

Official Kokikai Test Requirements

Kokikai - Sixth Kyu

Ki Test:

We understand that the mind rules (controls) the body. We test the body in order to “see” the mind. Then we can see if the mind and body are coordinated or not.

Technique:

Practice not only to throw people. Understand why we can throw and how we can throw. You must understand the logical idea. We understand that strong is correct but, more importantly, correct is strong.

A: Ki Test

- 1/ Seiza with mind/body coordination
- 2/ Standing posture with mind/body coordination
- 3/ Seiza to standing posture and back (movement) with mind/body coordination
- 4/ Unbendable arm with mind/body coordination
- 5/ Ushiro ukemi with mind/body coordination

B: Techniques

- 1/ Mune tsuki kotegaeshi
- 2/ Kata tori ikkyo
- 3/ Katate tori shihonage (irimi and tenkan)
- 4/ Ushiro kubishime kokyunage (static)

(MINIMUM REQUIREMENTS: 2 months duration, 16 hours of instruction)

Kokikai - Fifth Kyu

- 1/ Ki test
- 2/ Shomen uchi kokyunage
- 3/ Yokomen uchi shihonage (irimi, tenkan)
- 4/ Kata tori ikkyo (tenkan)
- 5/ Katate tori shihonage (irimi, tenkan)
- 6/ Ushiro kubishime kokyunage (static, moving)
- 7/ Seiza kokyunage – ukemi

(MINIMUM REQUIREMENTS: 3 months duration, 26 hours of instruction)

Kokikai - Fourth Kyu

- 1/ Ki test
- 2/ Shomen uchi ikkyo irimi (not tested)
- 3/ Shomen uchi ikkyo tenkan
- 4/ Yokomen uchi kokyunage (two ways)
- 5/ Kata tori nikkyo (irimi)
- 6/ Katate tori kaiten nage
- 7/ Katate ryote mochi kokyunage (two ways)
- 8/ Free style against one opponent (jiyuwaza)

(MINIMUM REQUIREMENTS: 5 months duration, 44 hours of instruction)

Kokikai - Third Kyu

- 1/ Ki test
- 2/ Shomen uchi kotegaeshi
- 3/ Tsuki kaiten nage
- 4/ Tsuki nikkyo
- 5/ Kata tori sankyo (irimi)
- 6/ Kata tori (two ways)
- 7/ Ryote mochi tenchinage (static and motion)
- 8/ Ushiro tekubi tori kokyunage
- 9/ Freestyle against two opponents (jiyuwaza)

(MINIMUM REQUIREMENTS: 6 months duration, 62 hours of instruction)

Kokikai - Second Kyu

- 1/ Ki Test
- 2/ Suwari waza - shomen uchi, yokomen uchi, tsuki, kata tori (not tested)
- 3/ Five techniques against shomen uchi
- 4/ Five techniques against yokomen uchi
- 5/ Any technique against tsuki
- 6/ Any technique against keri (kick)
- 7/ Five techniques against ushiro tekubi tori
- 8/ Freestyle against three opponents (jiyuwaza)

(MINIMUM REQUIREMENTS: 6 months duration, 72 hours of instruction & approval by the grading committee)

Kokikai - First kyu

- 1/ Ki test
- 2/ Hanmi hantachi (shomen uchi, kata tori)
- 3/ Freestyle against shomen uchi
- 4/ Freestyle against tsuki
- 5/ Freestyle against keri (kick)
- 6/ Five techniques against katate ryote tori
- 7/ Five techniques against ryote tori
- 8/ Freestyle against ushiro tori (shoulder, elbow, wrist)
- 9/ Freestyle against four opponents (grabs)

(MINIMUM REQUIREMENTS: 12 months duration, 90 hours of instruction & approval by the grading committee)

Kokikai - First Dan

- 1/ Ki test
- 2/ Suwari waza (not tested)
- 3/ Hanmi hantachi waza
- 4/ Freestyle against shomen uchi
- 5/ Freestyle yokomen uchi
- 6/ Freestyle against tsuki
- 7/ Freestyle against keru
- 8/ Freestyle against kata tori
- 9/ Freestyle against ryote tori (in front and behind)
- 10/ Freestyle ushiro waza
- 11/ Tanto tori (knife taking) - five techniques
- 12/ 1st bokken kata
- 13/ Freestyle against five opponents (grabs)
- 14/ Two page Essay – How has Kokikai Aikido influenced your life?

(MINIMUM REQUIREMENTS: 12 months duration, 120 hours of instruction & approval by the grading committee)

Kokikai - Second Dan

- 1/ Ki test
- 2/ All previous techniques
- 3/ Bokken tori (empty hand against bokken)
- 4/ 2nd bokken kata
- 5/ Freestyle against five opponents (grabs)

(MINIMUM REQUIREMENTS: 36 months continuous duration & invitation by the grading committee)

Kokikai - Third Dan

- 1/ Ki test
- 2/ All previous techniques
- 3/ Jo tori (empty hand against jo)
- 4/ 1st jo kata
- 5/ Freestyle against five opponents (grabs)

(MINIMUM REQUIREMENTS: 55 months continuous duration & invitation by the grading committee)