

Promotion Requirements

Level	Prerequisite	EXAMINATION CONTENT										
		Ikkyo	Nikyo	Sankyo & Yonkyo	Gokyo	Shihonage	Iriminage	Kotegaeshi	Kaitennage	Tenchinage	Jiyuwaza	Kokyuhō
5 th Kyu	30 days* (*of practice)	Shomenuchi				Katatedori	Shomenuchi					Suwariwaza
4 th Kyu	40 days* after 5 th Kyu	Shomenuchi & Katadori				Yokomenuchi	Shomenuchi					Suwariwaza
3 rd Kyu	50 days* after 4 th Kyu	Shomenuchi tachi waza & suwari waza				Ryotedori & Yokomenuchi	Shomenuchi & Tsuki			Ryotedori		Suwariwaza
2 nd Kyu	50 days* after 3 rd Kyu	Katadori & Shomenuchi tachi waza & suwari waza				Katatedori hanmi handachi	Katatedori, Tsuki & Shomenuchi		Katatedori	Ryotedori	Katatedori	Suwariwaza
1 st Kyu	60 days* after 2 nd Kyu	Katadori, Yokomenuchi & Shomenuchi tachi waza & suwari waza Ushiroryotedori			Yokomenuchi	Ryotedori & Katatedori hanmi handachi & tachi waza	Shomenuchi, Tsuki & Katatedori			Ryotedori	Ryotedori Morotedori Katatedori	Tachiwaza & Suwariwaza
ShoDan	70 days* after 1 st Kyu	Unarmed techniques - tachiwaza, hanmi handachi & suwari waza; plus Tanto-dori & Futarigake (randori with 2 uke) Shomenuchi, Yokomenuchi, Tsuki, all forms grasping shoulders, elbows, wrists or collar; all waza from the rear Submit an article or essay, 1-2 pages, on some Aikido related topic										
NiDan	Min. 1 year & 200 days* after shodan	Same as above plus Koshinage, Tachi-dori, Jo-dori and Sanningake (randori with 3 uke) Submit an article or essay, 1-2 pages, on a topic to be assigned										
SanDan	Min. 2 year & 300 days* after nidan	Same as above plus Tachi-dori (2 uke) and Yonningake (randori with 4 uke) Submit an article or essay, 3 or more pages, on a topic to be assigned										
YonDan	Min. 3 year & 300 days* after nidan	Jiyu waza for all the above and Taninzuugake (randori with 5 uke) Submit an article or essay, 3 or more pages, on a topic to be assigned										

- ❖ **suwari waza (zagi): sitting**
- ❖ **hanmi handachi: sitting vs. standing**
- ❖ **tachi waza: standing**
- ❖ **Application forms, fees & essays should be filed by 3 days before examination.**
- ❖ **As a rule partners (uke) in examination should be of a similar rank.**
- ❖ **Examiner may require any or all techniques listed for each individual examination.**
- ❖ **Continue doing the same technique, left & right, omote & ura, until the examiner says "Stop".**
- ❖ **For 2nd Kyu and above additional weapons requirements must be met prior to examination.**

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