

KI EXAMINATION CRITERIA (last updated: 12/2015)

<p>Shokyu</p> <p><i>required time:</i> 4 months of training</p>	<ol style="list-style-type: none"> 1. Standing (arms up and down) 2. Sitting seiza (arms up and down) 3. Sitting cross legged (agura; arms up & down) 4. Putting out one hand (palm facing down; test forearm) 5. Breathing exercise (kokyuho) 	
<p>Chukyu</p> <p><i>required time:</i> 6 months of training since 4th Kyu</p>	<ol style="list-style-type: none"> 1. Standing (arms up and down) 2. Sitting seiza (arms up and down) 3. Sitting cross legged (agura; arms up & down) 4. Putting out one hand (palm facing down; test wrist) 5. Breathing exercise (kokyuho) <p>Kenkotaiso</p>	<p>Kenkotaiso (health exercise)</p> <ol style="list-style-type: none"> 1. Turning the trunk by swinging the arms. 2. Stretching the trunk to the side by swinging the arms. 3. Stretching backward and forward by swinging the arms. 4. Shoulder blade exercise. 5. Moving the head forward and backward. 6. Turning the head side to side. 7. Bending at the knees and standing on tiptoe. 8. Stretching the knee. 9. Swinging up and down both arms while bending the knees.
<p>Jokyu</p> <p><i>required time:</i> 8 months of training since 2nd Kyu</p>	<ol style="list-style-type: none"> 1. Standing (arms down) 2. Sitting seiza (arms down) 3. Sitting cross legged (agura; arms down) 4. Putting out one hand (palm facing down; test hand) 5. Standing with one foot forward 6. Leaning backward 7. Bending forward 8. Standing on one foot and putting out one hand 9. Standing up and sitting down in seiza 10. Breathing exercise (kokyuho) <p>Kenkotaiso</p>	<p>Chukyu Examinee must do kenkotaiso in the correct order.</p> <p>Jokyu Examinee must keep timing and rhythm with examiners count.</p>
<p>Shoden</p> <p><i>required time:</i> 1 year of training since 1st Kyu above 18 years old</p>	<ol style="list-style-type: none"> 1. Standing 2. Sitting seiza 3. Sitting cross legged (agura) 4. Putting out one hand (palm facing down) 5. Standing with one foot forward 6. Leaning backward on a partner 7. Bending forward leaning on a partner 8. Unraisable body 9. Walking forward, while being held from behind 10. Sitting cross legged (agura) while being pushed 11. Standing on one foot and putting out one hand 12. Swinging both hands up. 13. Standing up and sitting down in seiza 14. Breathing exercise (kokyuho) <p>Kenkotaiso</p>	<p>Shoden/Chuden/Joden/Okuden Examinee must count with the correct rhythm.</p>
<p>Chuden</p>	<p>Same as Shoden</p>	<p><i>required time:</i> 2 years of training since Shodan</p>
<p>Joden</p>	<p>Same as Shoden</p>	<p><i>required time:</i> 3 years of training since Nidan</p>
<p>Okuden</p>	<p>Same as Shoden</p>	<p><i>required time:</i> 4 years of training since Sandan</p>

The times given are recommended intervals for enthusiastic students who practice a lot. They are meant as advice for the examiners, not as rule. Normally people take more time than that.