

# Chushinkan Dojo Test Etiquette Guidelines

## Test candidate's preparation

- Ensure all time and seminar requirements are met
- Submit application, any required essays, AAA or yudansha booklet and fees well in advance of test date
- Repair gi to be worn for test if necessary
- Have personal weapons ready at the side of the mat before test begins

## Sensei's preparation

- Check that candidate meets all time and seminar requirements
- Check candidate's test paperwork to make sure it is correct and complete
- Have candidate's paperwork available during the test

## Test setup

- Test committee consists of yudansha present. Visiting yudansha from other organizations may be included as observers, but will not be asked to vote.
- Students are arranged around the edge of the mat as follows:
  - Test committee to left of shomen wall
  - Students, including test candidate, facing shomen wall
- Sensei bows in, then returns to seat on the test committee
- Sensei calls the candidate's name
- Candidate says "Hai!" and walks briskly up to sit seiza in front of shomen wall (should make square corners to avoid walking diagonally across the mat)
- Candidate bows to shomen wall, then turns to face test committee and bows, then turns back to face the shomen wall.
- Sensei announces, "This is a test for XXXX kyu, correct?" Candidate confirms with, "Hai, Sensei!"
- Sensei announces that the paperwork and test fee has been received

## The actual test

After bowing in and confirmation of rank and paperwork

- Sensei will appoint a test committee member to perform ki testing, ukemi, or other requirements
- After ki testing, ukemi, etc., are performed, the candidate will sit seiza facing and slightly to the left of the shomen wall, allowing space on the right for uke
- The first uke will be called, who will sit seiza to the right of the candidate
- Candidate initiates bow to shomen wall, with uke bowing simultaneously
- Candidate and uke turn to face one another and bow
- Sensei says, "stand up", then announces technique very specifically – include directions such as omote/ura. Dynamic attack is assumed unless static is requested
- If candidate did not hear the technique or uke did not hear the attack they may ask for it to be repeated
- Uke does not attack until Sensei says, "hajime!"

- Candidate keeps performing technique until Sensei says, “yame!”. For most techniques a specific variation is required. For kokyunage, after the primary technique has been performed, variations are expected.
- If candidate is not performing as required, Sensei has discretion to explain what he wants to see.
- If uke is to be retained, a new technique is requested.
- If uke is to be replaced, Sensei says “change uke”. Candidate and uke sit in front of the shomen wall facing each other (candidate on left side) and bow to one another. Uke returns to sitting with the rest of the students.
- Candidate remains in place. The next uke who is called up sits facing the candidate, they bow to each other, and wait for instructions.
- When a weapon is required, candidate walks briskly to his weapon (fellow students may hand them to him). The candidate turns toward the shomen wall and bows to the weapon before returning to the middle of the mat.
- When bowing to a partner from seiza with a weapon, weapons are placed on the left side, bokken and tanto with the blade facing out.

### **Ending the test**

- Before randori, candidate and uke will sit facing each other. Sensei will ask other test committee members if there is anything that needs to be repeated or shown. If not, additional uke will be called up for randori. After randori is concluded, candidate and uke will sit facing each other:
  - Sensei announces, “this concludes your test”
  - Candidate and uke bow to each other
  - Candidate and uke face the shomen wall and bow
  - Candidate and uke face the test committee and bow
- Candidate and uke return to their position with the rest of the students.
- After all tests are completed, Sensei bows out.

### **The verdict**

Kyu tests will be decided by test committee vote, or in special cases, solely by Sensei.

- After all tests are completed, Sensei and the test committee adjourn to a private area
- Voting is by blind vote
- Sensei does not vote unless a deciding vote is needed to resolve a tie
- Test committee members give individual comments and discuss the test(s)
- Candidate(s) may be invited to join the group one at a time to hear a summary of the comments, but they are not told the result
- Result is publicly announced at a later date.

### **Performance guidelines**

- Pinning:
  - Ikkyo through gokyo and kotegaeshi always require a pin
  - Pins are not done during free technique (jjiyuwaza)
  - Pins and removal are always required during tanto, bokken, and jo dori

- Weapons kata should be performed once with a count (candidate must count before moving) and once without. The counted performance should demonstrate clean strikes and strong movement, while the silent performance may demonstrate flow and rhythm. Kiai are not included while counting

### **Considerations**

- Audience and students may applaud at the end of a test, but test committee members do not
- Test committee members do not yell encouragement during randori
- Neither uke nor nage should stop doing techniques to fix gi that have come untied. If necessary, Sensei can tell them when to stop to fix their gi. Nage can adjust clothing while waiting for the next uke
- Neither uke nor nage should do anything that wastes time – walking to get weapons, fixing gi, etc. should all be done quickly
- It is not necessary for the candidate to do all techniques from the starting position to the left of the shomen wall. The candidate should feel free to use the mat space fully, but returning to the original position to bow. Likewise, the exam board can request to see techniques from a different angle if necessary
- Individual testing is desirable for both candidates and test committee. If there are a lot of test candidates, group ki testing/exercises/ukemi may be done, but performing techniques should be done individually
- Test content should always include a review of previous requirements
- It is unrealistic to expect students to remember the etiquette without having several rehearsals. This can be done as part of their exam preparation