

# Orange County Ki Society

## Adult Ki - Promotional Criteria



Revised 06/14/2018

Rank	Age	Required Hours	Unification of Mind and Body	Toitsu Taiso (Exercises for Health)
Shokyu	Over 10 years old	Over 24 hours of training after starting	<ol style="list-style-type: none"> <li>1. Standing with mind and body unified</li> <li>2. Unbendable arm</li> <li>3. Thrusting out one hand with its weight underside</li> <li>4. Sitting Seiza</li> <li>5. Sitting down and standing up</li> <li>6. Breathing exercise</li> </ol>	<ul style="list-style-type: none"> <li>* Instructor calls out the count.</li> <li>* Must be done correctly in proper sequence, 2 sets of 8 each.</li> <li>* If the examinee makes a mistake, the examiner calls out "stop" and performs a Ki test there, otherwise not.</li> </ul>
Chukyu	Over 13 years old	Have 24 hours of training since obtaining Shokyu	(Shokyu 1-6 plus:) <ol style="list-style-type: none"> <li>7. Sitting cross-legged                             <ol style="list-style-type: none"> <li>(a) while being pushed from behind</li> <li>(b) while being raised by one knee</li> </ol> </li> <li>8. Thrusting out one hand while being pushed by the wrist</li> <li>9. Bending backward</li> <li>10. Stooping</li> <li>11. Unraisable body</li> </ol>	(same as Shokyu, but) <ul style="list-style-type: none"> <li>* Must keep pace with the instructor's count, proper rhythm.</li> </ul>
Jokyu	Over 15 years old	Have 48 hours of training since obtaining Chukyu	(Chukyu 1-11 plus:) <ol style="list-style-type: none"> <li>12. Leaning on a partner                             <ol style="list-style-type: none"> <li>(a) backward</li> <li>(b) forward</li> </ol> </li> <li>13. Thrusting out one hand and raising one leg</li> <li>14. Holding up both hands</li> <li>15. Walking forward when being held</li> <li>16. Sitting cross-legged while holding both hands of the examiner from underneath with both hands while being pushed by the shoulders</li> </ol>	(same as Chukyu, but) <ul style="list-style-type: none"> <li>* The examinee calls out the count.</li> </ul>
Shoden	Over 18 years old	Have at least 2 years of training since obtaining Jokyu	Test Criteria are the same as for Jokyu, but with stronger Ki and more strict standards.	
Chuden	Over 30 years old	Special permission	Same as Shoden, but stricter still.	
Joden		Special permission	Same as Chuden, but stricter still.	
Okuden	Over 35 years old	Special permission	Must receive special training and must attend training camps.	
Kaiden		Special permission	Must receive special training and must attend training camps.	