

Aikido Grading System

6th kyu 20 training days	Gyakuhanmi katatedori	Tenkan
	Aihanmi katatedori	Ikkyo omote and ura Nikyo Shihonage omote Kotegaeshi
	Seiza ryotedori	Kokyudosa
5th kyu 20 training days	Gyakuhanmi katatedori	Kokyuho Kaitennage Ikkyo ura
	Aihanmi katatedori	Sankyo Yonkyo Shihonage ura Iriminage
	Ryotedori	Tenchinage
4th kyu 40 training days	Morotedori	Kokyuho
	Gyakuhanmi katatedori	Ikkyo omote Nikyo Sankyo Yonkyo Shihonage omote & ura Iriminage Kotegaeshi Kokyunage – 3 techniques
	Aihanmi katatedori	Kaitennage
	Boken	Makkogiri Kesagiri
3rd kyu 50 training days	Shomenuchi	Kaitennage Ikkyo omote & ura Nikyo Sankyo Yonkyo Gokyo Shihonage omote & ura Iriminage Kotegaeshi
	Aihanmi katatedori	Kokyunage – 3 techniques
	Ryotedori	Koshinage (physical ability permitting)
	Ryokatadori	Jiyuwaza (freestyle)
	Ken no tebik & Ken tai ken: Aihanmi	Ikkyo omote & ura Nikyo Sankyo Shihonage omote Iriminage Kotegaeshi
	Ken tai ken: Gyakuhanmi	Ikkyo Nikyo Sankyo

<p style="text-align: center;">2nd Kyu</p> <p>50 training days</p>	<p style="text-align: center;">Yokomenuchi</p> <p style="text-align: center;">and</p> <p style="text-align: center;">Ken tai ken & Ken tai jo: Shomenuchi</p>	<p style="text-align: center;">Ikkyo omote & ura Nikyo Sankyo Yonkyo Gokyo Shihonage omote & ura Iriminage Kotegaeshi</p>
	Ryotedori	Jiyuwaza (freestyle)
	Ushiro Ryotedori	2 Techniques
	Shomenuchi	Kokyunage – 5 techniques
	Jo	Tsuki Honteuchi Gyakuteuchi
<p style="text-align: center;">1st Kyu</p> <p>60 training days</p>	<p style="text-align: center;">Katatedori menuchi</p> <p style="text-align: center;">and</p> <p style="text-align: center;">Suwari waza: Shomenuchi (knees permitting)</p>	<p style="text-align: center;">Ikkyo omote & ura Nikyo Sankyo Shihonage omote & ura Iriminage Kotegaeshi</p>
	<p style="text-align: center;">Ken tai ken & Ken tai jo: Yokomenuchi</p>	<p style="text-align: center;">Ikkyo omote & ura Nikyo Sankyo Yonkyo Gokyo Shihonage omote & ura Iriminage Kotegaeshi</p>
	Shomenuchi	Jiyuwaza (freestyle)
	Any attack	5 techniques
	Yokomenuchi	Kokyunage – 5 techniques
	Ken tai ken	Sandan uchi
	Randori: Ryokatadori	3 opponents
<p style="text-align: center;">Shodan</p> <p>60 training days</p>	All previous techniques. May also include suwariwaza, hanmi handachi, sodedori, tsuki, ushiro ryotedori, ushiro kubishime, randori with varied attacks.	
Requirements above shodan to be determined by the examiner		
<p style="text-align: center;">Nidan</p> <p>200 training days At least one year since shodan</p>	<p style="text-align: center;">Sandan</p> <p>300 training days At least two years since nidan</p>	<p style="text-align: center;">Yondan</p> <p>400 training days At least three years since sandan</p>

All testing requirements are cumulative. Any techniques from a previous test may be asked for.

Certain requirements may be modified to accommodate the age or physical condition of the student.