

Setsudo Dojo Gradings and Etiquette

To begin your grading, bow three times:

1. Kamiza rei
2. Sensei rei
3. Uke rei.

At the end of your grading bow three times:

1. Uke rei
2. Kamiza rei
3. Sensei rei.

Shokyu Ki Exam

Rank	Unification of Mind & Body	Ki Development Exercises
Shokyu	<p>1st Level Testing</p> <ol style="list-style-type: none"> 1. Standing 2. Unbendable arm 3. Thrusting out one hand with weight underside 4. Sitting seiza 5. Sitting down and standing up 6. Breathing exercises 	<p>(3 minute exercises)</p> <ol style="list-style-type: none"> 1. Twisting the trunk by swinging the arm 2. Bending the trunk to the side 3. Bending backward and forward 4. Shoulder-blade exercises 5. Bending the neck to the side 6. Bending the neck forward & backward 7. Turning the head to the side 8. Knee exercises 9. Stretching knees 10. Arm swinging exercise 11. Swinging both arms 12. Swing both arms while bending knees

NB: For the 3 minute exercises the instructor calls out the count and they must be done correctly in right sequence, 4 sets of 4 each. If the student makes a mistake the examiner calls out "stop", and will perform a Ki test then and there. Any testing required during the exercises will be at first level Ki test.

5th Kyu - Yellow belt - approximately 25 classes

Classes	Hitori Waza	Kumi Waza
Approx 25 classes	<ol style="list-style-type: none"> 1. Udemawashi waza 2. Udefuri waza 3. Udefuri choyaku waza 4. Sayu waza 5. Ushiro ukemi waza 6. Zenpo kaiten waza 	<p>Shokyu Ki test must be passed</p> <ol style="list-style-type: none"> 1. Kata-te-kosa-tori kokyu-nage 2. Kata-te-tori tenkan kokyu-nage

4th Kyu - Orange belt - approximately 30 classes

Classes	Hitori Waza	Kumi Waza
Approx 30 classes	<ol style="list-style-type: none">1. Ude-ma-washi waza2. Ude-furi waza3. Ude-furi choyaku waza4. Sayu waza5. Ushiro ukemi waza6. Zempo kaiten waza7. Ikkyo waza8. Zengo waza9. Happo waza10. Zenshin-koshin waza11. Kokyu dosa	<ol style="list-style-type: none">1. Kata-te-kosa-tori kokyu-nage2. Kata-te-tori tenkan kokyu-nage3. Kata-tori ikkyo (irimi - tenkan)4. Muna-tsuki koto o'roshi5. Yokomen-uchi shiho-nage irimi6. Shomen-uchi kokyu-nage

Chukyu Ki Exam

Rank	Unification of Mind & Body	Ki Development Exercises
Chukyu	<p>2nd Level Testing</p> <ol style="list-style-type: none"> 1. Standing 2. Unbendable arm 3. Thrusting out one hand with weight underside 4. Sitting seiza 5. Sitting down and standing up 6. Breathing exercises <p>1st Level Testing</p> <ol style="list-style-type: none"> 7. Sitting cross-legged <ul style="list-style-type: none"> (a) while being pushed from behind (b) while being raised by one knee 8. Thrusting out one hand while being pushed by the wrist 9. Bending backwards 10. Stooping with mind and body unified 11. Unraisable body 	<p>(3 minute exercises)</p> <ol style="list-style-type: none"> 1. Twisting the trunk by swinging the arm 2. Bending the trunk to the side 3. Bending backward and forward 4. Shoulder-blade exercises 5. Bending the neck to the side 6. Bending the neck forward & backward 7. Turning the head to the side 8. Knee exercises 9. Stretching knees 10. Arm swinging exercise 11. Swinging both arms 12. Swing both arms while bending knees <p>(same as shokyu but)</p> <p>* Must keep the pace with instructors count, and maintain proper rhythm.</p> <p>Do the second level Ki test for all the exercises</p>

3rd Kyu - Green belt - approximately 35 classes

Classes	Hitori Waza	Kumi Waza
Approx 35 classes	<ol style="list-style-type: none"> 1. Udemawashi waza 2. Udefuri waza 3. Udefuri choyaku waza 4. Sayu waza 5. Ushiro ukemi waza 7. Ikkyo waza 8. Zengo waza 9. Happo waza 10. Zenshin-koshin waza 11. Kokyu dosa 12. Funa-kogi waza 13. Nikkyo waza 14. Sankyo waza 15. Koto o'roshi waza 	<p>Chukyu exam of Ki test must be passed</p> <ol style="list-style-type: none"> 1. Kata-te-kosa-tori kokyu-nage 2. Kata-te-tori tenkan kokyu-nage 3. Kata-tori ikkyo (irimi - tenkan) 5. Yokomen-uchi shiho-nage irimi 6. Shomen-uchi kokyu-nage 7. Kata-tori nikkyo (irimi - tenkan) 8. Kata-tori sankyo (irimi - tenkan) 9. Kata-tori yonkyo (irimi - tenkan) 10. Yokomen-uchi kokyu-nage (zenpo-nage) 11. Ryo-te-tori kokyu-nage (zenpo-nage)

2nd Kyu - Blue belt - approximately 45 classes

Classes	Hitori Waza	Kumi Waza
<p>Approx 45 classes</p>	<ol style="list-style-type: none"> 1. Udemawashi waza 2. Udefuri waza 3. Udefuri choyaku waza 4. Sayu waza 5. Ushiro ukemi waza 6. Zenpo kaiten waza 7. Ikkyo waza 8. Zengo waza 9. Happo waza 10. Zenshin-koshin waza 11. Kokyu dosa 12. Funa-kogi waza 13. Nikko waza 14. Sankyo waza 15. Koto o'roshi waza 16. Kaho tekubi kosa waza 17. Joho tekubi kosa waza 18. Ushiro-tori waza 19. Ushiro-tekubi-tori zenshin waza 20. Ushiro-tekubi-tori koshin waza 	<ol style="list-style-type: none"> 1. Kata-te-kosa-tori kokyu-nage 2. Kata-te-tori tankan kokyu-nage 3. Kata-tori ikkyo (irimi - tenkan) 4. Muna-tsuki koto o'roshi 5. Yokomen-uchi shiho-nage irimi 6. Shomen-uchi kokyu-nage 7. Kata-tori nikkyo (irimi - tenkan) 8. Kata-tori sankyo (irimi - tenkan) 9. Kata-tori yonkyo (irimi - tenkan) 10. Yokomen-uchi kokyu-nage (zenpo-nage) 11. Ryo-te-tori kokyu-nage (zenpo-nage) 12. Ushiro-te-kubi-tori kokyu-nage (zenpo-nage) 13. Ushiro-tekub-itori kubi-jime (sankyo-nage) 14. Tenchi nage (irimi - tenkan) 15. Ushiro-tori kokyu-nage 16. Kata-te-tori ryo-te-mochi kokyu-nage (en-undo) <p style="text-align: center; margin-top: 20px;">Must regularly attend 2 classes weekly</p>

1st Kyu - Brown belt - approximately 70 classes

Classes	Hitori Waza	Kumi Waza
<p>Approx 70 classes</p>	<p>No hitori waza for this grading</p>	<ol style="list-style-type: none"> 1. Kata-te-kosa-tori kokyu-nage 2. Kata-te-tori tenkan kokyu-nage 3. Kata-tori ikkyo (irimi - tenkan) 4. Muna-tsuki koto o'roshi 5. Yokomen-uchi shiho-nage irimi 6. Shomen-uchi kokyu-nage 7. Kata-tori nikkyo (irimi - tenkan) 8. Kata-tori sankyo (irimi - tenkan) 9. Kata-tori yonkyo (irimi - tenkan) 10. Yokomen-uchi kokyu-nage (zenpo-nage) 11. Ryo-te-tori kokyu-nage (zenpo-nage) 12. Ushiro-te-kubi-tori kokyu-nage (zenpo-nage) 13. Ushiro-te-kub-itori kubijime (sankyo-nage) 14. Tenchi nage (irimi - tenkan) 15. Ushiro-tori kokyu-nage 16. Kata-te-tori ryo-te-mochi kokyu-nage (en-undo) 17. Zagi handachi shomen-uchi kokyu-nage 18. Zagi handachi muna-tsuki koto o'roshi (katameru) 19. Zagi handachi yokomen-uchi kokyu-nage (zenpo-nage) 20. Muna-tsuki kokyu-nage (zenpo-nage) 21. Muna-tsuki kokyu-nage (sudori) 22. Muna-tsuki kokyu-nage (kaiten-nage) 23. Kata-te-tori ryo-te-mochi koto o'roshi 24. Kata-te-tori ryo-te-mochi kokyu-nage 25. Yokomen-uchi koto o'roshi (en-undo) 26. Yokomen-uchi kokyu-nage (hachi-no-ji) 27. Shomen-uchi koto o'roshi 28. Shomen-uchi ikkyo (irimi - tenkan) 29. Ushiro-te-kubi-tori koto o'roshi 30. Ushiro-te-kubi-tori ikkyo

Black Belt - Jokyu Ki Exam

Rank	Unification of Mind & Body	Ki Development Exercises
Jokyu	<p>3rd Level Testing</p> <ol style="list-style-type: none"> 1. Standing 2. Unbendable arm 3. Thrusting out one hand with weight underside 4. Sitting seiza 5. Sitting down and standing up 6. Breathing exercises <p>2nd Level Testing</p> <ol style="list-style-type: none"> 7. Sitting cross-legged <ol style="list-style-type: none"> (a) while being pushed from behind (b) while being raised by one knee 8. Thrusting out one hand while being pushed by the wrist 9. Bending backwards 10. Stooping with mind and body unified 11. Unraisable body <p>1st Level Testing</p> <ol style="list-style-type: none"> 12. (a) Leaning backward on a partner (b) Leaning forward on a partner 13. Thrusting out one hand & raising one leg 14. Holding up both hands 15. Walking forward & being held from behind 16. Sitting cross-legged while holding both hands of the examiner from underneath with both hands while being pushed by the shoulders. 	<p>(3 minute exercises)</p> <ol style="list-style-type: none"> 1. Twisting the trunk by swinging the arm 2. Bending the trunk to the side 3. Bending backward and forward 4. Shoulder-blade exercises 5. Bending the neck to the side 6. Bending the neck forward & backward 7. Turning the head to the side 8. Knee exercises 9. Stretching knees 10. Arm swinging exercise 11. Swinging both arms 12. Swing both arms while bending knees <p>* Examinee calls out the count</p> <p>Do the third level ki test for all the exercises</p>

Shodan (black belt) - approximately 100 classes

Classes	Hitori Waza	Kumi Waza
Approx 100 classes	<p>Jokyu exam of Ki test must be passed</p> <p>Aikido Essay</p> <p>* Each randori approx one minute. Nage must demonstrate at least 5 arts. 2 ukes for all randori's, one for weapons.</p> <p>In weapons tori Uke must attack shomen-uchi, yokomen-uchi & muna-tsuki</p>	<p>RANDORI</p> <ol style="list-style-type: none"> 1. Kata-te-tori (5 arts) 2. Yokomen-uchi (5 arts) 3. Ushiro-te-kubi-tori (5 arts) 4. Tanto tori (5 arts) 5. Taigi No. 25 Bokken Part 1 6. Taigi No. 27 Jo Part 1 <p>Yoningake - 4 person attack</p>

