

Continuing Training Requirements

- 1- Shodan Ho, and above, are required to attend continuing development requirement training, as outlined by Sentou Ryu Aiki Heiho, and the International Martial Arts Ranks Association.
- 2- Specific requirements per art may vary, but the following is the general requirements for members.
- 3- Attend a **minimum** of **8 hours** of black belt training seminars with the Kaicho, executive board member(s) or chief examiner. Each of these blocks of instruction will be a **minimum** of **4** training hours. These blocks of instruction are scheduled approximately every 6 weeks of the calendar year.
- 4- Attend a **minimum** of **ONE** of the two yearly organizational training seminars offered by the organization. Example- ICAJF Spring Fling, Ryukyukai summer training camp, etc. These blocks of instruction will be a **minimum** of **4** training hours.
- 5- Ranking of **Godan**, and above, must fulfill additional requirement of attending **ONE** additional training event outside of the above outlined criteria. This training can be provided by any reputable organization, or federation. Suggested length of training block is a **minimum** of **4** hours.