



Ki Grading Syllabus

Ki Examination Syllabus

1st Ki Examination (Shokyu)

- 1) Standing with mind and body unified
- 2) Unbendable arm
- 3) Unraiseable arm
- 4) Sitting in seisa
- 5) Rolling exercise
- 6) Shaking wrists
- 7) Rowing exercise
- 8) Ikkyo undo (raising hands to eye level)
- 9) Koyu dosa
- 10) Breathing exercise

2nd Ki Examination (Chukyu)

2nd Test

- 11) Standing with mind and body unified
- 12) Unbendable arm
- 13) Unraiseable arm
- 14) Sitting in seisa
- 15) Rolling exercise
- 16) Shaking wrists
- 17) Rowing exercise
- 18) Ikkyo undo (raising hands to eye level)

1st Test

- 19) Sitting cross legged being pushed from behind & being raised by one knee
- 20) Put out one hand when being pushed by the wrist
- 21) Bending backwards
- 22) Stooping
- 23) Unraiseable body
- 24) Ikkyo undo two ways
- 25) 8 ways
- 26) Crossing wrists at one point
- 27) Crossing wrists in front of face
- 28) Sideways exercise (sayo undo)
- 29) Koyu dosa
- 30) Breathing exercise



Ki Grading Syllabus

3rd Ki Examination (Jokyū)

3rd Test

- 31) Standing with mind and body unified
- 32) Unbendable arm
- 33) Unraiseable arm
- 34) Sitting in seisa
- 35) Rolling exercise
- 36) Shaking wrists
- 37) Rowing exercise
- 38) Ikkyo undo (raising hands to eye level)

2nd Test

- 39) Sitting cross legged being pushed from behind & being raised by one knee
- 40) Put out one hand when being pushed by the wrist
- 41) Bending backwards
- 42) Stooping
- 43) Unraiseable body
- 44) Ikkyo undo two ways
- 45) 8 ways
- 46) Crossing wrists at one point
- 47) Crossing wrists in front of face
- 48) Sideways exercise (sayo undo)

1st Test

- 49) Leaning backwards (the wall)
- 50) Leaning forward (the bridge)
- 51) Put out one hand and raise one leg
- 52) Walking forward when being held
- 53) Sitting cross legged (tester pushes at the shoulders while the examinee holds examiners arms from underneath)
- 54) Swing arms and turning
- 55) Breathing exercise
- 56) Koyu dosa