



Tsubomi Seishin Kan Dojo

Rank Promotion Examinations (10/16/2008)

Participation in formal testing for rank in the *Tsubomi Seishin Kan Dojo* will consolidate your practice, approximate the stress of real conflict by staging performance under modest pressure, and allows your community to recognize the skills you have achieved. You'll learn a lot about where to direct your practice in the immediate future, and you'll have fun too! Don't be too nervous: remember that we have a vested interest in each student's success and we are looking for reasons to pass you!

Rank promotion exams are conducted three times yearly. Participation is optional though highly encouraged. A blackbelt panel of your peers administers each test upon completion by the candidate of minimum time requirements, blackbelt sponsorship, and submission of the application, test fee, and required essay by the deadline. Applications must be signed by an appropriately-ranked blackbelt sponsor who will be responsible for helping each candidate prepare. Essays must be neatly hand-written, double-spaced, and submitted on clean, white 8.5x11" paper. Candidates will be asked to pay for their certificate and belt only if they pass. All ranks are certified by the Tsubomi Seishin Kan Dojo.

Aikido tests generally consist of a written essay, ukemi skills, Ki tests, self-defense techniques (including spot checks of the techniques from previous tests), weapons demonstrations, and randori (free-style multiple attack). Candidates may select three of the four techniques listed for their rank to perform, though they should be familiar with all four. Bear in mind that technique demonstrations are intended to illustrate target skills for each rank. You should strive to perform all techniques with the particular skills of the rank in mind.

Iaido tests generally consist of a written essay, and a performance of Iaido etiquette and technique. The experience is designed to help this programs members to prepare to test in Japan.

Aiki-ken/Aiki-Jo tests parallel the regular weapons requirements in Aikido, but allows participation and concentration on the principles and philosophy of the art as it applies to weapons - all without falling, and with throwing only at the highest rank levels.

Eligibility to Test

1. Test fee, application, and required essays (if any) must be submitted prior to the administration of tests.
2. Tsubomi Dojo annual membership (\$40 adult; \$20 child - Jan-Dec - reupped each January) required of all candidates.
3. Dojo member accounts (membership, tuition, and all other required fees) must be current to establish eligibility to take a test.

Test Fees (revised 10/26/2008)

Upon successful completion of a test, candidates will be awarded with a menjyo certificate and a new belt (if changing color).

Children's Aikido (all ranks) - \$25

Aikido & Aiki-Ken/Aiki-Jo

6th kyu - \$40 + \$40 annual membership = \$80

5th-1st kyu - \$60

Shodan - \$120

Nidan - \$160

Sandan - \$200

Make all payments and checks to "Jonathan Bannister"



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)



6th Kyu (static) <i>Dependable posture</i> 3 mos/ 24 sessions	Essay	1. Explain the Basic Principles. 2. Explain the primary goal of our style. <i>(150 hand-written words must be submitted with test fee and application)</i>
	Ukemi	Back fall Forward flat fall Munetsuki Shomenuchi
	Ki Tests	Seiza Ushiro Ukemi Shiza Hanmi Offer one hand bait Unbendable Arm Tekubifuri Undo Funekogi Undo Shomenuchi Undo Zengo Undo Tenkan Undo
	Technique	Kata Tori Ikkyo (irimi) (pin) Katate Tori Shihonage (irimi & tenkan) Kata Tori Kokyunage Ushiro Kubishime Kokyunage
	Aiki-ken	Happo Giri Kata
	Kokyu Dosa	



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)



5th Kyu (motion) Essay
Smooth, continuous motion
3 mos/ 24 sessions

1. Explain the importance of posture.
2. Explain the importance of smooth, continuous movement when practicing technique.

(150 hand-written words must be submitted with test fee and application)

Ukemi Large forward rolls (Seiza Kokyunage)
Break fall position
Yokomenuchi
Yokomenuchi hantai

Ki Tests Happo Undo
Tekubi Kosa Undo

Technique Kata Tori Ikkyo (irimi & tenkan) (pin)
Katate Tori Shihonage (irimi & tenkan)
Katate Kosatori Kokyunage
Ushiro Kubishime Kokyunage

Aiki-jo 1st Jo Taigi (partner)

Kokyu Dosa



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)



4th Kyu (motion) Essay
Rhythm
6 mos/ 48 sessions

Explain how we generate rhythm and why.
(150 hand-written words must be submitted with test fee and application)

Ukemi

Large rolls (Katatetori Koyunage)
Shomenuchi
Tsuki Keri

Ki Tests

Zenshin Koshin Undo
Hold up both hands
Bending backwards
Stooping

Technique

Ryote Mochi Kokyunage
Ushiro Tekubitori Kokyunage (Sayu)
Shomenuchi Ikkyo (pin)
Yokomenuchi Shihonage (irimi & tenkan)

Aiki-ken

Kamae Kata

Randori

Two uke

Kokyu Dosa



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)

3rd Kyu

Hip power

6 mos/ 48 sessions

Essay	Explain how to apply power in technique. <i>(150 hand-written words must be submitted with test fee and application)</i>
Ukemi	Break fall (Ryotetori Kokyunage) Yokokeri Mawashi Keri
Ki Tests	Hold up both hands Bending backwards Stooping
Technique	Ushiro Ryokatatori Kokyunage (Sayu) Munetsuki Kotegaeshi (pin) Ushiro Tekubitori Kokyunage Tsukikeri Kokyunage
Aiki-jo	2nd Jo Taigi
Randori	Two uke
Kokyu Dosa	



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)

2nd Kyu

Ma & ma-ai

9 mos/ 72 sessions

Essay

Explain the importance of ma-ai and ma.
*(150 hand-written words must be submitted
with test fee and application)*

Ki Tests

Thrust out one hand standing on one leg
Meditation posture
Ushiro Undo
Ushiro Tekubitori Undo

Technique

Yokomenuchi Kokyunage (koshin/kotai)
Ryokatatori Kokyunage
Ushiro Tekubitori Kokyunage
Yokokeri Kokyunage

Aiki-ken

1st Bokken Kata

Randori

Three uke

Kokyu Dosa



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)

1st Kyu

Control & focus
9 mos/ 72 sessions

Essay

What are the Gojo and what is their significance in our practice?
(150 hand-written words must be submitted with test fee and application)

Ki Tests

All previous

Technique

Katatori Nikkyo (pin)
Ushiro Katatori Sankyo (pin)
Mawashikeri Kokyunage
Shomenuchi Kokyunage (large ukemi)
Suwari Waza (Katatori, Tsuki, Yokomenuchi, Shomenuchi)
(pin as appropriate)

Aiki-jo

1st 22-step Jo Kata

Randori

Three uke

Kokyu Dosa





Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)

Shodan

Zanshin

12 mos/ 96 sessions

Essay

Explain the importance of zanshin
*(150 hand-written words must be submitted
with test fee and application)*

Ki Tests

All previous

Technique

Ryokatatetori Tenchinage (irimi/tenkan)
Katatetori Kaitennage
Shomenuchi Kokyunage
Mentsuki Kokyunage (large ukemi)
Hanmi Handachi (Katatetori, Ushiro
Kubishime, Tsuki, Yokomenuchi,
Shomenuchi)
(pin as appropriate)

Aiki-ken

2nd Bokken Kata (Yokomenuchi Kata)

Aiki-tanto

Tanto Tori

Randori

Five uke

Kokyu Dosa



Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)

Nidan <i>Technical proficiency & vigor</i> 12 mos/ 96 sessions	Essay	Explain how rank promotions are assessed <i>(150 hand-written words must be submitted with test fee and application)</i>
	Ki Tests	All previous
	Technique	Kata tori Katate and Katatekosatori Tsuki (men & mune) Shomenuchi Yokomenuchi (& hantai) Keri (tsuki, yoko, mawashi) Ryote Mochi Ryokatetori Ushiro Kubishime Ushiro Ryotori (tekubi. kata, hiji) 2-person hold
	Aiki-jo	2nd 22-step Jo Kata Jo Waza and Tori
	Randori	Five uke
	Kokyu Dosa	





Tsubomi Seishin Kan Dojo

Aikido Rank Requirements (8/2/2007)



Sandan

Independent research,
gracefulness, elegance
24 mos/ 192 sessions

Speech

Explain "Smile & Be Natural"

*(hand-written outline must be submitted
with test fee and application)*

Ki Tests

All previous

Technique

Perform a choreographed sequence of
ten techniques of your choice such
as would constitute a public exhibition

Aiki-Jo

Shiteikata (perform one previous kata
on demand)

Aiki-ken

Shiteikata (perform one previous kata
on demand using mogito or shinken)
Bokken Waza and Tori
Bokken Taigi (perform with three
different uchidachi)

Randori

Three uke (demonstrate strategy &
beauty)

Kokyu Dosa

A message to all sandan candidates:

It is my intention that following successful completion of this exam you will finally have all the foundation skills necessary to become an accomplished martial artist and will begin to contribute back to the art through teaching. Both will require continued participation and practice, and the application of the principles and philosophy of the art in all aspects of your daily life. It is my sincere hope that you will continue to grow and develop, discovering your full human potential and your capacity for being a source of loving compassion and help to your fellow man. To do this you must be free of slavish reliance upon technique. While the study of technique provides invaluable stepping stones on the path to self-realization, the pursuit of technique for itself is an unnatural path and itself a technical dead end. Discover your true self, then express that truth in your own interpretation of the arts. "First become enlightened, then work to save all beings."

Yours in Budo,



Jonathan Bannister
Founder & President