

AIKIKAI

KYU PROMOTION TEST REQUIREMENTS

5th Kyu (80 days)*

T	Katatetori	Shihonage
T	Katatetori	Kaitennage
T	Ryotetori	Tenchinage
T	Munetsuki	Kotegaeshi
T	Shomenuchi	Iriminage
TS	Shomenuchi	Ikkyo
S	Ryotetori	Kokyuhō

4th Kyu (100 days)*

TS	Shomenuchi	Ikkyo
TS	Shomenuchi	Nikyo
TS	Katatori	Ikkyo
TS	Katatori	Nikyo
T	Munetsuki	Kotegaeshi
T	Shomenuchi	Kotegaeshi
T	Munetsuki	Iriminage
T	Shomenuchi	Iriminage
T	Shomenuchi	Shihonage
T	Yokomenuchi	Shihonage
S	Ryotetori	Kokyuhō

3rd Kyu (125 days)*

T	Ushiro Ryotetori	Ikkyo
T	Ushiro Ryotetori	Nikyo
TS	Shomenuchi	Sankyo
TS	Shomenuchi	Yonkyo
TS	Katatori	Sankyo
TS	Katatori	Yonkyo
T	Morotetori	Iriminage
T	Yokomenuchi	Iriminage
T	Shomenuchi	Iriminage
T	Shomenuchi	Kaitennage
T	Munetsuki	Kaitennage
T	Ushiro Ryotetori	Shihonage
H	Katatetori	Shihonage
J	Katatetori	3 techniques
S	Ryotetori	Kokyuhō

2nd Kyu (150 days)*

H	Ushiro Katatori	Sankyo
T	Ushiro Ryotetori	Sankyo
T	Ushiro Ryotetori	Yonkyo
T	Shomenuchi	Gokyo
T	Yokomenuchi	Gokyo
T	Katatetori	Kotegaeshi
TH	Yokomenuchi	Kotegaeshi
TH	Shomenuchi	Iriminage
T	Katatetori	Iriminage
T	Ushiro Ryotetori	Iriminage
T	Ryokatatori	Jujinage
T	Ushiro Ryotetori	Jujinage
T	Shomenuchi	Koshinage
T	Ushiro Ryotetori	Koshinage
T	Shomenuchi	Shihonage
T	Ushiro Ryotetori	Shihonage
J	Shomenuchi	3 techniques
J	Ryotetori	3 techniques
T	Morotetori	Kokyuhō
S	Ryotetori	Kokyuhō

1st Kyu (200 days)*

TS	Shomenuchi	Ikkyo
TS	Shomenuchi	Nikyo
TS	Shomenuchi	Sankyo
T	Shomenuchi	Yonkyo
T	Yokomenuchi	Gokyo
T	Katatetori	3 Nage
T	Ryotetori	3 Nage
T	Morotetori	3 Nage
T	Munetsuki	3 Nage
T	Yokomenuchi	3 Nage
T	Shomenuchi	3 Nage
T	Ushiro Ryotetori	3 Nage
H	Katatetori	Shihonage
H	Tsuki	Kaitennage
T	Tantotori	3 techniques
J	Yokomenuchi	3 techniques
J	Tsuki	3 techniques
J	Ushiro	3 techniques
T	Morotetori	Kokyuhō
S	Ryotetori	Kokyuhō

T-Tachi Waza S-Suwari Waza H-Hanmi Handachi J-Jyu Waza
 OMOTE and URA shall be applied as called for.
 (days)* -Number of training days required after attaining previous rank.

AIKIKAI DAN PROMOTION TEST REQUIREMENTS

SHODAN (1ST DEGREE BLACK BELT) 400 DAYS*

- Katatori Menuchi - 4 techniques
 - ShomenUchi - 4 techniques
 - YokomenUchi - 4 techniques
 - MuneTsuki - 4 techniques
 - KatateTori - 4 techniques
 - RyoteTori - 4 techniques
 - MoroteTori - 4 techniques
 - UshiroRyoteTori - 4 techniques
 - H) KatateTori - 3 techniques
 - H) UshiroTori - 3 techniques
 - S) ShomenUchi Ikkyo, Nikyo, Sankyo, Yonkyo
 - TantoTori - 3 techniques
 - TachiTori - 3 techniques
 - JoTori - 3 techniques
 - Henka Waza - 3 techniques
 - Jyu Waza (RyokataTori) - 3 persons Uke
- Other requirements to be determined at time of the exam.

NIDAN (2ND DEGREE BLACK BELT) 600 DAYS*

- Attended 2 Aikikai seminars per year after SHODAN promotion.
To the following attack forms: KatateTori, ShomenUchi, YokomenUchi,
MuneTsuki, MoroteTori & UshiroRyoteTori
Apply one of each technique: Iriminage, Kotegaeshi, Shihonage, Kaitennage,
Jujinage, Koshinage, & Ikkyo
- H) ShomenUchi - 3 techniques
 - S) ShomenUchi - 3 techniques
 - TantoTori - 3 techniques
 - TachiTori - 3 techniques
 - JoTori - 3 techniques
 - Kaeshi Waza - 3 techniques
 - Jyu Waza (RyokataTori) - 4 persons Uke
- Essay related to your thoughts on Aikido.
Other requirements to be determined by examiner at time of the exam.

SANDAN (3RD DEGREE BLACK BELT) 700 DAYS*

- Attended 3 Aikikai seminars per year after NIDAN promotion.
ALL of NIDAN test requirements, with:
Jyu Waza (RyokataTori) - 5 persons Uke
Essay related to your thoughts on Aikido.
Other requirements to be determined by examiner at time of the exam.

Yudansha Book and Essay shall be submitted before Dan exam.

DAYS* Number of Training Days Required After Attaining Previous Promotion.

H) - Hanmi Handachi S) - Suwari Waza