

Yondan Exam

A submission of 2 videos is required before a student may become a yondan candidate.

Video 1

An assistant will call out the following techniques, and the student will perform each one, using AAA stylistic forms.

Required Kihonwaza

Katatori ikkyo – gokyo, omote and ura
Katatetori uchi kaitennage, irimi and tenkan
Katate kosadori kokyunage ura
Munetsuki kotegaeshi ura
Shomenuchi iriminage tenkan
Yokomenuchi shihonage omote and ura

Required Henkawaza

Katatetori kaitennage 2 var.
Munetsuki kotegaeshi 2 var.
Shomenuchi iriminage 2 var.
Yokomenuchi shihonage 2 var.

Required Oyowaza

Katatori ikkyo omote 1 var., ura 1 var.
Katatetori kaitennage irimi 1 var., tenkan 1 var.
Katate kosadori kokyunage 2 var.
Munetsuki kotegaeshi 2 var.
Shomenuchi iriminage 2 var.
Yokomenuchi shihonage omote 2 var., ura 1 var.

The video will be posted on YouTube (unlisted) and the link sent to Toyoda Sensei for distribution to selected members of the National Test Committee. Additional follow-up videos may be required dependent on review by Toyoda Sensei and the National Test Committee. After this video portion has been approved by Toyoda Sensei, Video 2 will be submitted.

Video 2

This will be a demonstration using the same format as the actual exam, with the student performing a kihonwaza, henkawaza, and oyowaza section. Each section will start with an assistant calling out the name of the section. No further prompting will be given. Each section will be 5 – 7 minutes in length. It is not necessary for the student to perform each technique from both left and right sides. The kihonwaza section should demonstrate a variety of attacks and kihonwaza of the student's choice. The henkawaza and oyowaza sections should start with a kihonwaza, and include all the required related henkawaza or oyowaza, followed by the student's own variations. Time permitting, the student is encouraged to add extra kihonwaza of their choice with the related henkawaza and oyowaza.

The video will be posted on YouTube (unlisted) and the link sent to Toyoda Sensei for distribution to selected members of the National Test Committee. Additional follow-up videos may be required dependent on review by Toyoda Sensei and the National Test Committee. After this video portion has been approved by Toyoda Sensei, the student becomes a candidate for yondan testing at the National Instructor Seminar in Chicago.

The yondan exam at the NIS will consist of an interview by Toyoda Sensei, a teaching portion, and the physical demonstration. The topic of the teaching portion will be given to the student upon arrival. The content of the physical demonstration will be the same as that of Video 2.