

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:

7 th 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 this list.

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:

6 th 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 this list.

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:

5 th 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 this list.

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:

4 th 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 this list.

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:

3 rd 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 this list.

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:

2 nd 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 this list.

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:

1 st 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:

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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 this list.

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.