

Nihon Goshin Aikido Test Requirements

The following is an outline for the testing program which applies to the various ranks that may be earned in Nihon Goshin Aikido. In addition to these specific items, a student must have a satisfactory attendance record and have given evidence of good character before he or she will be permitted to take any test for advancement in rank.

Go-Kyu (Fifth Class Student) Yellow-Belt

- (1) Written test. Students will be required to pass a written exam on the history, philosophy and terminology of Aikido.
- (2) Proficiency test. Students will be tested on their skill in performing the first ten classical techniques. In addition, they will be tested on the walking punch, hanmi walk, and one-hand blocks.

Yon-Kyu (Fourth Class Student) Blue-Belt

- (1) Retest. Students will be retested for increased proficiency in skills required for proceeding test.
- (2) Proficiency test. Students will be tested on their skill in performing the second ten classical techniques. In addition, they will be tested on the chop with the step and cross blocks.

San Kyu (Third Class Student) Green-Belt

- (1) Retest. Students will be retested for increased proficiency in skills required for proceeding test.
- (2) Proficiency test. Students will be tested on their skill in performing the third ten classical techniques. In addition, they will be tested on the front kick and its variations.
- (3) Verbal test. Student will be required to answer a series of questions asked by the instructor concerning the martial arts.

Ni-Kyu (Second Class Student) Purple-Belt

- (1) Retest. Students will be retested for increased proficiency in skills required for proceeding test.
- (2) Proficiency test. Students will be tested on their skill in performing the fourth ten classical techniques. In addition, they will be tested on the side kick.

I-Kyu (First Class Student) Brown-Belt

- (1) Retest. Students will be retested for increased proficiency in skills required for proceeding test
- (2) Proficiency test. Students will be tested on their skill in performing the final ten classical techniques. In addition, they will be tested on the four elbow strikes.
- (3) Self-Defense test. Students will be tested on their skill in free-style self-defense against single attackers.
- (4) Ki test. Students will be required to demonstrate perfect control of five Ki positions.
- (5) Self-Defense applications test. Students will be required to demonstrate a self-defense application for each of the fifty classical techniques.

Sho-Dan (1st Degree Black-belt)

- (1) Proficiency test. Students will be required to demonstrate perfect execution of all fifty classical techniques.
- (2) Strikes test. Students will be required to demonstrate perfect execution of all strikes, blocks and their variations.
- (3) Free-style self-defense test. Students will be tested on their skill in free-style defense against single and multiple attackers and against weapons attacks.
- (4) Ki test. Students will be required to demonstrate perfect control of ten Ki positions.
- (5) First Aid test. Students will be required to pass a written test on basic dojo first aid.
- (6) Verbal test. Student will be required to answer a series of questions asked by the instructor concerning the martial arts.
- (7) Written test. Students will be required to pass a written examination concerning the art of Nihon Goshin Aikido.
- (8) Teaching experience. Students must have obtained some experience as an assistant instructor.

Ni-Dan (2nd Degree Black-Belt)

- (1) Teaching experience. Applicant must have obtained at least one year's experience as an instructor.
- (2) Weapons test. Applicant must demonstrate proficiency in the use of Aikido weapons techniques.
- (3) Advance self-defense test. Applicant must demonstrate proficiency in advanced nerve pressure points and striking zones.

San-Dan (3rd Degree Black-Belt)

For San-Dan and above, no further physical testing is required. These ranks are given only as honorary degrees to those who devote themselves in some way to the betterment of the art. Generally, such promotions come from our headquarters in Japan, but may be issued by a senior rank here in the United States.