

Dan Promotion Test Requirements

January, 2010

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)
Henka-Oyou	Zagi -Kokyuho (3 ways)
Tachi waza	Katadori-Menuchi -Ikkyo ~ Yonkyo, Iriminage, Kotegaeshi (2 ways for each) , Shihonage 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	Yokomenuchi -Ikkyo ~ Yonkyo, Kotegaeshi, Kaitennage (uchi, sotokaiten) Katatedori -Shihonage, Iriminage Ushiro-Katatedori-Kubijime -Sankyonage
Zagi	Ryotedori -Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage Yokomenuchi -Ikkyo ~ Yonkyo, Kotegaeshi, Iriminage
Jiyu-waza	Katate-Ryotedori Shomenuchi Ushiro-Ryotedori Tsuki
2 Dan	Minimum of two years after Shodan and more than 200 days of practice.
Ken	Including Shodan Waza, Kumi-Tachi(5)
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)
Henka-Oyou (renzokuwaza)	Shomenuchi -Ikkyogaeshi-to Kotegaeshi, Iriminage, Shihonage Tsuki -Nikyo (ura) to Jiyu (free) Yokomenuchi -Sankyo(ura) to Jiyu (free)
Kaeshi waza (Reverse Technique)	Iriminage, Kotegaeshi, Ikkyo against Shomenuchi -Ikkyo Iriminage, Nikkyo, Sankyo against Gyakuhanmi-katatedori -nikyo (ura) Iriminage, Shihonage, Kotegaeshi against Tsuki -Kotegaeshi
Tanto dori	Shomenuchi, Yokomenuchi, Tsuki (2 ways for each)
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	Yokomenuchi -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	Including 2 nd Dan Waza. Kumitachi-Henka (Ken-no-ri)
Jo	Shodan and 2 Dan Waza 13 no Jo- Awase
Henka-Oyou	Munadori (twisted to grasp) -Ikkyo ~ Yonkyo, Iriminage (2 ways) Katate-Ryotedori -Kokyuho (3 ways)
Kaeshi waza	Iriminage, Shihonage, Sankyo (3 ways for each)
Tanto dori	Shomenuchi, Yokomenuchi, Tsuki (Tachi waza - 3 ways for each, Zagi - 1 way 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 for each) Ushiro-Hagaijime -Iriminage
Hanmi-Handachi	Shomenuchi -Jiyu (free) Katatedori -Jiyu (free)
Zagi	Tsuki -Jiyu (free) Yokomenuchi -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?