

TESTING PROCEDURE

Aikido Centers of New Jersey

(as of 6/1/11)

If you are considering testing -

Phase 1 – Practice, Practice, Practice. (“Practice for this test so you can test next time”)

- Read your copy of *The Aikido Student Handbook*.
- Read “*Testing for Aikido Rank*” (on the back of the *Test Requirements* sheet) and take it to heart.

Phase 2 – Seek guidance from a variety of instructors and seniors (sempai).

Phase 3 – Ask an instructor* for their evaluation and ask them to fill out an **Evaluation Form** for you.

Phase 4 – If their evaluation is positive, you may fill out the **Test Application** and ask them if they would sign it when you have completed it in full—noting seminars and total classes attended. Submit both the **Evaluation Form** and **Test Application** directly to your dojo’s senior instructor:

EH - Scott Riotto C - Jeff Londono N - Vivian Rioux M - Tim Vazquez S - Lawrence Holmes L - Christian Recknagel RE - Ken Freiberg

Phase 5 – If you test do not be discouraged if you do not pass right away. If you do pass, apply for a humility certificate and then...

Phase 6 – Practice, Practice, Practice.

Questions to ask yourself when considering going for testing -

- Have you read and taken to heart “**Testing for Aikido Rank**”? (on the back of the **Test Requirement** sheets)
- Can you clearly perform the required techniques and ukemi with consistency and confidence or are you still working on them?
- Have you supported the seminars the dojo has sponsored?
- Do you have your ACNJ Membership Book (with your photo!) with verification of those seminars?
- Have you asked seniors to help you with the required techniques? Do they feel you will pass?
- Is your conditioning such that you can perform the test “back-to-back”?
(The actual test requires two people testing for the same rank to test as partners with one performing all of the required techniques and then switching roles with the other—taking ukemi while the other demonstrates all the required techniques. Physical limitations should be brought to the attention of Scott Riotto, ACNJ Testing Coordinator.)

If you answered YES to all of the above and receive sponsorship from an authorized instructor, then you may complete the **Test Application** on the other side and submit it along with the test fee (\$50 for kyu ranks) to your dojo’s senior instructor (*see above*) at least 1 month prior to the test.

Testing or not, simply enjoy your training and keep growing!

EVALUATIONS – An evaluation can be conducted informally at your home dojo by an ACNJ instructor at their convenience by completing the **Evaluation Form** on the back of the **Test Application**. The evaluation determines if you can apply for testing.

TESTS – Conducted two or three time a year. This is formal testing where applicants demonstrate that they are consistently proficient at the rank’s required level of ability. All ACNJ members are encouraged to attend all Tests to show their support and appreciation for their fellow students and to participate in and add to the spirit of all our ACNJ dojos.

*See other side “**Instructors and Their Role Regarding Your Training and Testing**” for a current list of ACNJ instructors.