

Mountain Path Aikido Self-Paced Kyu Testing System

Most of our classes allow individual requests, enabling you to get instruction on exam requirements for your next test. Classes also usually include free practice time, enabling you to take charge of your own training. This document contains checklists of requirements for each kyu test. When you are comfortable with the requirements and believe you are ready to test, start demonstrating them.

How to use this system:

Print out the sheet(s) required for your next test.

You are expected to demonstrate everything at the level of training for the exam you are preparing for.

7th and 6th kyu: demonstrate the items on the sheet for that level.

5th kyu and above: demonstrate the items on the sheet for that level, *plus the items marked with an asterisk from previous levels.*

There is a time limit for your demonstration cycle. This is to prevent preparations taking so long that you forget items you previously demonstrated.

The standard required for passing takes into account the level of training for the exam you are preparing for, plus the details of the technique. Ideally you will pass each demonstration at your first attempt. A second attempt is allowed, but if the demonstration is still not satisfactory, you will have to wait a month before starting your list again.

Note that some of the “left side” exam requirements that require talking, e.g. visitor orientations, have been omitted from these demonstration checklists, but they may be part of your actual test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

7th Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Be able to recognize 7th kyu technique names and do the techniques without hesitation. Emphasis is on precise mechanics rather than fluid movements</i>			
Seiza: Sitting kneeling position			
Shizentai: Standing natural stance			
Hanmi No Kamae: "Half-body" stance			
Orenaite: Unbendable arm			
Koho Tendo Undo: Rolling back and forth from sitting, kneeling, and standing positions			
Ushiro Ukemi, Rolling: Rolling backward completely, from kneeling and standing positions			
Mae Ukemi, Rolling: Rolling forward completely, from kneeling and standing positions			
Ukemi: Ukemi for all 7 th kyu techniques			
Kokyudosa: With pin			
Bowing: Bow with good form from standing and seiza			
Katatekosatori Kotegaeshi: Dynamic, ura, with pin			
Katatori Ikkyo: Static and dynamic, omote and ura, with pin			
Katatekosatori Kokyunage: Dynamic, ura			
Randori: Walking, 3 attackers in a line, ryokatatori, passes			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You have **3 months** from your first demonstration to complete the 7th kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist**Name:**

6th Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Shorter pauses than at 7th kyu, with proper kuzushi (unbalancing) and extension</i>			
Ushiro Ukemi, Breakfall: Roll back with double slap, curled and extended			
Yoko Ukemi: "Side fall" exercise from squatting, and standing			
Empty Hand Strikes: Shomenuchi, yokomenuchi, and munetsuki demonstration of basic strikes			
Funakogi Undo: Rowing exercise			
Shomenuchi Ikkyo Undo: Raising arms to the front exercise			
Renzoku Kokyudosa: Continuous side to side kokyudosa			
General Ukemi: Be able to take ukemi for 6th kyu techniques, following smoothly without hesitation, and falling safely			
*Shomenuchi Kokyunage: Omote and ura			
*Katatetori Shihonage: Static and dynamic, omote and ura			
*Shomenuchi Iriminage: Tenkan			
*Katatori Nikyo: Static and dynamic, omote and ura, with pin			
Randori: Jogging, 3 attackers, ryokatatori, no throws			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You have **3 months** from your first demonstration to complete the 6th kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

5th Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Emphasis is on performing techniques with connection and sensitivity without any pause or hesitation</i>			
Banzai No Kamae: Shizentai with arms raised			
Zengo Undo: Shomenuchi Ikkyo Undo with pivot			
Happo Undo: Shomenuchi Ikkyo Undo 8 directions			
Tekubi Kosa Undo: Wrist crossing			
Tekubi Joho Kosa Undo: Wrist crossing, high			
*Kamae with Bokken: Demonstration of five basic sword stances			
*Bokken and Jo Suburi: Demonstration of basic strikes with sword and staff			
Yoko Ukemi: Side fall from forward roll			
General Ukemi: Be able to take ukemi for 5th kyu techniques, following smoothly without hesitation, and falling safely with back and forward rolls.			
Weight Transfer: Demonstration of weight transfer			
Triangle Principle: Explain the triangle principle			
*Shomenuchi Kotegaeshi: Ura			
*Shomenuchi Ikkyo: Omote and ura			
*Katatetori Sankyo: Static and dynamic			
*Yokomenuchi Sokumen Iriminage: Omote and ura entry			
*Munetsuki Kotegaeshi: Ura			
*Katatetori Kaitennage: Uchi, dynamic irimi and tenkan			
Randori: Walking, 3 attackers, ryokatatori, passes and pivot throws			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You must also demonstrate techniques marked with an asterisk from previous kyu requirements.

You have **3 months** from your first demonstration to complete the 5th kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

4th Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Perform techniques with good timing</i>			
Ushirosori: Bending backwards in hanmi			
Maekagami: Bending forward in hanmi			
Sayu Undo: Swinging arms left and right and hip drop			
Sayu Choyaku Undo: With side steps			
Udefuri Undo: Swinging arms side to side			
Udefuri Choyaku Undo: With pivoting			
Ushirotori Undo: Stepping forward and hip pivot			
Ushiro Tekubitori Zenshin Undo: Stepping forward arms extended with bow			
Ushiro Tekubitori Kotai Undo: Stepping rearward arms extended with bow			
Shikko: Knee walking with pivots			
*Taisabaki Toshu: "Empty-hand body movement" for Katatetori, Shomenuchi, Yokomenuchi and Munetsuki attacks			
Yoko Ukemi with partner: Yoko ukemi from sokumen iriminage and shihonage			
General Ukemi: Take ukemi for yudansha, following smoothly without hesitation or anticipation			
*Yokomenuchi Sudori: Sliding leg block			
*Yokomenuchi Shihonage: Omote and ura			
*Ushiro Tekubitori Kokyunage: Dynamic, Ushiro Tekubitori Zenshin Undo movement, 2 variations (standing and kneeling)			
*Ushiro Tekubitori Kotegaeshi: Dynamic, 1 st and 2 nd hand, omote and ura, with pin			
*Katatori Yonkyo: Dynamic, omote and ura, with pin			
*Ryotetori Tenchinage: Dynamic, irimi and tenkan			
*Ryotetori Kokyunage: Dynamic, sliding back pivot throw, 5 variations			
Randori: 4 attackers in a line, ryokatatori, pivot throws, face push, sudori in a pattern			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You must also demonstrate techniques marked with an asterisk from previous kyu requirements.

You have **3 months** from your first demonstration to complete the 4th kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

3rd Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Perform techniques with good timing and fluid movements</i>			
Tenkan Undo: direct pivot and stepping variation			
Early–arm breakfall: Early-arm breakfall from forward roll, supported by partner			
Warm–ups: Be able to lead the class in warm–ups			
*Katatetori Udekimenage: Dynamic			
*Ushiro Hijitori Kotegaeshi: Dynamic, 1 st hand, with pin			
*Munetsuki Kokyunage: Sliding back pivot throw			
*Katatori Gokyo: Static and dynamic, omote and ura, with pin			
*Ushirotori Kokyunage: Dynamic, Ushirotori Undo movement			
*Ryotetori Kaitennage: Dynamic, irimi and tenkan			
*Katate Ryotetori Nikyo: Static and dynamic, aite and gyakute, omote and ura, with pin			
*Suwariwaza: Shomenuchi Kokyunage: Ura			
*Suwariwaza: Shomenuchi Ikkyo: Omote and ura, with pin			
*Suwariwaza: Katatori Nikyo: Static and dynamic, omote and ura, with pin			
*Bokken Kata I (Happo Giri): 13 movements			
*Jiyu Waza: Defense against any grasping attack, no pin			
*Ushiro Hijitori Kotegaeshi: Dynamic, 1 st hand, with pin			
Randori: Jogging, 3 attackers, ryokatatori, pivot throws, face push, sudori and passes			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You must also demonstrate techniques marked with an asterisk from previous kyu requirements.

You have **4 months** from your first demonstration to complete the 3rd kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

2nd Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Be able to add variations to primary techniques during exam</i>			
Agura no Shisei: Sitting cross-legged			
Kata Ashiage: Raising one leg, hand extended			
Meisoho: Meditation training questions and demonstration			
Kokyu ho: Breathing training questions and demonstration (Kiai, Ibuki, Okinaga)			
*Yoko Ukemi: From koshinage			
Early-arm Breakfalls: From kotegaeshi			
Aikitaiso: Teach aikitaiso with associated ki tests			
Hakama: Traditional folding of hakama			
*Ryokatatori Kokyunage: Dynamic, stepping or sliding back pivot throws, 3 variations			
*Ushiro Katatori Kokyunage: Dynamic, Ushiro Tekubitori Zenshin Undo movement, 3 variations (standing, one knee, and both knees)			
*Katate Ryotetori Kokyunage: Dynamic, omote and ura entry, 4 variations			
*Ryokatatori Kotegaeshi: Dynamic, with pin, 2 variations			
*Katatori Menuchi Iriminage: 2 variations			
*Hanmi Hantachi Waza: Katatetori Shihonage: Static and dynamic, omote and ura			
*Hanmi Hantachi Waza: Katatetori Sankyo: Static and dynamic, omote and ura, pinning and throwing variations			
*Hanmi Hantachi Waza: Munetsuki Kotegaeshi: Ura			
*Ryotetori Koshinage: Static and dynamic, 5 variations			
*Maegeri Kokyunage: Omote and ura			
*Jiyu Waza: Defense against any attack, no pin			
*Jo Kata I: 22 movements			
Randori: 3 attackers, ryokatatori and yokomen strikes, randori throws and passes, good positioning			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You must also demonstrate techniques marked with an asterisk from previous kyu requirements.

You have **6 months** from your first demonstration to complete the 2nd kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.

Mountain Path Aikido AAA Kyu Test Checklist

Name:

1st Kyu Exam Requirements	Start Date:	Demo Date	Sign Off
<i>Level of training: Be fluent with all required kyu techniques and all variations</i>			
Beginners: Perform new student orientations			
Tai Sabaki with Bokken: Paired sword body movement against shomenuchi, yokomenuchi/gyaku yokomenuchi, tsuki/gyaku-tsuki			
Early-arm Breakfall: From shihonage			
Ushiro Tekubitori Jujinage: Static and dynamic			
Katate Ryotetori Kotegaeshi: Dynamic, aite and gyakute, omote and ura variations, with pin			
Munetsuki Sumiotoshi: Omote uchi and ura soto			
Katatori Ganmenuchi Ikkyo: 3 taisabaki, with pin			
Tantodori: Shomenuchi, yokomenuchi, and munetsuki attacks, 3 techniques each, with proper knife removal			
Bokken Kata II: 13 movements			
Randori: 4 attackers, any attack, randori throws and passes.			

Instructions:

Prepare the items on this list. You can request them in class.

When you wish to prepare for your test, ask to demonstrate these techniques, either singly or in groups.

You must also demonstrate techniques marked with an asterisk from previous kyu requirements.

You have **6 months** from your first demonstration to complete the 1st kyu requirements.

If your demonstration is approved it will be signed off.

If your demonstration is not signed off you will be given one more chance.

A second unsatisfactory demonstration will require you to wait a month before starting your list again.

When all items are approved you may schedule your test.