

# Dan Promotion Test Requirements

January 2014

<b>Shodan</b>	Minimum of 80 days of practice after 1 kyu and 16 years of age or older.
Ken	Suburi, Kirikaeshi, Tsuki-no-bu (tachiwaza, zagi) Ashino-fumikae-no-bu (tachiwaza) Ken-no-awase (7) Kimusubi no tachi (1)
Jo	Tsuki, Men, Katate, Hasso, Nagare-no-bu (left and right hanmi) 22-no-jo (left hanmi) Basic-movements forward and backward (left and right hanmi): Tsuki, Men, Katate-no-bu Jo-no-awase (8)
Tachi waza	<b>Katadori-menuchi</b> Ikkyo~Yonkyo, Iriminage, Kotegaeshi (2 ways for each), Shihonage (1 way) <b>Tsuki (chudan)</b> Iriminage, Kotegeshi, Kaitennage (uchi, soto-kaiten) Koshinage <b>Ushiro-ryokatadori</b> Iriminage, Aikiotoshi, Sankyo <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Jyujigaraminage, Udegarami
Hanmi- Handachi	<b>Yokomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi, Kaitennage (uchi, soto-kaiten) <b>Katatedori</b> Shihonage, Iriminage <b>Ushiro-katatedori-kubijime</b> Sankyonage
Zagi	<b>Ryotedori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage <b>Shomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage Zagi-kokyuho (3 ways)
Jiyu-waza	<b>Katate-ryotedori Shomen-uchi Ushiro-ryotedori Tsuki</b>
<b>2nd Dan</b>	Minimum of two years after shodan and more than 200 days of practice.
Ken	Kumi-tachi (5), Including Shodan waza
Jo	Basic-movements forward and backward (left and right): Tsuki, Men, Katate, Hasso, Nagare-no-bu Kumi-jo (7), 31-no-jo (left and right)
Renzoku-waza (one technique to another)	from <b>Tsuki-Nikyo-ura</b> to Kotegaeshi, Iriminage, Shihonage from <b>Yokomen-uchi-Sankyo-ura</b> to Jiyu (free) from <b>Shomen-uchi-Ikkyo-gaeshi</b> to Jiyu (free)
Tanto dori	<b>Yokomen-uchi, Tsuki</b> (2 ways for each) <b>Shomen-uchi</b> Iriminage, Gokyo
Kaeshi waza (reverse technique)	from <b>Shomen-uchi-Ikkyo-omote</b> to Iriminage, Kotegaeshi, Ikkyo from <b>Gyakuhanmi-katatedori-Nikyo-ura</b> to Iriminage, Nikkyo, Sankyo from <b>Tsuki-Kotegaeshi</b> to Iriminage, Shihonage, Kotegaeshi
Tachi waza	<b>Ryokatadori</b> Ikkyo~Yonkyo, Iriminage <b>Tsuki (jodan)</b> Ikkyo~Yonkyo, Kotegaeshi, Shihonage, Kaitennage, Kaiten-osae, Udegarami <b>Ushiro-ryohijidori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage
Hanmi- Handachi	<b>Yokomen-uchi</b> Ikkyo~Yonkyo, Iriminage, Shihonage <b>Ushiro-ryokatadori</b> Ikkyo~Yonkyo, Kokyunage, Kotegaeshi <b>Katate-ryotedori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage
Zagi	<b>Katadori</b> Ikkyo~Yonkyo, Iriminage <b>Tsuki</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (Free style against 2 attackers)
<b>3rd Dan</b>	Minimum of 3 years after 2 <sup>nd</sup> dan and more than 300 days of practice
Ken	Kumitachi-henka (Ken-no-ri) Including Shodan and 2 <sup>nd</sup> dan waza
Jo	13-no-jo-awase 31-no-jo-awase Including Shodan and 2 <sup>nd</sup> dan waza
Henka-oyou waza	<b>Munadori (twisted grab)</b> Ikkyo~Yonkyo, Ashidori <b>Katate-ryotedori</b> Kokyuho (basic, elbow lifted-up, twisted grab) <b>Ushiro-ryotedori (wrists lifted-up)</b> Iriminage, Ikkyo
Kaeshi waza	from <b>Shihonage</b> , from <b>Sankyo-ura</b> (3 ways for each) from <b>Iriminage</b> to Iriminage (2 ways), Sankyo, Kaitennage
Tanto dori	<b>Shomen-uchi, Yokomen-uchi</b> (3 ways for each), <b>Tsuki</b> Kotegaeshi, Sankyo, Koshinage <b>Katadori point from front, Ushiro-eridori point from behind</b> (2 ways for each)
Tachi dori	<b>Shomen-uchi, Yokomen-uchi</b> (3 ways for each), <b>Tsuki</b> (one way)
Jo dori	<b>Tsuki</b> (3 ways), <b>Motasete</b> (let opponent take jo) (5 ways)
Tachi waza	<b>Katate-ryotedori</b> Iriminage, Shihonage (3 ways for each), Jiyu (free) <b>Tsuki (chudan)</b> Sankyo, Yonkyo, Iriminage (2 ways for each), Jiyu (free) <b>Ushiro-katatedori-kubijime</b> Koshinage (3 ways)
Hanmi- Handachi	<b>Shomen-uchi</b> Jiyu (free) <b>Katatedori</b> Jiyu (free)
Zagi	<b>Tsuki</b> Jiyu (free) <b>Yokomen-uchi</b> Jiyu (free)
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style against 3 attackers)
<b>4th Dan</b>	Minimum 4 years after 3 <sup>rd</sup> Dan and more than 300 days of practice.
	Including 2 <sup>nd</sup> dan and 3 <sup>rd</sup> dan waza
Ken	Kumitachi-henka (Tai-no-ri)
Jo	Shin-kumi-jo (10)
Essay (1) or (2)	(1) "How to teach Aikido to beginners" (2) "What have you gotten from your Aikido practice?"

Note:

- (1) An examinee and his/her *uke* must prepare their own *ken*, *jo*, and *tanto* for the test.
- (2) An examinee must arrive to the test site 30 minutes before the test. Those who come late will not be allowed to take a test.
- (3) Those who wishing to take a test for *shodan* or above must get a permission from his/her instructor.
- (4) Those who taking a test for 2<sup>nd</sup> dan or above must participate in a demonstration, a seminar, or a camp, prior to the test.
- (5) Those who failed a test for 2<sup>nd</sup> dan or above must have one year interval before taking a test again.