

Aikido Grading System

Rev July 2019

Rank	Days	Kaitennage	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shihonage	Iriminage	Kotegaeshi	Jiyuwaza	Koshinage	Kokyū	Other	
6 th Kyū	20		AH omote & ura	AH				AH omote		AH			Kokyū dosa	Tenkan	
5 th Kyū	20	GH uchikaiten	GH ura		AH	AH		AH ura	AH				GH kokyūho	Ryotedori tenchinage	
			AH KT omote & ura												
4 th Kyū	40	AH	GH omote	GH	GH	GH		GH omote & ura	GH	GH			Morotedori kokyūho (double hand grab) – GH kokyūnage 3 tech's	Ken: makkogiri, kesagiri	
		GH KT													
3 rd Kyū	50	Shomenuchi	Shomenuchi omote & ura	Shomenuchi	Shomenuchi	Shomenuchi	Shomenuchi	Shomenuchi omote & ura	Shomenuchi	Shomenuchi		Ryokatadori (double shoulder grab)	Ryotedori 2 tech's (grabbing both wrists)	AH kokyūnage 3 tech's	Ushiro 3 tech's
		GH KK. AH KT, KK				GH KK. AH KT, KK									
2 nd Kyū	50		Yokomenuchi omote & ura	Yokomenuchi	Yokomenuchi	Yokomenuchi	Yokomenuchi	Yokomenuchi omote & ura	Yokomenuchi	Yokomenuchi		Ryotedori (grabbing both wrists)	Ushiro ryotedori 2 tech's (grabbing both wrists from behind)	Shomenuchi kokyūnage 5 tech's	Jo: tsuki, honteuchi yakuteuchi
		Shomenuchi KK, KJ					Shomenuchi KK, KJ								
1 st Kyū	60	Tsuki	Katadori menuchi omote & ura	Katadori menuchi	Katadori menuchi			Katadori menuchi omote & ura	Katadori menuchi	Katadori menuchi		Shomenuchi	5 tech's from any attack	Yokomenuchi kokyūnage 5 tech's	Sandanuchi ken tai ken – Randori 3 opp's
			– Shomenuchi suwari waza	– Shomenuchi suwari waza	– Shomenuchi suwari waza	Yokomenuchi KK, KJ					Yokomenuchi KK, KJ				
1 st Dan	60	All previous techniques. May also include suwariwaza, hanmi handachi, sodedori, tsuki, ushiro ryotedori, ushiro kubishime, randori with varied attacks.													
2 nd Dan	1 yr 200 days	To be determined by examiner													
3 rd Dan	2 yrs 300 days	To be determined by examiner													
4 th Dan	3 yrs 400 days	To be determined by examiner													

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

GH = gyakuhanmi AH = aihanmi KT = ken no tebiki (kendori) JT = jo no tebiki (jodori) KK = ken tai ken KJ = ken tai jo

* Ukemi requirements shall be with consideration to age and physical condition of the student