

Southern Cal Ki Society – Shin Shin Toitsu Do – Criteria for Examination

Shokyu (Perform the first test for all exercises)
Over 10 years of age

Unification of Mind and Body

- Standing
- Unbendable arm
- Thrusting out one hand with its weight underside
- Sitting Seiza
- Sitting down and standing up
- Breathing exercise (last for all tests)

Chukyu (Perform the second test for all exercises)
Over 24 hours of training after earning Shokyu
Over 13 years of age

Unification of Mind and Body

- Sitting cross-legged
- while being pushed from behind
- while being raised by one knee
- Thrusting out one hand while being pushed by the wrist
- Bending backward
- Stooping
- Unraisable body
- Oneness Rhythm Exercise (Group)**

Jokyu (Perform the third test for all exercises)
Over 48 hours of training after earning Chukyu
Over 15 years of age

Unification of Mind and Body

- Leaning
- backward on a partner
- forward on a partner
- Thrusting out one hand and raising one leg
- Holding up both hands
- Walking forward while being held from behind
- Sitting cross-legged while holding both hands of the examiner from underneath while being pushed by the shoulders
- Oneness Rhythm Exercise (Hitori)**

Examiners Notes:

Name:

Date:

Examiner: