

KOKIKAI TEST REQUIREMENTS

Shuji Maruyama, President and Founder

Kokikai Basic Principles

- 1) Keep One Point to Develop Calmness
- 2) Relax Progressively
- 3) Correct Posture
- 4) Positive Mind

There are endless possibilities of techniques in Kokikai. This list of test requirements lists them in simple terms for clarity.

Ki Test: When *ki* testing your student it is important to keep a neutral mind. The person conducting the testing must be correct in stance and aware of Kokikai Basic Principles to qualify to test another student.

KI TESTS

- coordination
 - Seiza with mind/body
- mind/body coordination
 - Standing posture with
- mind/body coordination
 - Unbendable arm with
- mind/body coordination
 - Ushiro Ukemi with
- stability
 - Any Ki exercise – Testing
- (agura) and being pushed from behind
 - Sitting Cross legged

KOKIKAI TEST REQUIREMENTS
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6TH KYU \$60

Minimum
Requirements

2 months/16 practice hours

Passbook

Be prepared to present passbook

Ki Tests

See first page

Techniques

Katate-Tori shiho nage irimi

Katate kosa-dori kokyu-nage
(cross hand Grab)

Kao-Tsuki kotegaeshi
(face punch)

Ushiro kubishime kokyu-nage

Passbook

Promotion recorded by Instructor

KOKIKAI TEST REQUIREMENTS
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5th KYU \$60

Minimum
Requirements

3 months since last test/
26 practice hours

Passbook

Be prepared to present passbook

Ki Tests

See first page

Techniques

All Previous Test Techniques

Kata-Tori ikkyo Irimi
(static)

Mune-Tsuki Kotegaeshi
(Chest Punch)

Yokomen-Uchi shiho-Nage Irimi

Shomen-Uchi Kokyu-nage

Ukemi exercise

Passbook

Promotion recorded by Instructor

KOKIKAI TEST REQUIREMENTS
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	4th KYU	\$80
Minimum Requirements	5 months since last test/ 44 practice hours	
Passbook	Be prepared to present passbook	
<i>Ki</i> Test	See first page	
Techniques	All Previous Test Techniques	
	Kata-Tori Nikkyo (static)	
	Mune-Tori kokyu-nage (Chest Grab Pull)	
	Yokomen-uchi Kokyu-Nage (close in, like Shomen-uchi)	
Kick	Mae-Geri (front kick) Kokyu-Nage	
Freestyle	1 Uke	
Passbook	Promotion recorded by Instructor	

KOKIKAI TEST REQUIREMENTS
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	3rd KYU	\$80
Minimum Requirements	7 months since last test 62 practice hours	
Passbook	Be prepared to present passbook	
<i>Ki</i> Tests	See first page	
Techniques	All Previous Test Techniques	
	Mune-Tsuki Kokyunage (Chest Punch short distance)	
	Ushiro Kubishime Sankyo	
	Ushiro Tekubi-Tori Kokyu-Nage Large Forward Ukemi (grabbing both wrists from behind)	
	Mune-Tsuki Kaiten-nage (Chest Punch)	
Kick	Mawashi-Geri Kokyu-Nage (Roundhouse Kick)	
Freestyle	2 Uke	
Passbook	Promotion recorded by Instructor	

KOKIKAI TEST REQUIREMENTS
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2nd KYU \$100

Minimum
Requirements

9 months since last test
72 practice hours

Passbook

Be prepared to present passbook

Ki Test

See first page

Techniques

All Previous Test Techniques (optional)

Anything Against

Shomen-Uchi

Yokomen-Uchi

Tsuki (Kao/Mune)

Ushiro Tekubi-Tori

Keri

Freestyle

3 Ukes

Passbook

Promotion recorded by Instructor

KOKIKAI TEST REQUIREMENTS
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1st KYU \$100

Minimum Requirements	10 months since last test 88 practice hours
<i>Ki</i> Test	See first page
Techniques	All Previous Test Techniques (optional)
Anything Against	Shomen-Uchi Yokomen-Uchi Tsuki (Kao/Mune) Keri Mune-Tori (one arm) Ushiro Kata Tori, Hiji Tori, Tekubi Tori (Shoulders, elbows, wrists) Katate Ryote-Tori (two hands grabbing one wrist)
Any Techniques	Against Keri
Freestyle	4 Uke
Passbook	Promotion recorded by Instructor

KOKIKAI TEST REQUIREMENTS
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	SHODAN	\$200
Minimum Requirements	12 months since last test 104 practice hours	
Ki Test	See first page	
Essay/Photo	“From your experience, how does Kokikai benefit you in your daily life?” 2 pages/2 copies/2 photos of student	
Techniques	All Previous Test Techniques (optional)	
Anything Against	Shomen-Uchi Yokomen-Uchi Tsuki (Kao/Mune) Keri Ushiro Kata Tori, Hiji Tori, Tekubi Tori (Shoulders, elbows, wrists) Katate Ryote-Tori Full nelson	
Weapons	Tanto-Tori (various knife attacks) Bokken Kata #1	
Freestyle	5 uke	
Passbook stamp	Promotion recorded with Stamp	

KOKIKAI TEST REQUIREMENTS

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	NIDAN	\$300
Minimum Requirements	24 months since last test 212 practice hours	
<i>Ki</i> Test	See first page	
Techniques	All Previous Test Techniques (optional)	
Anything Against	Shomen-Uchi Yokomen-Uchi Tsuki (Kao/Mune) Keri Katate Ryote-Tori Ryote-Tori (2 on 1, throw orange belt) Ushiro Kubishime Ushiro Kata Tori, Hiji Tori, Tekubi Tori (Shoulders, elbows, wrists) Ryote-Tori, two attackers	
Weapons	Bokken-Tori Bokken Kata #2	
Freestyle	5 Uke	
Passbook	Promotion recorded with stamp	

KOKIKAI TEST REQUIREMENTS
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SANDAN \$400

Minimum
Requirements

48 months
424 practice hours

Ki Test

See first page

Anything Against

Shomen-Uchi

Yokomen-Uchi

Tsuki (Kao/Mune)

Keri

Katate Ryote-Tori

Ryote-Tori (2 on 1, throw orange belt)

Mune-Tori (1 and 2 arm)

Weapons

Jo Tori

Jo Kata #1 and #2

Freestyle

5 Uke

Passbook
stamp

Promotion recorded with stamp