



# Toronto Aikikai

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## 6<sup>th</sup> kyu Aikido Test Requirements

### Administrative

- Minimum time to test: 20 days of training
- No cost to test.
- Must join Shin Kaze Aikido Alliance at time of test.

### Technical

- Items marked with \* are at examiner's discretion, depending on age and ability.

<b>1. Seiza</b>	<p>Goal: demonstrate proper seiza by sitting with toes crossed or next to each other; knees 1-2 fists apart, back straight, hands on upper thighs, pointing inward.</p> <p>a. Bowing/Rei-Kneeling: Bowling to a partner - Lower the left hand first, then the right hand, creating a triangle with the fingers and thumbs. Lower your torso maintaining a straight back and neck, bow from the waist; then raise the torso, return the right hand to the lap then the left hand. Bowling to the Kamiza – similar as bowing to a partner, but lower both hands together to create a triangle.</p> <p>b. Rising from seiza: Step the right foot forward so you are kneeling on the left knee, then rise into right hanmi.</p>
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<b>2. Shikko</b>	Goal: emphasize body displacement on the knees, keeping feet close together. Forward and backward. (*)
<b>3. Hanmi</b> (solo)	Goal: demonstrate proper hanmi, one foot in front of the other with front foot pointed straight ahead and back foot at a 90-degree angle, arms extended. This is also referred to as kamae. a. Migi hanmi: right foot forward. b. Hidari hanmi: left foot forward.
<b>4. Ukemi</b>	Goal: demonstrate understanding of basic falling techniques. a. Ushiro ukemi Back fall: start in hanmi, sit on back foot, rock back and forth, stand up in hanmi. Back roll (*): start as back fall but roll back over the shoulder and stand up in hanmi. b. Mae ukemi Front roll (*): start in hanmi, roll forward over the shoulder to a kneeling position, stand up in hanmi.
<b>5. Kokyu exercises</b>	Goal: focus on hips initiating the movement and hands following the body. Demonstrate ability to shift weight while maintaining balance, posture and connection to the ground. a. Funa-kogi-undo: rowing exercise. b. Ikkyo-undo: ikkyo exercise.
<b>6. Tai sabaki</b> (solo and with partner)	Goal: focus on body displacement, proper hanmi, angles and footwork. a. Irimi: 2 ways: slide forward with front foot or step forward with rear foot, arms extended. In both cases end facing forward at a slight angle. b. Tenkan: without changing hanmi, pivot on front foot, swinging rear leg in a sweeping arc resulting in a 180 degree turn. c. Tenshin: step back off the line, either sliding or stepping back.

	<p>d. Irimi tenkan: swing up arms while stepping forward with the back foot (Irimi), followed by tenkan and swinging the arms down.</p> <p>When done with a partner, from Katatetori.</p>
<b>7. Hanmi</b> (with partner)	<p>Goal: demonstrate proper individual hanmi stance and ma-ai (distance) in relation to partner.</p> <ul style="list-style-type: none"> <li>a. Ai hanmi in relation to a partner (both with same foot forward).</li> <li>b. Gyaku hanmi in relation to a partner (both with opposite foot forward).</li> </ul>
<b>8. Atemi:</b>	<p>Goal: demonstrate balance, control, and proper angles in three basic atemi (strikes).</p> <ul style="list-style-type: none"> <li>a. Tsuki: straight punch to the abdomen.</li> <li>b. Yokomen uchi: open hand diagonal strike to the temple.</li> <li>c. Shomen uchi: open hand vertical strike to the front of the head.</li> </ul>
<b>9. Wrist exercises</b>	<p>Goal: demonstrate wrist joints suppleness.</p> <ul style="list-style-type: none"> <li>a. Nikkyo</li> <li>b. Nikkyo ura</li> <li>c. Kotegaeshi</li> <li>d. Sankyo</li> <li>e. Stretch</li> </ul>