

## TESTING AT TWO RIVERS AIKIKAI

Testing in Aikido is a personal choice not a requirement. Since instructors are well aware of your abilities at any particular point on your path, testing is mostly for your benefit since it can give you a sense of what you have learned and how it relates to where you are headed. The test requirements offer a progression of techniques, ukemi and concepts to help you gain a broad understanding of Aikido and the open ended potential for cooperative learning. Tests are not competitions and all kyu ranks wear a white belt. Testing also helps you develop bonds with other students, since we rely on one another to prepare for and take tests. These bonds can last through your Aikido lifetime.

Kyu tests for 6<sup>th</sup> kyu through 1<sup>st</sup> kyu will take place on a Saturday of February, April, July and October. Please speak with Spiros sensei or Lynn sensei at least one month before you plan to test. You should allow at least two months of consistent practice outside of class on techniques and ukemi for 5<sup>th</sup> and 4<sup>th</sup> kyu tests. You should plan for more time on higher level tests. In preparing for your kyu test, please review techniques and ukemi on all previous tests. For example, if you plan to test for 3<sup>rd</sup> kyu, you should review the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> kyu tests requirements in addition to the requirements for 3<sup>rd</sup> kyu. Testing for 3<sup>rd</sup> kyu and above includes demonstrating capability with jo, bokken or tanto.

Dan tests will be held at the dojo on a Saturday in February, April, July and October or at a seminar hosted by Two Rivers Aikikai.

Number of practice days needed from previous test:

6<sup>th</sup> kyu: 25 days

5<sup>th</sup> kyu: 35 days

4<sup>th</sup> kyu: 80 days

3<sup>rd</sup> kyu: 100 days

2<sup>nd</sup> kyu: 200 days

1<sup>st</sup> kyu: 300 days

Shodan: 350 days & minimum 1 year from 1<sup>st</sup> kyu test

Nidan: 600 days & minimum 2 years from shodan test

Sandan: 700 days & minimum 3 years from nidan test

Yondan 800 days & minimum 4 years from sandan test

Kyu and Dan test applications are available at the dojo or on the member page of the dojo website. They should be filled out prior to testing. Two Rivers Aikikai does not charge any fees for kyu and dan testing.