Keep track of your class attendance by marking your attendance sheet
* Speak clearly and directly to your Sensei about the examination and your desire to participate. Your Sensei will speak with the Chief Instructor for final approval
* Complete a Request for Examination Form at least two weeks prior to the announced date
* Have a partner (uke) who has agreed to practice with you and be part of your examination. Your uke should be either your rank or one rank above or below your current rank. Both you and your uke should know the names of techniques and attacks listed in the criteria for your examination and for one level above.
* Train hard for your examination
* Be familiar with the opening and closing bowing formalities of an examination
* Be ready to enjoy letting your true self shine through during your examination!

During the examination:

* You will perform with confidence and fill the dojo with your Ki
* You will be asked to demonstrate your development and understanding of technique appropriate to your level
* In addition to nage (throwing) technique, you may be asked to demonstrate ukemi (falling).
* You will demonstrate concentration, awareness, and KiAi; speed is not your priority – harmony and continuity of movement is important, both as nage and uke.
* Your technique should be performed continuously both left and right until there is a signal from Sensei
* You will be expected to know and respond to the Japanese terms of techniques

Included in the criteria for each grade are Yuishinkai Aikido Kata and Kumi waza (techniques). Part or all these areas may or may not be a part of your examination; be prepared to perform to the best of your ability.

Most importantly – have fun, smile, and be positive.

**Adult Promotional Requirement Videos**

<https://www.aikidoyuishinkai.org/wp-content/uploads/2016/12/Aikido-Yuishinkai-Test-Guideline-2014-04-01-with-links-to-videos.pdf>

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| **Yuishinkai Aikido Kata Required of All Students** | | |
| 1. Kohotento Kata 2. Nikyo Kata 3. Kotegaeshi Kata 4. Sankyo Kata 5. Tekubimawashi Kata 6. Tekubishindo Kata 7. Funakogi Kata 8. Ikkyo Kata 9. Zengo Kata 10. Happo Kata 11. Tekubikosa Kata | 1. Tekubikosa Joho Kata 2. Sayu Kata 3. Sayuido Chidori Kata 4. Tenkan Kata 5. Zenshin Koshin Kata 6. Udemawashi Kata 7. Shomenuchi Iriminage Kata 8. Ushirodori Kata 9. Ushirotekubidori Zenshin Kata 10. Ushirotekubidori Koshin Kata |  |
| **5th Kyu Requirements** | **Green Belt** | |
| **Minimum 30 classes** | **Techniques demonstrated at Kotai and Juntai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. [Katatekosadori Kokyunage](https://www.youtube.com/watch?v=xcJqd0qAzGI) 3. [Katatedori Tenkan Kokyunage](https://www.youtube.com/watch?v=lrvdDD3Yc-E) 4. Katadori Ikkyo [Omote](https://www.youtube.com/watch?v=N1NUIwqHlhI)and [Ura](https://www.youtube.com/watch?v=VRE427znmgQ) Katameru   8 basic arts individually   1. [Shomenuchi Iriminage](https://www.youtube.com/watch?v=1nq8f9O0raU) 2. Yokomenuchi Shihonage [Omote](https://www.youtube.com/watch?v=KgmxRtgIZz8)and [Ura](https://www.youtube.com/watch?v=ZvrzWri-GMU) 3. [Munetsuki Kotegaeshi](https://www.youtube.com/watch?v=sb4CoFKcOcw) Katameru 4. Katadori Nikyo [Omote](https://www.youtube.com/watch?v=k5pqKEp7Qps)and [Ura](https://www.youtube.com/watch?v=Wy522fMEqTM) Katameru 5. Ushirotekubidori Kubishime Sankyonage 6. [Ushirodori Kokyunage Zenponage](https://www.youtube.com/watch?v=gnPcJFal-s0) 7. [Kokyu Dosa](https://www.youtube.com/watch?v=sX-f_5CiFjw) | |  |

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| **4th Kyu Requirements** | **Blue Belt** | |
| **Minimum 30 classes since last promotion** | **Techniques demonstrated at Juntai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. Katatekosadori Kotegaeshi Omote and Ura, uke forward roll and breakfall 3. 8 Basic Arts as a set 4. Ryotedori Tenchinage Omote and Ura 5. Ushirotekubidori Sankyo Katameru 6. [Kokyu Dosa](https://www.youtube.com/watch?v=sX-f_5CiFjw) | |  |
| **3rd Kyu Aikido Olympia Requirements** | **Purple Belt** | |
| **35 classes since last promotion** |  | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. [Yokomenuchi Kokyunage Makikomi](https://www.youtube.com/watch?v=gX9NSxyMTRw) 3. [Shomenuchi Kotegaeshi](https://www.youtube.com/watch?v=4NFhW5Cg89o) 4. 8 Basic Arts as a set 5. Katadori Ikkyo [Omote](https://www.youtube.com/watch?v=N1NUIwqHlhI)and [Ura](https://www.youtube.com/watch?v=VRE427znmgQ) Katameru 6. Katadori Nikyo [Omote](https://www.youtube.com/watch?v=k5pqKEp7Qps)and [Ura](https://www.youtube.com/watch?v=Wy522fMEqTM) Katameru 7. Katadori Sankyo [Omote](https://www.youtube.com/watch?v=IbNn2yZCqLc) and [Ura](https://www.youtube.com/watch?v=mB2XePA12oM) Katameru 8. Katadori Yonkyo [Omote](https://www.youtube.com/watch?v=PHS49C94DSU) and [Ura](https://www.youtube.com/watch?v=PHS49C94DSU) Katameru 9. Ryotedori (3 arts) 10. Ryotemochi (3 arts) \*same as Morotedori 11. Ushirotekubidori (3 arts) 12. [Kokyu Dosa](https://www.youtube.com/watch?v=sX-f_5CiFjw) | |  |
| **2nd Kyu Aikido Olympia Requirements** | **Brown Belt** | |
| **50 Classes since last promotion** | **Techniques demonstrated at Ryutai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. [Ushiro Ryotekubidori Ikkyo](https://www.youtube.com/watch?v=RIKB6QsAUtY) Katameru 3. 8 Basic Arts as a set   Taninzugake (at least 4 arts for 1 minute each)   1. Katatedori 2. Yokomenuchi 3. Ushirotekubidori 4. Shomenuchi 5. Munetsuki 6. Ryotedori 7. Ryokatadori | 1. Tanto Dori (Shomen, Yokomen, and Tsuki) 2. Sword of Nine Ways (Bokken kata #1) 3. Shooting Star (Jyo kata #1) 4. [Kokyu Dosa](https://www.youtube.com/watch?v=sX-f_5CiFjw) |  |
| **1st Kyu Aikido Olympia Requirements** | **Brown Belt with Hakama** | |
| **75 Classes since last promotion** | **Techniques demonstrated at Ryutai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. 8 Basic Arts as a set   Taninzugake (at least 5 arts for 1 minute each)   1. Katatekosadori 2. Katatedori 3. Ryotemochi 4. Shomenuchi 5. Yokomenuchi 6. Tsuki 7. Ushirodori/Ushirotekubidori 8. [Zagi handachi](https://www.youtube.com/watch?v=0GDB9ziwEs0) 9. [Zagi](https://www.youtube.com/watch?v=lXq1otsZoRY) | 1. (Weapons attacks Shomen, Yokomen, and Tsuki) 2. [Bokken Dori](https://www.youtube.com/watch?v=dzM_hnEj7oQ) – 3 arts 3. [Tanto Dori](https://www.youtube.com/watch?v=Mj2j2G0j_3w) – 3 arts 4. [Jo Dori](https://www.youtube.com/watch?v=A3zBZYGpH7E) – 3 arts 5. [Jo Nage](https://www.youtube.com/watch?v=3Eud4JTa6MI) – 3 arts 6. Sword of Nine Ways (kata #1) 7. Free Wielding Sword (kata #2) 8. Shooting Star (kata #1) 9. Butterfly (kata #2) 10. Sanningake (randori – 3 attackers—Ryokatadori) 11. Kokyu Dosa |  |
| **Shodan Requirements** | **1st Degree Black Belt** | |
| **100 classes and recommendation of instructor; recommendation of chief instructor, and approval of Aikido Yuishinkai Founder, Koretoshi Maruyama Sensei** | **Techniques demonstrated at Ryutai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. 8 Basic Arts as a set 3. Teach 1 art (kumi waza) and relate to daily life 4. Katadori Shomenuchi (Katamenuchi) (3 arts)   Taninzugake (at least 20 times, demonstrate at least 5 arts for each attack)   1. Katatekosadori 2. Shomenuchi 3. Yokomenuchi 4. Munetsuki 5. Ryotedori 6. Ushirodori/Ushirotekubidori 7. [Zagi handachi](https://www.youtube.com/watch?v=0GDB9ziwEs0) 8. [Zagi](https://www.youtube.com/watch?v=lXq1otsZoRY) | 1. [Sword of Nine Ways](https://www.youtube.com/watch?v=pkyP39Ko_iE) 2. [Free Wielding Sword](https://www.youtube.com/watch?v=P4e0lQ_Xf08) 3. [Shooting Star](https://www.youtube.com/watch?v=iPiW3hNFO_0) 4. [Butterfly](https://www.youtube.com/watch?v=_rR3a-GAshs) 5. [Bokken Dori](https://www.youtube.com/watch?v=dzM_hnEj7oQ) – 5 arts 6. [Tanto Dori](https://www.youtube.com/watch?v=Mj2j2G0j_3w) – 5 arts 7. [Jo Dori](https://www.youtube.com/watch?v=A3zBZYGpH7E) – 5 arts 8. [Jo Nage](https://www.youtube.com/watch?v=3Eud4JTa6MI) – 5 arts 9. Sanningake (randori – 3 attackers—Ryokatadori) 10. Kokyu Dosa   \*Other arts, techniques, and/or demonstration of teaching at instructor discretion |  |

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| **Nidan Requirements** | **2nd Degree Black Belt** | |
| **2 years of training and recommendation of instructor; recommendation of chief instructor, and approval of Aikido Yuishinkai Founder, Koretoshi Maruyama Sensei** | **Techniques demonstrated at Ryutai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. 8 Basic Arts as a set 3. Teach 2 arts (kumi waza) and relate to daily life   Taninzugake (at least 30 times, same waza is ok)   1. Katatedori 2. Ryotemochi 3. Shomenuchi 4. Yokomenuchi 5. Munetsuki 6. Ryotedori 7. [Zagi handachi](https://www.youtube.com/watch?v=0GDB9ziwEs0) 8. [Zagi](https://www.youtube.com/watch?v=lXq1otsZoRY) | 1. Sword of Nine Ways 2. Free Wielding Sword 3. Shooting Star 4. Butterfly 5. Harvest 6. Bokken Dori – 6 arts 7. Tanto Dori – 6 arts 8. Jo Dori – 6 arts 9. Jo Nage – 6 arts 10. Yoningake (Randori – 4 attackers Ryokatadori) 11. Kokyu Dosa   \*Other arts, techniques, teaching at instructor discretion |  |
| **Sandan Requirements** | **3rd Degree Black Belt** | |
| **3 years of training and recommendation of instructor; recommendation of chief instructor, and approval of Aikido Yuishinkai Founder, Koretoshi Maruyama Sensei** | **Techniques demonstrated at Ryutai level** | |
| 1. [Yuishinkai Aikido Kata](https://www.youtube.com/watch?v=WH4pLdZnKV4&amp;list=PL-MkzI3m7lt1aI72JiSjfWVNYnrGYZa5D) with counting 2. 8 Basic Arts as a set 3. Design and teach one full class relating arts to daily life   Taninzugake (at least 100 times, same waza is ok)   1. Shomenuchi 2. Yokomenuchi 3. Munetsuki 4. Ryotedori 5. Ushirodori/Ushirotekubidori 6. [Zagi handachi](https://www.youtube.com/watch?v=0GDB9ziwEs0) 7. [Zagi](https://www.youtube.com/watch?v=lXq1otsZoRY) | Sword of Nine Ways   1. Free Wielding Sword 2. Shooting Star 3. Butterfly 4. Harvest 5. Bokken Dori – 7 arts 6. Tanto Dori – 7 arts 7. Jo Dori – 7 arts 8. Jo Nage – 7 arts 9. Goningake (Randori – 5 attackers Ryokatadori)   \*Other arts, techniques, teaching at instructor discretion |  |