

Dan Promotion Test Requirements

January 2016

Shodan	Minimum of 5 months after 1 kyu and 80 days of practice and 16 years of age or older.
Ken	Ken-no-awase (7)
Jo	Jo-no-awase (8) 31-no-jo (left hanmi)
Tachi waza	Katadori-menuchi Ikkyo~Yonkyo, Iriminage, Kotegaeshi (2 ways for each), Shihonage (1 way) Tsuki (chudan) Iriminage, Kotegeshi, Kaitennage (uchi, soto-kaiten) Koshinage Ushiro-ryokatadori Iriminage, Aikiotoshi, Sankyo Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Jyujigaraminage, Udegarami
Hanmi-Handachi	Yokomen-uchi Ikkyo~Yonkyo, Kotegaeshi Katatedori Shihonage, Iriminage Ushiro-katatedori-kubijime Sankyonage
Zagi	Ryotedori Ikkyo~Yonkyo, Kotegaeshi, Iriminage Shomen-uchi Ikkyo~Yonkyo, Kotegaeshi, Iriminage Zagi-kokyuho (3 ways)
Jiyu-waza	Katate-ryotedori Shomen-uchi Ushiro-ryotedori Tsuki
2nd Dan	Minimum of 2 years after shodan and more than 200 days of practice.
Ken	Kumi-tachi (5), Kimusubi-no-tachi (1)
Jo	Basic movements forward and backward (left and right): Tsuki, Men, Katate, Hasso, Nagare-no-bu Kumi-jo (7), 22-no-jo (left hanmi)
Renzoku-waza (one technique to another)	from Tsuki-Nikyo-ura to Kotegaeshi, Iriminage, Shihonage from Yokomen-uchi-Sankyo-ura to Jiyu (free) from Shomen-uchi-Ikkyo-gaeshi to Jiyu (free)
Tanto dori	Yokomen-uchi, Tsuki (2 ways for each) Shomen-uchi Iriminage, Gokyo
Kaeshi waza (reverse technique)	from Shomen-uchi-Ikkyo-omote to Iriminage, Kotegaeshi, Ikkyo from Gyakuhanmi-katatedori-Nikyo-ura to Iriminage, Nikkyo, Sankyo from Tsuki-Kotegaeshi to Iriminage, Shihonage, Kotegaeshi
Tachi waza	Ryokatadori Ikkyo~Yonkyo, Iriminage Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage Tsuki (jodan) Jiyu (free)
Hanmi-Handachi	Ushiro-ryokatadori Ikkyo~Yonkyo, Kokyunage, Kotegaeshi Yokomen-uchi Jiyu (free)
Zagi	Katadori Ikkyo~Yonkyo, Iriminage Tsuki Jiyu (free)
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (free style with 2 ukes)
3rd Dan	Minimum of 3 years after 2 nd dan and more than 300 days of practice
Ken	Kumitachi-henka (Ken-no-ri), Shodan and 2 nd dan waza
Jo	13-no-jo-no-awase, 31-no-jo-no-awase, Shodan and 2 nd dan waza
Henka-oyou waza	Munadori (twisted grab) Ikkyo~Yonkyo, Ashidori Katate-ryotedori Kokyuho (basic, elbow lifted-up, twisted grab) Ushiro-ryotedori (wrists lifted-up) Iriminage, Ikkyo
Kaeshi waza	from Shihonage , from Sankyo-ura (3 ways for each) from Iriminage to Iriminage (2 ways), Sankyo, Kaitennage
Tanto dori	Shomen-uchi, Yokomen-uchi (3 ways for each), Tsuki Kotegaeshi, Sankyo, Koshinage Katadori point from front, Ushiro-eridori point from behind (2 ways for each)
Tachi dori	Shomen-uchi, Yokomen-uchi (3 ways for each), Tsuki (one way)
Jo dori	Tsuki (3 ways), Motasete (let opponent take jo) (5 ways)
Tachi waza	Katate-ryotedori Iriminage, Shihonage (3 ways for each), Jiyu (free) Ushiro-ryohijidori Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage Tsuki (chudan) Sankyo, Yonkyo, Iriminage (2 ways for each), Jiyu (free) Ushiro-katatedori-kubijime Koshinage (3 ways)
Hanmi-Handachi	Shomen-uchi Jiyu (free) Katatedori Ikkyo~Yonkyo, Iriminage, Shihonage
Zagi	Yokomen-uchi Jiyu (free) Tsuki Ikkyo~Yonkyo, Iriminage, Kotegaeshi,
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style with 3 ukes)
4th Dan	Minimum 4 years after 3 rd Dan and more than 300 days of practice.
	Including 2 nd dan and 3 rd dan waza
Ken	Kumitachi-henka (Tai-no-ri)
Jo	Shin-kumi-jo (10)
Yonin gake	Jiyu (free style with 4 ukes)
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 the test.
- (3) Those who wishing to take a test for *shodan* or above must declare the will to take a test to his/her instructor 3 months before to the test.
- (4) Those who taking a test for 2nd dan or above must participate in a demonstration, a seminar, or a camp, prior to the test.
- (5) Those who failed a test for 2nd dan or above must have one year interval before taking a test again.