

Dan Promotion Test Requirements

January 2020

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| Shodan | Minimum of 5 months after being promoted to 1 st kyu and more than 80 days of practice, aged 16 or older |
| Ken | Ken-no-awase (7) |
| Jo | Jo-no-awase (8) 31-no-jo (Hidari hanmi) |
| Tachi waza | Katadori-menuchi Ikkyo~Yonkyo, Iriminage, Kotegaeshi (2 ways for each), Shihonage (1 way) Tsuki (Chudan) Iriminage, Kotegeshi, Kaitennage (Uchi-kaiten, Soto-kaiten), Koshinage Ushiro-ryokatadori Iriminage, Aikiotoshi, Sankyo Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Jyuji-garaminage, Udegarami |
| Hanmi-Handachi | Yokomen-uchi Ikkyo~Yonkyo, Kotegaeshi 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 |
| 2nd Dan | Minimum of 2 years after being promoted to Shodan and more than 200 days of practice. |
| Ken | Kumi-tachi (5), Kimusubi-no-tachi (1) |
| Jo | Basic movements moving forward and backward (Hidari, Migi): Tsuki, Men, Katate, Hasso, Nagare-no-bu Kumi-jo (7), 22-no-jo (Hidari hanmi) |
| Renzoku-waza (sequential technique) | 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 Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage Tsuki (Jodan) Jiyu (free) |
| Hanmi-Handachi | Ushiro-ryokatadori Ikkyo~Yonkyo, Kokyunage, Kotegaeshi Yokomen-uchi Jiyu (free) |
| Zagi | Katadori Ikkyo~Yonkyo, Iriminage Tsuki Jiyu (free) |
| Futari dori | Kokyunage (2 ways) Nikyo |
| Futari gake | Jiyu (free style with 2 ukes) |
| 3rd Dan | Minimum of 3 years after being promoted to 2 nd dan and more than 300 days of practice |
| Ken | Kumitachi-henka (Ken-no-ri), Shodan and 2 nd dan waza |
| Jo | 13-no-jo-no-awase, 31-no-jo-no-awase, Shodan and 2 nd dan waza |
| Henka-oyou waza | Munadori (twisted grab) Ikkyo~Yonkyo, Iriminage 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 | Tsuki, Yokomen-uchi (3 ways for each), Shomen-uchi Kotegaeshi, Sankyo, Koshinage Katadori put on the belly, Ushiro-eridori put on the back (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) Jiyu (free) |
| Tachi waza | Katate-ryotedori Iriminage, Shihonage (3 ways for each), Jiyu (free) Ushiro-ryohijidori Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage Tsuki (Chudan) Sankyo, Yonkyo, Iriminage (2 ways for each), Jiyu (free) Ushiro-katatedori-kubijime Koshinage (2 ways) |
| Hanmi-Handachi | Shomen-uchi Jiyu (free) Katatedori Ikkyo~Yonkyo, Iriminage, Shihonage |
| Zagi | Yokomen-uchi Jiyu (free) Tsuki (Chudan) Ikkyo~Yonkyo, Iriminage, Kotegaeshi, |
| Futari dori | Shihonage, Yonkyo, Kokyunage |
| Sannin gake | Jiyu (free style with 3 ukes) |
| 4th Dan | Minimum 4 years after being promoted to 3 rd Dan and more than 300 days of practice. |
| | All of 2 nd dan and 3 rd dan waza |
| Ken | Kumitachi-henka (Tai-no-ri) |
| Jo | Shin-kumi-jo (10) |
| Yonin gake | Jiyu (free style with 4 ukes) |
| Essay (1) or (2) | (1) "How to teach Aikido to beginners" (2) "What have you got from your Aikido practice?" |

Notes:

- (1) An examinee and his/her *uke* must prepare weapons to be used for the test.
- (2) An examinee must arrive at the test site 30 minutes before the starting time. If not, automatically fail the test.
- (3) Those who wish to take a test for *shodan* or above must declare his/her will to take a test to his/her instructor before applying to the test.
- (4) Those who take a test for 2nd dan or above must participate in a demonstration, a seminar, or a camp, prior to the test.
- (5) Those who failed a test for 2nd dan or above must wait one year before taking a test again