



# 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.

**laido tests** generally consist of a written essay, and a performance of laido 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



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## Aikido Children's Rank Requirements (1/23/2009)



Belt Color	Yellow		Purple		Green		Red	
Rank	10a	10b	9a	9b	8a	8b	7a	7b
<b>Ki Tests</b>								
Seiza (sitting)	X							
Koho Tento Undo (roll back and forth)	X							
Shiza (natural stance)		X						
Hanmi (triangular stance)		X						
One Hand Bait			X					
Unbendable Arm			X					
Tekubi Furi Undo (wrist shake exercise)				X				
Fune Kogi Undo (rowing exercise)				X				
Shomen Uchi Undo (raise /lower hands)					X			
Zengo Undo (two direction exercise)					X			
Tenkan Undo (turning exercise)						X		
Happo Undo (eight direction exercise)						X		
Zenshin Koshin Undo (extend step back)							X	
Holding Up Both Hands							X	
Stooping								X
Meditation Posture								X
<b>Ukemi</b>								
Back Fall	X							
Small Forward Roll	X							
Forward Flat Fall		X						
Munetsuki (straight thrust)		X						
Large Forward Roll			X					
Shomenuchi (top of head hit)			X					
Yokomenuchi (side of head hit)				X				
Yokomenuchi Hantai (reverse side head hit)				X				
Tsuki Keri (straight front kick)					X			
Yoko Keri (side kick)					X			
Break Fall (Ryote Mochi Kokyunage - two hand timing throw)						X		
Mawashi Keri (roundhouse kick)						X		
<b>Techniques and Target Skills</b>								
	<b>Posture</b>		<b>Motion</b>		<b>Hips</b>		<b>Focus</b>	
Same side hold - 4 direction throw	X							
Cross wrist hold - Timing throw	X							
Cross wrist hold - 1st principle throw		X						
Behind hold/choke - - Timing throw		X						
Side head hit - 4 direction throw			X					
Center straight thrust - Wrist turn			X					
Top head hit - Timing throw				X				
Top head hit - 1st principle throw				X				
2 hand hold (one arm) - Timing throw					X			
Hold both arms - Heaven/Earth throw					X			
Side head hit - 4 direction throw (turn)						X		
Straight thrust kick - Timing throw						X		
Side head hit - Timing throw							X	
2 shoulder hold - Timing throw							X	
Behind both wrist hold - Timing throw								X
Top head hit - Without hold throw								X
<b>Aiki-ken/Aiki-jo Weapons</b>								
8 kinds of cutting form							X	
Short staff body art (six step form)								X
<b>Randori (Freestyle)</b>								
One Uke (one attacker)							X	X
Two Uke (two simultaneous attackers)								