



TWO RIVERS AIKIKAI

www.2rivers.org

Justice, Equity and Non-Violence, on and off the mat

Practicing non-Violence is a Way of Life

6th Kyu Test at Two Rivers Aikikai

One of the objectives in the 4 week Beginner Session is to begin preparation for new students to test for rank. Testing is a choice for all members of the dojo and is not required. However, it is a way for students to document their individual progress in Aikido. Students test for six 'kyu' ranks in white belt starting with the 6th kyu test and progressing to their 1st kyu test. Black belt or 'dan' testing starts with the test for shodan or 1st dan and goes on from there.

The minimum time of practice for the 6th kyu test is 25 days of practice. The 6th kyu test will be offered 4 times per year in February, April, July and October along with other kyu tests. There are no fees for the kyu tests at Two Rivers Aikikai.

6th Kyu Requirements:

Demonstrate proper etiquette (rei) bowing at the beginning and end of the test.

Tachi Waza: (standing techniques)

Gyaku Hanmi Katatetori Irimi Nage, omote and ura

Tsuki Hiji Dome Kokyu Nage, ura

Suwari Waza: (kneeling techniques)

Ai Hanmi Katatetori Ikkyo, omote and ura

Kokyu Ho

Details emphasized on the test:

Sitting in **seiza**, **bowing** from seiza, **rising** from seiza to a standing position.

Standing in **shizen tai** posture showing proper **ma-ai** with your partner.

Tai sabaki: irimi, tenkan, tenshin, enten, and combinations of body movements.

Attacks: Attention to **ma-ai** and protection of center line for **katatetori** and **tsuki**.

Ukemi: **koho kaiten**, **zenpo kaiten**, pinning position for **ikkyo** and **kokyu ho**.

Shikko ho: moving forward, backward, turning and pinning.

Please refer to the dojo glossary and rules of etiquette for definitions of terms. At first, it all may seem overwhelming. But as you hear the terms repeatedly during classes and practice the techniques, patterns emerge, muscle memory becomes active and movements fall into place.