

合

氣

道

SHINJINKAI

Aikido Test Requirements

Revised 2014

REGARDING EXAMINATIONS

- Be sure you have the required number of practice days before applying for an examination. You must have your instructor's permission to test.
- Application forms, fees and essays should be submitted 3 days before the examination.
- Minimum age for Shodan is 15 years, and for Yondan is 22 years.
- During the test continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".
- All tests are cumulative.
- Note that the attack katatedori includes both gyakuhanmi and aihanmi (kosadori) grabs.
- These requirements are not a comprehensive list of the techniques you must learn. They are compiled only as a tool for conducting examinations. Additional requirements may be requested by the examiner according to the student's training history and ability.
- Time and days of practice requirements are the minimum. Many students will require more.
- All students wear plain white dogi. Students ranked 5th - 1st kyu wear white obi. 1st kyu and above wear black hakama. Dan ranks wear black obi and black hakama.

REGARDING INSTRUCTOR CERTIFICATIONS

Instructor certifications may be awarded to students who demonstrate the ability and desire to be trained as teachers, who practice consistently, and who are actually involved in teaching or assisting at their dojos. Instructors and assistants are expected to serve at all times as worthy representatives of Aikido.

- **Jyoshu** [assistant]: *Minimum rank 1st kyu.*
- **Fukushidojin** [assistant instructor]: *Minimum rank Nidan.*
- **Shidojin** [full instructor]: *Minimum rank Yondan.*

5th KYU

30 days of practice

- Ukemi: Mae and Ushiro (breakfall)
- Katadori Ikkyo
- Shomenuchi Ikkyo (suwari and tachi waza)
- Katatedori Kotegaeshi
- Katatedori Iriminage
- Katatedori Sumiotoshi
- Suwari Kokyuhō (Kokyu dosa)

4th KYU

40 days of practice after 5th Kyu

- Ukemi: Zenpo kaiten and Ushiro kaiten (rolling)
- Suburi: Ken (sword)
- Katadori Nikyo
- Katatedori Shihonage
- Ryotodori Tenchinage
- Morotodori Sokumen Iriminage
- Shomenuchi Kotegaeshi (suwari and tachi waza)
- Shomenuchi Iriminage
- Katatedori Hiji-ate Kokyunage
- Katatedori Kokyunage

3rd KYU

50 days of practice after 4th Kyu

- Ukemi: Yoko (side fall)
- Suburi: Jo (staff)
- Shomenuchi Ikkyo, Nikkyo, Sankyo, Yonkyo
- Katatedori Kaitenage (uchi and soto)
- Katatedori Shihonage (hanmi handachi waza)
- Katadori Udegarami (3 variations)
- Ryotodori Kokyunage
- Ushiroryotodori Kotegaeshi
- Tsuki Kotegaeshi (hanmi handachi and tachi waza)
- Yokomenuchi Shihonage
- Yokomenuchi Shomen-ate
- Tsuki Iriminage
- Tsuki Sumiotoshi

2nd KYU

50 days of practice after 3rd Kyu

- Ukemi: Yoko (full breakfall from various techniques)
- Shomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Iriminage (suwari waza)
- Ushiro Ryotedori Ikkyo, Nikyo, Sankyo, Yonkyo
- Ushirohijitori Kotegaeshi
- Yokomenuchi Gokyo
- Katadori Hijijime
- Ryokatadori Kokyunage
- Ryotedori Shihonage
- Yokomenuchi Kotegaeshi
- Katadori Shomenuchi Iriminage
- Yokomenuchi Sokumen Iriminage
- Yokomenuchi Hiji-ate Kokyunage
- Morotedori Jiujinage
- Tsuki Udegarami
- Tsuki Shomen-ate
- Yokomenuchi Kokyunage
- Jiyu waza: Katatedori, Morotedori, Ryotedori

1st KYU

60 days of practice after 2nd Kyu

- Yokomenuchi Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo
- Ushiro Ryotedori Kotegaeshi, Shihonage, Kaitenage, Jiujinage, Kokyunage
- Ryotedori Shihonage (hanmi handachi waza)
- Shomenuchi Kaitenage
- Tsuki Kaitenage
- Ushiro Kubishime Kokyunage
- Ushiro Kubishime Gokyo
- Tsuki Hijijime
- Tsuki Sokumen Iriminage (suwari and tachi waza)
- Ryotedori Koshinage
- Maegeri Iriminage
- Jiyu waza: Katadori Shomenuchi and Ganmentsuki
- Tantodori
- Jiyu waza: any grabbing attack
- Randori: 3 attackers

SHODAN

70 days of practice after 1st Kyu

- Unarmed techniques as requested (suwari waza, tachi waza and hanmi-handachi waza)
- Jiyu waza: any striking or kicking attack
- Futaridori
- Tachidori
- Randori: 4 attackers

- Essay: *What is Aikido?*

NIDAN

Minimum one year after shodan, with 200 days of practice

- Unarmed techniques as for shodan, plus:
- Jiyu waza: any attack
- Jodori
- Randori: 5 attackers

- Essay: *What is Shugyo?*

SANDAN

Minimum two years after nidan, with 300 days of practice

- Unarmed techniques as for shodan, plus:
- Jiyu waza: any attack, hanmi handachi waza
- Jo Nage
- Weapon forms: Kunitachi and Kumijo
- Randori: 6 attackers

- Essay: *Purpose of Budo in the Modern World?*

YONDAN

Minimum three year after sandan, with 400 days of practice

- Free demonstration: empty-hand and weapons

- Essay: *Topic chosen by student*

GODAN AND ABOVE

By recommendation