

Dan Promotion Test Requirements

January 2013

Shodan	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	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, Kaitennage (uchi, soto-kaiten) 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
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 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 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 Tsuki (jodan) Ikkyo~Yonkyo, Kotegaeshi, Shihonage, Kaitennage, Kaiten-osae, 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 Ikkyo~Yonkyo, Kotegaeshi, Iriminage
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (Free style against 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 Shodan and 2 nd dan waza
Jo	13-no-jo-awase 31-no-jo-awase Including 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) Tsuki (chudan) Sankyo, Yonkyo, Iriminage (2 ways for each), Jiyu (free) Ushiro-katatedori-kubijime Koshinage (3 ways)
Hanmi- Handachi	Shomen-uchi Jiyu (free) Katatedori Jiyu (free)
Zagi	Tsuki Jiyu (free) Yokomen-uchi Jiyu (free)
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style against 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?"