

15th Kyu	14th Kyu	13th Kyu	12th Kyu	11th Kyu
Ryote Tori Seiza Kokyu Ho	Ryote Tori Tenshi Nage	Katate Tori Irimi Nage	Ai Hamni Katate Tori Udekime Nage	Shomen Uchi Ikkyo
Ai Hanmi Katate Tori Ikkyo	Ai Hanmi Katate Tori Irimi Nage	Ai Hamni Katate Tori Shihonage	Shomen Uchi Irimi Nage	Katate Tori Sokumen Irimi Nage
Suwari Mae Ukemi	Suwari Ushiro Ukemi	Shikko Ushiro	Shikko Kaiten	Ki No Nagari Tachi Mae Ukemi
Tenkan	Shikko Mae	Tachi Mae Ukemi	Tachi Ushiro Ukemi	Jiyuwaza Tori
Irimi Tenkan	Zanshin	Mei Keiko	Zanshin 2	Kokoro
Kaiten	Ki 1	Hei Shin	Ma Ai 1	Hei Shin 2
Tae no Henko	Sempai/Kohai 1	Ai 2	Takemusu Aiki 1	Ai 3
Sempai/Kohai 1	Seiza	Ki 2	Seiza	Sempai/Kohai 3
Ai 1	Rei	Seiza	Rei	Seiza
Seiza		Rei		Rei
Rei				
10th Kyu	9th Kyu	8th Kyu-1	7th Kyu	
Katate Tori Kotegaeshi	Yokomen Uchi Shihonage	Ushiro Ryote Tori Juji Garami	Suwari Waza Shomen Uchi Ikkyo	
Katate Tori Shihonage	Ushiro Ryote Tori Ikkyo	Yokomen Uchi Ikkyo	Yokomen Uchi Kotegaeshi	
Ki No Nagari Tachi Ushiro Ukemi	Jodan Ukemi 1	Jodan Ukemi 2	Jodan Ukemi 3	
Jiyuwaza Uchi	Futaridori	Sannindori	Randori	
Shoshin	Kokoro 2	Hei Shin 3	Irimi Tenkan	
Kokyu	Ki 4	Ki Ai 2	Shoshin 2	
Sempai/Kohai 4	Ai 4	Ma Ai 2	Kokyu 2	
Ki 3	Musubi 1	Musubi 2	Sempai	
Seiza	Seiza	Seiza	Takemusu Aiki 2	
Rei	Rei	Rei	Seiza	
			Rei	

Rei		Bows into Dojo, and onto Tatamis
Seiza	1	1. Sits Quietly, with Focus
	2	Sits Quietly, with Focus and Straight
Sempai/Kohai	1	Listens to Senior Students
	2	Helps Newer Students
	3	Helps Other Students Without Being Asked
	4	Teaches Techniques in Front of Class
	5	Inspires, Supports, Encourages
Ai	1	Shows Empathy, Kindness
	2	Displays Caring and Concern, Empathy
	3	Shows Real Caring for Other Students
	4	Lovingly Protects All Attackers and Self
Zanshin	1	Focus, Awareness Attention
	2	Shows Greater Focus, Awareness
Ki	1	Brings Good Energy To All Partners
	2	Takes Initiative, Self-Motivates, Motivates Others
	3	Brings Good Attitude, Energy; Inspires Others
	4	Shows Vitality, Enthusiasm, Engagement
Mei Keiko		Watches and Observes Well What Is Shown

Hei Shin	1	Returns to a Calm Mind and Body Again and
	2	Shows Increased Calm and Centeredness
Ki Ai	1	Finds and Expresses Personal Power
	2	Expresses Appropriate Power
	3	Maintains Calm, Center Even Under Stress
Ma Ai	1	Holds Own Space, Respects Other's Space
	2	Shows Good Understanding of 'Proper Distance'
Takemusu Aiki	1	Allows Creativity and Flow, Adaptability
	2	Allows 'Infinite Creativity' to Flow Through
Kokoro	1	Takes Risks, Tries New Ways of Moving and
	2	Exhibits Persistence and Dedication
Shoshin	1	Keeps 'Beginner's Mind', Each Moment New
	2	Has 'Beginner's Mind', Continues to Learn
Kokyu	1	Unifies Breath, Body, Mind in Movement
	2	Moves Breath, Body, Mind As One
Musubi	1	Demonstrates Ability to Blend, Connect Deeply
	2	Uses Connection to Make Peace in Movement