

AIKIDO : GRADES & TECHNICAL PROGRESSIONS

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			Ryote dori		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 tedorori	Ryote dori	Kata tedorori	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			Ryote dori	Kata tedorori Ryote dori Moro tedorori	(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 Futarigake (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											