SHIN-BUDO KAI　真武道会

CRITERIA FOR AIKIDO EXAMINATION　合氣道審査基準

JULY 1ST, 2005

BASIC ELEMENTS OF AIKIDO TECHNIQUES　合氣道技の基本要素

I. NAGE WAZA　投げ技
- **1. KOKYU-NAGE　呼吸投**
- **2. KOTE-KAESHI　小手返**
- **3. SHIHO-NAGE　四方投**

II. KATAME-WAZA　固め技
- **1. IKKYO　一教**
- **2. NIKYO　二教**
- **3. SANKYO　三教**
- **4. YONKYO　四教**

5TH KYU　五級 (10 REQUIRED TECHNIQUES) → Perform both sides.

I. KATATE-KOSA-TORI　片手交叉取

KOKYU-NAGE　呼吸投　1. TOBIKOMI (G-A)
KOTE-KAESHI　小手返　1. TOBIKOMI

II. KATATE-TORI　片手取

KOKYU-NAGE　呼吸投
1. TEKUBI-TORI IRIMI (G-A)
2. TENCHI-NAGE IRIMI (G-B)
3. UDE-OROSHI TENKAN (G-B)

SHIHO-NAGE　四方投
1. MICHIBIKI IRIMI
2. TENKAN

III. KATA-TORI　肩取

IKKYO　一教
1. MICHIBIKI IRIMI → c2h
2. HANTAI TENKAN → c2h

IV. SUWARI-WAZA 坐り技

KOKYU-DOSA　呼吸動作　1. OSHI (push)

4TH KYU (20 REQUIRED TECHNIQUES) → Perform one side.

I. KATATE-KOSA-TORI 片手交叉取

KOKYU-NAGE 呼吸投. 1. TOBIKOMI (G-A)
KOTE-KAESHI 小手返 1. TOBIKOMI

II. KATATE-TORI 片手取

KOKYU-NAGE 呼吸投 1. TEKUBI-TORI IRIMI (G-A)
2. TEKUBI-KOSA-TORI IRIMI (G-A)
3. TENCHI-NAGE IRIMI (G-B)
4. UDE-OROSHI IRIMI (G-B)
5. UDE-OROSHI TENKAN (G-B)

SHIHO-NAGE 四方投 1. MICHIBIKI IRIMI
2. TENKAN

IKKYO 一教 1. MICHIBIKI IRIMI
2. HANTAI TENKAN

III. KATA-TORI 肩取

KOKYU-NAGE 呼吸投 1. HANTAI TENKAN (G-A) → c2h
KOTE-KAESHI 小手返 1. HANTAI TENKAN → c2h

IKKYO 一教 1. MICHIBIKI IRIMI → c2h
2. HANTAI TENKAN → c2h

IV. SHOMEN-UCHI 正面打

KOKYU-NAGE 呼吸投 1. TOBIKOMI (G-A)

V. YOKOMEN-UCHI 横面打

KOKYU-NAGE 呼吸投 1. HANTAI TENKAN (G-A)
SHIHO-NAGE 四方投 1. MICHIBIKI IRIMI
2. HANTAI TENKAN

VI. SUWARI-WAZA 坐り技
KOKYU-DOSA 呼吸動作 1. OSHI (push)

GLOSSARY OF JAPANESE TERMS OF DAILY CLASSES

The following are Japanese terms used in basic *Aikido* techniques of *Kyu* examination as well as the important terms used in our daily classes.

-A-

AIKIDO 合氣道 [*Ai*, to harmonize + *ki*, the life energy force of the universe + *do*, the way.] Thus *Aikido* means the way of harmonizing with the *ki* of the universe.

ASHI-SABAKI 足捌き [*Ashi*, foot + *sabaki*, to handle or to manipulate.] Footwork. Refer to the following items.

DASHI-HIRAKI 出し開き To step forward and then to change an angle, usually about 30-45 degrees.

HIKI-HIRAKI 引き開き To step backward and then to change an angle, usually about 30-45 degrees.

USHIRO-MUKI-HIRAKI 後ろ向き開き To turn around and to change an angle, usually about 180 degrees.

YOKO-HIRAKI 横開き To cross both legs at the side.

ATEMI 当身 To strike with the fist or the hand at a vital point.

-B-

BOKKEN 木剣 A wooden sword.

BOKUTO 木刀 A wooden sword.

-C-

c2h Abbreviation of "come to hold." In this case, *uke* comes to hold *nage*.

-D-

DAN 段 The grade of a black belt. *Shodan* is the lowest grade among black belt ranks.

DASHI-HIRAKI 出し開き [Dashi, to step forward + hiraki, to change an angle.] *Nage* steps forward and then changes an angle, usually about 30-45 degrees.

DO 道 The Way. Refer to *aikido*.

DOJO 道場 A training hall.

DOSA 動作 Action or movement. Refer to *kokyu-dosa*.

-G-

G-A Abbreviation of "Group A" used in techniques of *kokyu-nage*. In this case, *nage* grabs *uke* by the neck or the collar and throws him/her down. Refer to *kokyu-nage*.

G-B Abbreviation of "Group B" used in techniques of *kokyu-nage*. In this case, *nage* throws *uke* down by swinging *nage's* own arm. Refer to *kokyu-nage*.

G-C Abbreviation of "Group C" used in techniques of *kokyu-nage*. In this case, *nage* throws *uke* downward or forward and then *uke* rolls forward.

GOKYO 五教 A pinning technique in which *nage* renders *uke* immobile on the floor by pressing *uke's* wrist with lifting his/her forearm vertically. Refer to *katame-waza*.

-H-

HACHI-NO-JI 八の字 figure eight.

HANMI 半身 A posture in which one foot is advanced one step and the weight of the body is distributed equally on both feet.

HANTAI 反対 Opposite or reverse.

HANTAI TENKAN 反対転換 [*Hantai*, opposite + *tenkan*, to turn.] After stepping backward, *nage* steps forward and then turns.

hh 左半身 Abbreviation of "*hidari-hanmi*." A posture in which *nage* or *uke* is standing with the left foot forward.

HIDARI 左 Left.

HIDARI-HANMI 左半身 A posture in which *nage* or *uke* is standing with the left foot forward.

HIKI-HIRAKI 引き開き [*Hiki*, to step backward + *hiraki*, to change an angle.] *Nage* steps backward and changes an angle, usually about 30-45 degrees.

-I-

ICHI 一 one.

IKKYO 一教 A pinning technique in which *nage* renders *uke* immobile on the floor after pushing his/her arm downward. Refer to *katame-waza*.

IKKYU 一級 *Ikkyu* is the highest level among *kyu* ranks. Refer to *kyu*.

IRIMI 入身 To step forward. In this case, *nage* steps forward throwing *uke*.

-J-

JO 杖 A staff.

-K-

KAESHI 返し **1.** To bend (a wrist). Refer to *kote-kaeshi*.
2. To return. Refer to *michibiki-kaeshi*.

KATA **1.** 肩 Shoulder.
2. 型 Form or style.

KATAME 固め To lock or to pin.

KATAME-WAZA 固め技 [*Katame*, to lock or to pin + *waza*, technique.] A pinning technique in which *nage* renders *uke* immobile on the floor after attacking his/her joint such as a wrist, a hand, an arm, etc. Refer to *ikkyo*, *nikyo*, *sankyo*, *yonkyo*, *gokyo* and *ude-kateme*.

KATATE 片手 One hand.

KATATE-KOSA-TORI 片手交叉取 [*Katate*, one hand + *kosa*, to cross + *tori*, to grab or to hold.] *Uke* grabs *nage's* one hand or wrist like shaking hands.

KATATE-TORI 片手取 [*Katate*, one hand + *tori*, to grab or to hold.] *Uke* grabs *nage's* one hand at the same side.

KATATE-TOROI-RYOTE-MOCHI 片手取両手持 [*Katate*, one hand + *tori*, to grab or to hold, + *ryote*, both hands + *mochi*, to hold.] *Uke* grabs *nage's* one hand with *uke's* both hands.

KATA-TORI 肩取 [*Kata*, shoulder + *tori*, to grab or to hold.] *Uke* grabs or comes to hold *nage's* one shoulder at the same side.

KI 氣 **1.** *Ki* corresponds to the life energy force of the universe.
2. The dynamism of mind and body coordination.

KIRI 切り To cut (a wrist). Refer to *tekubi-kiri*.

KIRI-KAESHI 切り返し [*Kiri*, to cut + *kaeshi*, to return.] *Nage* guides *uke's* body like inside out by splitting both hands in one of techniques of *ushiro-waza*.

KOHO 後方 Back or backward.

KOHO UKEMI 後方受身 [*Koho*, back or backward + *ukemi*, to roll or to fall.] *Uke* rolls ackward.

KOKYU 呼吸 **1.** [*ko*, exhaling + *kyu*, inhaling.] To exhale and to inhale. Refer to *kokyu-ho*.
2. Timing. Refer to *kokyu-nage*.

KOKYU-DOSA 呼吸動作 [*Kokyu*, timing + *dosa*, action or movement.] When both *nage* and *uke* sit kneeling with *seiza* posture with *uke* grabbing *nage's* two hands, *nage* throws *uke* by thrusting out both arms toward him/her.

KOKYU-HO 呼吸法 [*Kokyu*, breathing + *ho*, method.] Breathing method(s) or breathing exercise(s).

KOKYU-NAGE 呼吸投 [*Kokyu*, timing + *nage*, to throw.] A throwing technique in which *nage* uses the timing of his/her mind and body. Refer to G-A, G-B and G-C. Also refer to *nage-waza*.

KOSA 交叉 To cross.

KOSA-TORI 交叉取 [*Sa*, to cross + *tori*, to grab or to hold.] To grab with both wrists crossed. Refer to *katate-kosa-tori* and *tekubi-kosa-tori*.

KOTAI 後退 To move backward.

KOTE 小手 wrist.

KOTE-KAESHI 小手返 [*Kote*, wrist + *kaeshi*, to bend.] A throwing technique in which *nage* uses his/her hands for bending *uke's* wrist downward. Refer to *nage-waza*.

KYU 級 General term of the grade before becoming a black belt rank or *dan*. *Ikkyu* is the highest level among *kyu* ranks.

-M-

MAKI-KAESHI 巻き返し [*Maki*, to roll + *kaeshi*, to return.] *Nage* guides *uke's* hand by bending *nage's* fingertips like rolling and then throws *uke* downward by opening *nage's* fingertips completely.

MAWASHI 廻し To swing an arm. Refer to *ude-mawashi*.

MICHIBIKI 導き To guide or to lead.

MICHIBIKI IRIMI 導き入身 [*Michibiki*, to guide or to lead + *irimi*, to step forward.] After stepping backward or crossing both feet, *nage* steps forward.

MICHIBIKI-KAESHI 導き返し [*Michibiki*, to guide or to lead + *kaeshi*, to return.] After leading *uke's* body in front of him/her, *nage* changes *uke's* moving direction to its original position.

MICHIBIKI TENKAN 導き転換 [*Michibiki*, to guide or to lead + *tenkan*, to turn].After standing behind *uke*, *nage* steps behind *uke* and then turns his/her body around to throw *uke*.

MIGI 右 Right.

MIGI-HANMI 右半身 A posture in which *nage* or *uke* is standing with the right foot forward.

mh 右半身 Abbreviation of "*migi-hanmi*." A posture in which *nage* or *uke* is standing with the right foot forward.

MUNE 胸 Chest.

MUNE-TSUKI 胸突 [*Mune*, chest + *tsuki*, to poke or to punch.] *Uke* punches *nage* on the chest.

-N-

NAGE 投げ **1.** A person who throws *uke*.
2. To throw.

NAGE-WAZA 投げ技 [*Nage*, to throw + *waza*, technique.] A throwing technique in Aikido. Refer to *kokyu-nage*, *kote-kaeshi* and *shiho-nage*.

NI 二 Two.

NIKYO 二教 A pinning technique in which *nage* renders *uke* immobile on the floor after bending his/her hand and wrist downward. Refer to *katame-waza*.

-O-

OROSHI 下し To lead downward. Refer to *ude-oroshi*.

OSHI 押し To push.

-R-

REI 礼 To bow.

RYOTE 両手 Both hands.

RYOTE-MOCHI 両手持 To grab with two hands. Refer to *katate-tori-ryote-mochi*.

RYOTE-TORI 両手取 To grab both hands. *Uke* grabs *nage's* both hands.

-S-

SAN 三 Three.

SANKYO 三教 A pinning technique in which *nage* renders *uke* immobile on the floor after twisting his/her hand and wrist upward. Refer to *katame-waza*.

SEIZA 正座 To sit kneeling. Refer to *kokyu-dosa*.

SHI 四 Four.

SHIHO 四方 Four directions.

SHIHO-NAGE 四方投 [*Shiho*, four directions + *nage*, to throw.] A throwing technique in which *nage* swings *uke's* arms upward, turns completely and then throws him/her. Refer to *nage-waza*.

SHINSA 審査 Test or examination.

SHOMEN 正面 **1.** Front.
2. Face.
3. Head or forehead.

SHOMEN-UCHI 正面打 [*Shomen*, face or head + *uchi*, to strike.] *Uke* strikes *nage* on the top of head or forehead.

SUDORI 素通り To pass through.

SUWARI 坐り **1.** To sit down.
2. To sit kneeling.

SUWARI-HANDACHI-WAZA 坐り半立ち技 [*Suwari*, to sit kneeling, + *handachi*, half (one of two) standing, + *waza*, technique.] Every technique in which *nage* starts in sitting kneeling with *seiza* posture, while *uke* start in standing for attacking *nage*.

SUWARI-WAZA 坐り技 [*Suwari*, to sit kneeling + *waza*, technique.] Every technique in which both *nage* and *uke* start in sitting kneeling with *seiza* posture.

-T-

TANTO 短刀 A knife.

TE 手 Hand.

TEKUBI 手首 Wrist.

TEKUBI-KIRI 手首切 [*Tekubi*, wrist + *kiri*, to cut.] *Nage* cuts *uke's* wrist.

TEKUBI-KIRI IRIMI 手首切入身 [*Tekubi*, wrist + *kiri*, to cut + *irimi*, to step forward.] *Nage* steps forward, cutting *uke's* wrist coming at *nage*.

TEKUBI-KOSA 手首交叉 [*Tekubi*, wrist + *kosa*, to cross.] To cross both wrists.

TEKUBI-KOSA-TORI 手首交叉取 [*Tekubi*, wrist + *kosa*, to cross + *tori*, to grab or to hold.] *Nage* crosses his/her both wrists and then grabs *uke's* wrist.

TEKUBI-KOSA-TORI HIKI-HIRAKI 手首交叉取引き開き [*Tekubi*, wrist + *kosa*, o cross + *tori*, to grab or to hold + *hiki*, to step back + *hiraki*, to change an angle.] *Nage* steps backward and changes an angle 30-45 degrees, crossing his/her both wrists midair to grab *uke's* wrist.

TEKUBI-KOSA-TORI IRIMI 手首交叉取入身 [*Tekubi*, wrist + *kosa*, to cross + *tori*, to grab or to hold + *irimi*, to step forward.] *Nage* steps forward, crossing his/her both wrists midair to grab *uke's* wrist.

TEKUBI-TORI 手首取 [*Tekubi*, a wrist + *tori*, to grab or to hold.] To grab a wrist or both wrists.

TEKUBI-TORI IRIMI 手首取入身 [*Tekubi*, a wrist + *tori*, to grab or to hold + *irimi*, to step forward.] *Nage* steps in and grab *uke's* wrist.

TEKUBI-TORI TENKAN 手首取転換 [*Tekubi*, a wrist + *tori*, to grab or to hold + *tenkan*, to turn.] *Nage* turns his/her body around and grabs *uke's* wrist.

TENCHI 天地 [*Ten,* sky + *chi*, earth or ground.] Sky and earth.

TENCHI-NAGE 天地投 [*Tenchi*, sky and earth + *nage*, to throw.] When *nage* throws *uke*, *nage's* one hand points up and the other stretched down toward the ground.

TENCHI-NAGE IRIMI　天地投入身　[*Tenchi*, sky and earth + *nage*, to throw + *irimi*, to step forward.] *Nage* steps forward and raises his/her one hand as if pointing to the sky, the other reaching toward the ground.

TENCHI-NAGE TENKAN　天地投転換　[*Tenchi*, sky and earth + *nage*, to throw + *tenkan*, to turn.] *Nage* steps backward and raises his/her hands as if pointing to the sky, the other reaching toward the ground.

TENKAN　転換　To turn.

TOBIKOMI　飛び込み　To step forward and then turn. *Nage* steps behind *uke* and turns.

TORI　取り　**1.** To grab or to hold.
2. To come to hold. Refer to **c2h**.

TSUKI　突き　To punch or to poke. *Uke* punches or pokes *nage*. Refer to *mune-tsuki*.

-U-

UCHI　打ち　To strike. *Uke* strikes *nage*. Refer to *shomen-uchi* and *yokomen-uchi*.

UDE　腕　Arm.

UDE-HARAI　腕払い　[*Ude*, arm, + *harai*, to sweep.] *Nage* sweeps *uke's* arm coming at *nage*.

UDE-KATAME　腕固め　[*Ude*, arm, + *katame*, to lock.] *Nage* locks *uke's* arm. Refer to *katame-waza*.

UDE-MAWASHI　腕廻し　[*Ude*, arm, + *mawashi*, to swing.] *Nage* swings his/her arm in a circular motion.

UDE-OROSHI　腕下し　[*Ude*, arm + *oroshi*, to lead downward.] *Nage* swings his/her one arm downward toward *uke's* chest.

UDE-OROSHI IRIMI　腕下し入身　[*Ude*, arm + *oroshi*, to lead downward + irimi, to step forward.] *Nage* steps forward, swings his/her one arm upward and then downward toward *uke's* chest.

UDE-OROSHI TENKAN　腕下し転換　[*Ude*, arm + *oroshi*, to lead downward + *tenkan*, to turn.] After turning, n*age* swings his/her one arm upward and then downward toward *uke's* chest.

UKE 受け A person who is thrown by *nage*.

UKEMI 受身 Safe ways of falling down.

USHIRO 後ろ Back, behind or backward.

USHIRO-MUKI-HIRAKI 後ろ向き開き To turn *nage's* body around and to change an angle, usually about 180 degrees.

USHIRO-WAZA 後ろ技 [*Ushiro*, back or behind, + *waza*, technique.] A technique in which *uke* is coming at *nage* from the front to the back and then *nage* uses a technique for throwing or pinning *uke*.

-W-

WAZA 技 Technique.

-Y-

YOKO 横 Side.

YOKO-HIRAKI 横開き To cross both legs at the side.

YOKOMEN 横面 **1.** Side face.
2. The side of the neck.

YOKOMEN-UCHI 横面打 [*Yokomen*, side face or the side of the neck + *uchi*, to strike.] *Uke* strikes *nage* on the side of the neck.

YOKO-UKEMI 横受身 [*Yoko*, side + *ukemi*, to fall down.] To roll sideway by sweeping his/her own leg with his/her hand.

YON 四 Four.

YONKYO 四教 A pinning technique in which *nage* renders *uke* immobile on the floor by pressing his/her bone of the thumb's side. Refer to *katame-waza*.

-Z-

ZENPO 前方 **1.** Front.
2. Forward.

ZENPO UKEMI 前方受身 [*Zenpo*, forward + *ukemi*, to fall down.] To roll forward.

CRITERIA FOR REQUIRED HOURS OF 5TH/4TH KYU EXAMINATION

GRADE	REQUIRED HOURS	TESTING FEE (INCLUDING A CERTIFICATE)
5TH KYU	OVER 30 HOURS AFTER STARTING	$20.00
4TH KYU	OVER 30 HOURS AFTER EARNING 5TH KYU	$20.00

NOTES:

When you prepare to take your *Aikido shinsa* or examination, please pay attention to the following items.

1. Understand each technique in criteria for *shinsa* clearly.
2. Practice each technique in criteria for *shinsa* repeatedly.
3. Follow the advanced students' technical advice.
4. Test yourself through demonstrating each technique in criteria for *shinsa* before taking your actual *shinsa*.
5. Perform each technique in criteria for *shinsa* with confidence after an examiner calls the name of each technique or subject.

MEMORANDUM

NAME:

KYU RANKS: EARNED ON:

5TH KYU

4TH KYU

3RD KYU