

Goshinkai Aikido Kyu and Black Belt gradings

5th Kyu (yellow belt)

Shokyu Ki Exam
Waza
Udefuri waza
Udefuri choyaku waza
Tenkan waza
Ushiro ukemi waza
Zenko kaiten waza
Shikkou
Techniques
Katatekosatori kokyunage
Katatetori kokyunage tenkan
Taigi arts
No. 5

4th Kyu (orange belt)

Waza
Funakogi waza
Ikkyo waza
Zengo waza
Happo waza
Techniques
Katatekosatori kokyunage
Katatetori kokyunage tenkan
Taigi arts
Kitei

3rd Kyu (green belt)

Chukyu Ki Exam
Waza
Nikyo waza
Kotegaeshi waza
Sankyo waza
Tekubi furi waza
Sayu waza
Sayu choyaku waza
Techniques
Katatori ikkyo katameru (irimi & tenkan)
Katatori nikyo katameru (irimi & tenkan)
Katatori sankyo katameru (irimi & tenkan)
Katatori yonkyo katameru (irimi & tenkan)
Yokomenuchi (2 arts)
Ryotetori (2 arts)
Bokken tori (2 arts)
Tanto tori (2 arts)
Jo tori (2 arts)
Jo nage (2 arts)
Taigi arts
No. 25 (Bokken part 1)
No. 27 (Jo part 1)
No. 1
Randori
One minute, at least five arts:
Katatetori

2nd Kyu (blue belt – hakama)

Waza
Zenshin koshin waza
Ushirotori waza
Ushirotekubitori zenshin waza
Ushirotekubitori koshin waza
Techniques
Katatori ikkyo katameru (irimi & tenkan)
Katatori nikyo katameru (irimi & tenkan)

Katatori sankyo katameru (irimi & tenkan)
Katatori yonkyo katameru (irimi & tenkan)
Ushirotori kokyunage
Ushirotekubitori zenponage
Ushirotekubitori ikkyo katameru
Ushirotekubitori kotegaeshi
Ushirotekubitori kubishime sankyonage
Bokken tori (3 arts)
Tanto tori (3 arts)
Jo tori (3 arts)
Jo nage (3 arts)
Taigi Arts
No. 25 (Bokken part 1)
No. 27 (Jo part 1)
No. 2
No. 3
No. 8
Randori
One minute, at least five arts:
Yokomenuchi
Ushirotekubitori

1st Kyu (brown belt)

Jokyu Ki Exam
Techniques
Munetsuki kokyunage (zenpo nage)
Munetsuki kokyunage (sudori)
Munetsuki kotegaeshi
Munetsuki kaiten nage
Munetsuki ikkyo katameru
Yokomenuchi kotegaeshi (circle)
Yokomenuchi kokyunage (circle)
Yokomenuchi kirikaeshi
Futari ryotemochi zenpo nage
Futari ryotemochi senaka awase
Futari ryotemochi seiretsu
Futari ryotemochi shihonage
Bokken tori (4 arts)
Tanto tori (4 arts)
Jo tori (4 arts)
Jo nage (4 arts)
Taigi arts
No. 25 (Bokken part 1)
No. 26 (Bokken part 2)
No. 27 (Jo part 1)
No. 28 (Jo part 2)
No. 9
No. 17
Randori
One minute, at least five arts:
Shomenuchi
Munetsuki
Sanningake
Aikido dan gradings

Each randori lasts one minute and nage must demonstrate at least five arts.
There are two ukes for all randori except tanto tori, bokken tori and jo tori. In tanto tori, bokken tori and jo tori there is one uke only and uke must attack shomenuchi, yokomenuchi and munetsuki.

Shodan
Randori
Katatetori
Ryotemochi
Ryotedori
Yokomenuchi
Ushirotekubitori
Shomenuchi
Munetsuki

Bokken tori
Tanto tori
Jo tori
Jo nage
Taigi arts
No. 25 (Bokken part 1)
No. 26 (Bokken part 2)
No. 27 (Jo part 1)
No. 28 (Jo part 2)
Yoningake

Nidan
Randori
Katatetori
Ryotemochi
Ryotetori
Yokomenuchi
Ushirotekubitori
Shomenuchi
Munetsuki.
Bokken tori
Tanto tori
Jo tori
Jo nage

Taigi arts
No. 25 (Bokken part 1)
No. 26 (Bokken part 2)
No. 27 (Jo part 1)
No. 28 (Jo part 2)
Goningake

Sandan
Randori
Katatetori
Ryotetori
Katatori
Yokomenuchi
Ushirotekubitori
Shomenuchi
Munetsuki
Bokken tori
Tanto tori
Jo tori
Jo nage

Taigi arts
No. 25 (Bokken part 1)
No. 26 (Bokken part 2)
No. 27 (Jo part 1)
No. 28 (Jo part 2)
No. 10
No. 19
No. 20
Goningake
Included in Taigi 20.

Ki examinations
Shokyu
Standing
Unbendable arm
Thrusting out arm with weight underside
Sitting seiza
Sitting seiza and standing up
Breathing exercise

Chukyu
Standing
Unbendable arm
Thrusting out arm with weight underside
Sitting seiza
Sitting seiza and standing up
Breathing exercise
Sitting cross-legged
a) while being pushed from behind
b) while being raised by one knee
Thrusting out wrist
Bending backwards
Stooping
Unraisable body
Jokyu
Standing
Unbendable arm
Thrusting out arm with weight underside
Sitting seiza
Sitting seiza and standing up
Breathing exercise
Sitting cross-legged
a) while being pushed from behind
b) while being raised by one knee
Thrusting out wrist
Bending backwards
Stooping
Unraisable body
Leaning backwards on a partner
Leaning forward on a partner
Thrusting out hand and raising leg
Swinging up both arms
Walking forward when being held
Sitting cross-legged and holding the examiner's arms from underneath