

# KI EXAMINATION CRITERIA (last updated: 12/2015)

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