

OFFICIAL

Level	Prerequisite	Examination Content											
		Ik kyo	Ni kyo	San kyo	Yon kyo	Go kyo	Shiho-nage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyu waza	Kokyu-ho
5th Kyu	30 days of practice	Shomen-uchi					Katatedori	Shomen-uchi					zagi
4th Kyu	40 days of practice after obtaining 5th Kyu	Shomen-uchi	Katadori				Yokomen-uchi	Shomen-uchi					zagi
3rd Kyu	50 days of practice after obtaining 4th Kyu	Shomen-uchi (zagi and tachi waza)					Ryotedori Yokomen-uchi	Shomen-uchi Tsuki			Ryotedori		zagi
2nd Kyu	50 days of practice after obtaining 3rd Kyu	Shomen-uchi (zagi and tachi waza) Katadori (zagi and tachi waza)					Katatedori Hanmi-handachi	Shomen-uchi Tsuki (tachi waza) Katatedori	Kata tedor	Ryotedori	Kata tedor		zagi
1st Kyu	60 days of practice after obtaining 2nd Kyu	Shomen-uchi (zagi and tachi waza) Yokomen-uchi (zagi and tachi waza) Katadori (zagi and tachi waza) Ushiro Ryotedori				Yokomen-uchi	Katatedori Ryotedori Hanmi-handachi waza & tachi waza)	Shomen-uchi Tsuki Katatedori		Ryotedori	Kata tedor Ryotedori Moro tedor		(zagi and tachi waza)
1st Dan	70 days of practice after obtaining 1st Kyu, (15 years or older)	Unarmed techniques (zagi, hami-handachi waza, tachi waza) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)											
2nd Dan	Minimum 1 year since 1st dan, with 200 days of practice	Same as above plus Tanto-dori and Futurigake (by two ukes) Submit an article on some Aikido-related subject											
3rd Dan	Minimum 2 years since 2nd dan, with 300 days of practice	Same as above plus Tachi-dori, Jo-dori and Taninzugake (more than three ukes) Same as above (Topics will be assigned)											
4th Dan	Minimum 3 years since 3rd dan, with 400 days of practice, (22 years or older)	Jiyuwaza for all of the above plus a short essay											

NOTES:

- Zagi (Suwari waza): sitting.
- Hanmi-handachi waza: sitting vs. standing.
- Tachi waza: standing.
- Be sure you have the required number of practice days before applying for an examination. Application forms and fees should be filed 3 days before the examination.
- Essays and articles should be filed 3 days before the examination.
- Successful completion of summer and winter training will be taken into consideration.
- Minimum age for 1st Dan is 15 years, and for 4th Dan is 22 years.
- Examinations shall be taken at the dojo where you normally practice. If you wish to take an examination at a dojo other than where you normally practice, approval of both dojos is required.
- Morotedori is two hands holding one hand.
- As a rule partners (uke) in an examination should be of the same rank.
- Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".