

Dan Promotion Test Requirements

January, 2011

Shodan	Minimum of 80 days of practice after 1-Kyu and over 16 years of age.
Ken	Suburi , Kirikaeshi, and Tsuki-no-bu, (tachiwaza,zagi) Ashino-Fumikae-no-bu, (tachiwaza) Ken-no-Awase(7) Kimusubi no Tachi(1)
Jo	Tsuki, Men, Katate, Hasso and Nagare-no-bu(left and right hanmi) 22 no Jo (left hanmi) Basic-Movements Front and Back(left and right hanmi) :Tsuki, Men and Katate-no-bu, Jo-no-Awase(8)
Tachi waza	Katadori-Menuchi -Ikkyo ~ Yonkyo, Iriminage, Kotegaeshi (2 ways for each) , Shihonage(1way) Ryokatadori -Ikkyo ~ Yonkyo, Iriminage, Tsuki (chudan) Sankyo, Yonkyo, Iriminage, Koshinage Ushiro-Ryohijidori Ikkyo ~ Yonkyo, Kotegaeshi Ushiro-Ryokatadori Iriminage, Aikiotoshi Ushiro-Katatedori-Kubijime Jyujigaraminage, Koshinage, Udegarami
Hanmi-Handachi	Yokomen-uchi -Ikkyo ~ Yonkyo, Kotegaeshi, Kaitennage (uchi, sotokaiten) Katatedori -Shihonage, Iriminage Ushiro-Katatedori-Kubijime -Sankyonage
Zagi	Ryotedori -Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage Shomen-uchi Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage Zagi -Kokyuhō (3 ways)
Jiyu-waza	Katate-Ryotedori Shomen-uchi Ushiro-Ryotedori Tsuki
2 Dan	Minimum of two years after Shodan and more than 200 days of practice.
Ken	Kumi-Tachi(5) , Including Shodan Waza
Jo	Basic-Movements Front and Back (left and right): Tsuki, Men, Katate, Hasso and Nagare-no-bu, 31 no Jo (left and right), Kumi-Jo(7)
Renzoku-waza (one technique to another)	Tsuki -Nikyo (ura) to Kotegaeshi, Iriminage, Shihonage Shomen-uchi -Ikkyogaeshi to Jiyu (free) Yokomen-uchi -Sankyo(ura) to Jiyu (free)
Tanto dori	Shomen-uchi, Yokomen-uchi, Tsuki (2 ways for each)
Kaeshi waza (Reverse Technique)	Iriminage, Kotegaeshi, Ikkyo from Shomen-uchi -Ikkyo Iriminage, Nikkyo, Sankyo from Gyakuhanmi-katatedori -nikyo (ura) Iriminage, Shihonage, Kotegaeshi from Tsuki -Kotegaeshi
Tachi waza	Tsuki (jodan) -Ikkyo ~ Yonkyo, Kotegaeshi, Shihonage, Kaitennage, Kaitenosae, Udegarami Ushiro-Ryohijidori -Ikkyo ~ Yonkyo, Kotegaeshi, Aikiotoshi, Kokyunage Ushiro-Katatedori-Kubijime -Ikkyo ~ Yonkyo, Aikiotoshi, Kokyunage, Koshinage
Hanmi-Handachi	Yokomen-uchi -Ikkyo ~ Yonkyo, Iriminage, Shihonage Ushiro-Ryokatadori -Ikkyo ~ Yonkyo, Kokyunage, Kotegaeshi Katate-Ryotedori - Ikkyo ~ Yonkyo, , Kotegaeshi, Iriminage
Zagi	Katadori -Ikkyo ~ Yonkyo, Iriminage Tsuki (chudan) -Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage
Ninin dori	Kokyunage (2 ways) Nikyo
Ninin gake	Jiyu (Free style with 2 attackers)
3 Dan	Minimum of 3 years after 2 nd Dan and more than 300 days of practice
Ken	Kumitachi-Henka (Ken-no-ri) Including 2 nd Dan Waza.
Jo	13 no Jo- Awase 31 no Jo- Awase Including Shodan and 2 nd Dan Waza
Henka-Oyou	Munadori (twisted grab) -Ikkyo ~ Yonkyo, Iriminage (2 ways) Katate-Ryotedori -Kokyuhō (3 ways)
Kaeshi waza	Iriminage, Shihonage, Sankyo (3 ways for each)
Tanto dori	Shomenuchi, Yokomenuchi, Tsuki (3 ways for each) Katadori - point from front, Ushiro-eridori - point from behind (2 ways for each)
Tachi dori	Shomenuchi, Yokomenuchi,(3 ways for each), Tsuki (one way)
Jo dori	Tsuki (3 ways), Motasete (let partner take Jo) (5 ways)
Tachi waza	Katate-Ryotedori - Iriminage, Shihonage (3 ways for each) Jiyu (free) Tsuki (Chudan) - Sankyo, Yonkyo, Iriminage (2 ways for each) Jiyu (free) Ushiro-Katatedori-Kubijime - Koshinage (3 ways) Ushiro-Hagajime -Iriminage
Hanmi-Handachi	Shomen-uchi -Jiyu (free) Katatedori -Jiyu (free)
Zagi	Tsuki -Jiyu (free) Yokomen-uchi -Jiyu (free)
Ninin dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style with 3 attackers)
4 Dan	Minimum 4 years after 3 rd Dan and more than 300 days of practice.
	Including Shodan, 2 nd Dan and 3 rd Dan Waza, 8 th ~5 th kyu: Kihon-Dosa (Basic-Movements)
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?