

## The Signification of Aikido Examination

In the field of Aikido , we use the word of “Examination” but not “Test”.

We need to fill in the Exam form before taking part in the Examination (Xinsa) and in the right side of the form, there are two items of “Xin/Gi/Tai” and “Practice Situation”.

**Xin:** We regard “xin” as an attitude to Aikido. Including practicing seriously ,peacefully and actively, as well as complying with the Dojo’s etiquette and rule.

**Gi/Waza:** It means techniques and skills. In Aikido, we need to make progress both on attack(Tori) and defend (Uke) ,which is including to master a good basic on the skill pattern of attack(Tori) and to do the defend(Uke) safely and swiftly.

**Tai:** We hope that we can bring up a correct posture and a healthy body through practicing Aikido.

**Practice(Keiko) Situation :** Practicing constantly and actively leads to an excellent practice situation .It could not make progress if his or her practice attitude was always irregular.

On general, the Instructors (the examinant committee) will elect the candidate who is qualified to participate in the examination according to the four aspects mentioned above.

Therefore, for the kyu and Dan grading , we use the word of “Examination”.

On the surface, everyone whose practice hours or Aikido technique achieves the standard requirement can take the examination and pass it, however, if he does not reach the requirements of the four aspects, we do not think he will make success in the examination even if he has enough practice hours or he do does a good defend (Tori) and attack(Uke) when taking the exam.

As the usual practice is important as same as the performance in the examination, therefore, she or he is not able to pass the exam without an excellent usual practice.

Additionally, Shanghai International Aikido Club is an Aikido Dojo that authorized by the Aikikai headquarters in Japan.

If someone is insist on his own technique, or some other genre, even some other martial arts, which would not be approbated by the our examinant committee in Aikido Kyu and Dan grading.

Wish our Aikido practice can be persistent and wish we can improve our Aikido technique step by step.