

HOMBU DOJO GRADING SYSTEM

AIKIKAI

Exam. for Grade of:	Prerequisite for Exam:	CONTENTS											
		Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyuwaza	Kokyu-ho
5th Kyu	30 days of practice	Shomenuchi	/	/	/	/	Katatedori	Shomenuchi	/	/	/	/	Sitting
4th Kyu	40 days of practice after obtaining 5th Kyu	Shomenuchi	Katadori	/	/	/	Yokomenuchi	Shomenuchi	/	/	/	/	Sitting
3rd Kyu	50 days of practice after obtaining 4th Kyu	Shomenuchi (Sitting and Standing)				/	Ryotedori Yokomenuchi	Shomenuchi Tsuki		/	Ryotedori	/	Sitting
2nd Kyu	50 days of practice after obtaining 3rd Kyu	Shomenuchi Katadori (Sitting and Standing)				/	Katatedori (Hanmi-handachi)	Shomenuchi Tsuki (Standing) Katatedori		Katatedori	Ryotedori	Katatedori	Sitting
1st Kyu	60 days of practice after obtaining 2nd Kyu	Shomenuchi Yokomenuchi Katadori (Sitting and Standing) Ushiro Ryotedori				Yokomenuchi	Katatedori Ryotedori (Hanmi-handachi & Standing)		Shomenuchi Tsuki Katatedori		Ryotedori	Katatedori Ryotedori Morotedori	Sitting Standing
Sho Dan	70 days of practice after obtaining 1st Kyu	Unarmed techniques (sitting, sitting vs. standing, standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear )											
Ni Dan	Minimum 1 year since Shodan, with 200 days of practice	Same as above plus Tantodori and Futarigake						Submit an article on some Aikido-related subject.					
San Dan	Minimum 2 years since Ni Dan, with 300 days of practice	Same as above plus Tachidori, Jodori and Taninzugake						Same as above (Topics will be assigned)					
Yo Dan	Minimum 2 years since San Dan, with 300 days of practice	Jiyuwaza for all of the above plus a short essay											

NOTES

<p>*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.</p> <p>*Essays and articles should be submitted with the application form.</p> <p>*Successful completion of summer and winter trainings will be taken into consideration.</p>	<p>*Minimum age for Shodan is 15 years, 4th Dan 22 years.</p> <p>*An examination shall be taken at the dojo where you normally practise. If you wish to take an examination at a dojo other than where you normally practise, approval of both dojos is required.</p>	<p>*Morotedori (two hands holding one)</p> <p>*As a rule partners (uke) in an examination should be of the same rank.</p> <p>*Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".</p>
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