

2020 Aikido World Alliance ®
ADULT KYU AND DAN TEST REQUIREMENTS

7th KYU – White Belt with Stripe

Time and Events Requirements

Minimum 2 months and 20 Days of training

Ki Tests and Exercises

- **Seiza** - Sitting Japanese style with legs folded underneath
- **Koho Tendo Undo** - Rolling backward and forward from sitting, kneeling and standing positions
- **Ushiro Ukemi, Rolling** - Tumbling backward completely, from kneeling and standing positions
- **Mae Ukemi, Rolling** - Tumbling forward completely, from kneeling and standing positions
- **Kokyudosa** - Partner practice in seiza position; exercise to develop timing or “breath” power
- **Taisabaki Toshu** – Empty-hand body movement against Katatekosatori (cross hand) attack

Technique

- **Katatekosatori Kotegaeshi** - Cross-hand wrist grab - Wrist-turning throw and pin
- **Katatori Ikkyo** – Shoulder lapel grab - First teaching pin, omote and ura
- **Katatekosatori Kokyunage** - Cross-hand wrist grab -Timing throw, controlling the head

6th KYU – Yellow Belt

Time and Events Requirements

Minimum 3 months and 30 Days of training after earning 7th Kyu

Ki Tests and Exercises

- **Ushiro Ukemi, Breakfall** - Rolling backward with **DOUBLE** slap, and returning to standing position
- **Mae Ukemi, Breakfall** - Falling forward with slap, and returning to standing position
- **Empty Hand Strikes** – Demonstration of basic strikes; shomenuchi, yokomenuchi & munetsuki
- **Funakogi Undo** - Rowing exercise
- **Shomenuchi Ikkyo Undo** - Raising and lowering the arms as if cutting with a sword
- **Taisabaki Toshu** – Empty-hand body movement against Katatori (shoulder grab) & Katatetori (same side hand) attacks.

Technique

- **Shomenuchi Kokyunage** - Downward strike to the head - Timing throw, controlling the head
- **Shomenuchi Kotegaeshi** - Downward strike to the head - Wrist turning throw and pin
- **Katatetori Shihonage** - Same side wrist grab - Four directions throw, irimi and tenkan
- **Katatori Nikyo** – Shoulder lapel grab – Second teaching pin, omote and ura

5th KYU – Yellow Belt with Stripe

Time and Events Requirements

Minimum 4 months and 40 Days of training after earning 6th Kyu

Ki Tests and Exercises

- **Hanmi No Kamae** - Half-body stance
- **Zengo Undo** - Raising and lowering arms as if cutting with a sword, with 180-degree pivoting motion
- **Happo Undo** - Raising and lowering arms with movement as if cutting in eight directions
- **Tekubikosa Undo** - Crossing the wrists exercise, high and low variations
- **Kamae with Bokken** - Demonstration of five basic sword stances
- **Bokken and Jo Suburi** - Demonstration of basic strikes with sword and staff
- **Taisabaki Toshu** – Shomenuchi and Munetsuki

Technique

- **Shomenuchi Iriminage** – Downward strike to the head - Entering throw, controlling the head
- **Shomenuchi Ikkyo** - Downward strike to the head - First teaching pin
- **Katatori Sankyo** – Shoulder lapel grab -Third teaching, both nage waza (throwing-irimi/tenkan) and katame waza (pin-omote/ura)
- **Yokomenuchi Sokumen Iriminage** - Strike to the side of the head - Side of the face entering throw
- **Munetsuki Kotegaeshi** - Punching strike to the chest - Wrist turning throw and pin

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ADULT KYU AND DAN TEST REQUIREMENTS

4th KYU – Blue Belt

Time and Events Requirements

Minimum 5 months and 50 Days of training since earning 5th Kyu

Ki Tests and Exercises

- **Sayu Choyaku Undo** - Left and right exercise with stepping movement
- **Udefuri Choyaku Undo** - Swinging the arms exercise with stepping and turning motion
- **Ushirotori Undo** - Grasped from behind exercise
- **Ushirotekubitori Undo** - Wrists grasped from behind exercise
- **Shikko** - Walking and turning on one's knees
- **Taisabaki Toshu** - Empty-hand body movement against Yokomenuchi attack.

Technique

- **Yokomenuchi Shihonage** - Strike to the side of the head - Four directions throw -irimi/tenkan movements
- **Ushirotekubitori Kokyunage** - Wrists grasped from behind - Timing throw, controlling the head and/or variations
- **Ushirotekubitori Kotegaeshi** - Wrists grasped from behind -Wrist turning throw and pin
- **Katatori Yonkyo** – Shoulder lapel grab - Fourth teaching pin, omote and ura
- **Ryotetori Tenchinage** - Grasping both wrists - Heaven and Earth throw, irimi and tenkan
- **Ryotetori Kokyunage** - Grasping both wrists - Timing throw, controlling the head and/or variations
- **Jo Kagami #1 & 2** – First & second mirrored movement with staff

3rd KYU – Blue Belt with Stripe

Time and Events Requirements

- **Minimum 6 months and 60 Days of training since earning 4th Kyu**
- **Prior attendance at 1 AWA Seminar since earning 4th kyu is encouraged though not required (minimum of 8 hours attendance at each event)**

Ki Tests and Exercises

- **Tenkan Undo** - Spinning turn change exercise - turning body movement direct and step-with-pivot variations

Technique

- **Ushirohijitori Kotegaeshi** - Grasping elbows from behind - Wrist-turning throw and pin
- **Munetsuki Kokyunage** – Punching strike to the chest - Timing throw controlling the head and/or variations
- **Katatori Gokyo** – Shoulder lapel grab - Fifth teaching pin, omote and ura
- **Ushirotori Kokyunage** - Grasping bearhug from behind - Timing throw
- **Ryotetori Kaitenage** - Grasping both wrists - Rotary throw, irimi and tenkan - uchi and soto variations
- **Katateriyotetori Nikyo** - Grasping a forearm with both hands - Second teaching pin omote and ura
- **Suwariwaza** (the following techniques performed from seated (seiza) position):
 - **Shomenuchi Kokyunage**
 - **Shomenuchi Ikkyo**
 - **Katatori Nikyo**
- **Bokken Kata I** - First sword form; 13 movements - Happo Giri, cutting in eight directions)
- **Jo Kagami #3** – Third mirrored movement with staff
- **Jiyu Waza** - Free technique, defense against grasping attack, **no pinning techniques**. Katatetori, katateriyotetori, katatori, ryokatatori or ushirotekubitori, based on test committee's request

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ADULT KYU AND DAN TEST REQUIREMENTS

2nd KYU – Brown Belt

Time and Events Requirements

- **Minimum 8 months and 100 Days of training since earning 3rd Kyu**
- **Prior attendance at 1 AWA seminar since earning 3rd kyu (minimum of 8 hours attendance at each event)**

Ki Tests and Exercises

- **Agura no Shisei** - Sitting cross legged
- **Agaranai Karada** - Unliftable body
- **Kokyuho** - Demonstration of breath training

Technique

- **Ryokatatori Kokyunage** - Grasping both shoulder lapels - Timing throw, controlling the head, and/or variations
- **Ushiro ryokatatori Kokyunage** - Grasping both shoulder lapels from behind - Timing throw with bowing movement, and/or variations
- **Kateryotetori Kokyunage** - Grasping a forearm with both hands - Timing throw controlling the head, and/or variations
- **Ryokatatori Kotegaeshi** - Grasping both shoulder lapels - Wrist-turning throw and pin
- **Katatori Menuchi Iriminage** – Shoulder lapel grab with shomenuchi or yokomenuchi to head - Entering throw controlling the head
- **Hanmi Hantachi Waza** (the following techniques performed from a seated (seiza) position against a standing attacker:
 - **Katatori Shihonage**
 - **Katatori Sankyo**
 - **Munetsuki Kotegaeshi**
- **Ryotetori Koshinage** - Grasping both wrists - Hip throw,
- **Maegeri Kokyunage** - Front snapping kick - Timing throw controlling the head
- **Jiyu Waza** - Free technique, defense against a striking attack, **no pinning techniques**. Shomenuchi, yokomenuchi or munetsuki, based on test committee's request.
- **Jo Kagami #4** – Fourth mirrored movement with staff
- **Jo Kata I** - First staff form, 22 movements

1st KYU – Brown Belt with Stripe

Time and Events Requirements

- **Minimum 12 months 120 Days of training since earning 2nd Kyu**
- **Prior attendance at 1 AWA seminar since earning 2nd Kyu (minimum of 8 hours attendance at each event)**

Ki Tests and Exercises

- **Tai Sabaki with Bokken** - Body movement and striking with the sword against an opponent, against shomenuchi, yokomenuchi, sliding and stepping munetsuki attacks

Technique

- **Ushirotekubitori Jujinage** - Grasp both wrists from behind, then entwining the arms in the shape of the Japanese number "10" (a cross) and throwing
- **Yokomenuchi Sudori** - Strike to the side of the head - Disappearing throw
- **Kateryotetori Kotegaeshi** - Grasping a forearm with both hands - Wrist turning throw and pin
- **Munetsuki Sumiotoshi** – Punching attack to the chest - Corner drop throw, both irimi & tenkan
- **Katatori Ganmenuchi Ikkyo** – Shoulder lapel grab with straight punch to face -First teaching pin, omote and ura
- **Tantodori** – Unarmed defense against knife attacks; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks
- **Jo Kagami #5** – Fifth mirrored movement with staff
- **Bokken Kata II** - Second sword form, 13 movements

Randori - Defense against multiple attackers (3)

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ADULT KYU AND DAN TEST REQUIREMENTS

Shodan – Black Belt, 1st Degree

Time and Events Requirements

- **Minimum 18 months 150 Days of training since earning 1st Kyu**
- **Attendance at 1 AWA seminar since earning 1st kyu (minimum 8 hours attendance at each event) and 1 AWA Camp (minimum of 12 hours attendance) since earning 1st kyu**

Two written essays required:

“What is your understanding of what is Aikido?”

“What is your understanding of what is Shugyo?”

Test Demonstration must show the below listed waza:

Nage waza both irimi & tenkan:

Iriminage, Jujinage, Kaitenage, Kokyu nage, Koshi nage, Shiho nage, Sokumen iriminage, Sumio toshi, Tenchi nage.

Katame waza both omote & ura:

Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo & Kotegaeshi

Attacks to demonstrate Nage waza & Katame waza:

Munetsuki, Yokomenuchi, Ushirotekubitori & Ryotetori attacks

Hanmi Hantachi (OR Tachiwaza If physical condition prohibits suwari waza)

Jiyuwaza (free technique, no pinning) one-person attack.

Bokken Dori - unarmed defense against sword attacks of: shomenuchi, yokomenuchi, and munetsuki both Nage & Katame waza

Jo Kata II - Second staff form; 22 movements

Randori - Defense against multiple attackers (4)

SPECIAL NOTES TO DAN TESTING

All Dan testing will be conducted by Sato Sensei and either the AWA national test committee or an approved test committee.

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor. Minimum age for shodan is 16 years, yondan 22 years.

Dan applications **MUST BE** submitted **two months prior** to test date in typed format. **Past due date submission** or **handwritten** applications may be returned, which **may delay or deny** the opportunity to test for requested dan rank status.

All test candidates must complete the following prior to testing: Examination application form must be **typewritten** & completed then submitted to your instructor. Examination fee must be paid at time of your test.

Required attendance at AWA seminar(s) need **to be fulfilled OR testing will be denied** for requested rank status, specifically dan testing.

Above requirements are a **MINIMUM** standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar. All techniques have irimi/omote (front) and tenkan/ura (rear) variations, which you must demonstrate.

All tests are **CUMULATIVE**; you must be prepared to demonstrate taisabaki and techniques from all ranks prior to the one for which you are actually testing.

Dojo cho **should** be present for a student to test, if the dojo cho is present he/she will sit with the test committee.

2020 Aikido World Alliance ®
ADULT KYU AND DAN TEST REQUIREMENTS

Nidan - Black Belt, 2nd Degree

Time and Events Requirements

- **Minimum 24 months and 300 Days of training since earning Shodan**
- **Attendance at 2 AWA seminars (minimum of 8 hours attendance) and 1 AWA Camp (minimum of 12 hours attendance) since earning Shodan**

A written essay required:

“Aikido History and your feelings about the Future of Aikido”

Technique

- **Test Committee Request** –Free demonstration from one of the Shodan requirements, five arts
- **Katatori Ganmenuchi** – Free demonstration, nage waza – irimi/tenkan and katame waza omote/ura, five arts
- **Shomenuchi**- Free demonstration, nage waza - irimi/tenkan and katame waza - omote/ura, five arts
- **Hanmi Hantachi – Jiyu waza** (free technique, no pinning) against two attackers
- **Jo Dori** - Unarmed defense against the JO; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks
- **Jo Awase**- Blending movement with a partner using the JO

Randori - Defense against multiple attackers (5)

SPECIAL NOTES TO DAN TESTING

All Dan testing will be conducted by Sato Sensei and either the AWA national test committee or an approved test committee.

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor. Minimum age for shodan is 16 years, yondan 22 years.

Dan applications **MUST BE** submitted **two months prior** to test date in typed format. **Past due date submission** or **handwritten** applications may be returned, which **may delay or deny** the opportunity to test for requested dan rank status.

All test candidates must complete the following prior to testing: Examination application form must be **typewritten** & completed then submitted to your instructor. Examination fee must be paid at time of your test.

Required attendance at AWA seminar(s) need **to be fulfilled OR testing will be denied** for requested rank status, specifically dan testing.

Above requirements are a **MINIMUM** standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar. All techniques have irimi/omote (front) and tenkan/ura (rear) variations, which you must demonstrate.

All tests are **CUMULATIVE**; you must be prepared to demonstrate taisabaki and techniques from all ranks prior to the one for which you are actually testing.

Dojo cho **should** be present for a student to test, if the dojo cho is present he/she will sit with the test committee.

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ADULT KYU AND DAN TEST REQUIREMENTS

Sandan – Black Belt, 3rd Degree

Time and Events Requirements

- **Minimum 36 months and 400 Days of training since earning Nidan**
- **Prior attendance at 2 AWA seminars since earning Nidan (minimum of 8 hours attendance at each event)**
- **Attendance at 1 Nintei Kosu (minimum of 12 hours attendance) within 18 months prior to Sandan test date**
- **Attendance at 1 AWA Camp (minimum of 12 hours attendance) within two years prior to Sandan test date**

One written essay required:

“How has Aikido become part of your philosophy?”

Technique

- **Test Committee Request** - Free demonstration from Nidan requirements; nage waza, irimi/tenkan and katame waza, omote/ura five arts
- **Katatekosatori** – Free demonstration, nage waza – irimi/tenkan and katame waza – omote/ura; five arts
- **Jo Nage** – Free demonstration of nage waza and katame waza using the JO
- **Kumijo** – Free demonstration of the five kata, JO versus JO – both nage and uke positions
- **Kumitachi** – Free demonstration six kata, Bokken versus Bokken – both nage and uke positions
- **Randori** - Defense against multiple attackers (6)

SPECIAL NOTES TO DAN TESTING

All Dan testing will be conducted by Sato Sensei and either the AWA national test committee or an approved test committee.

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor. Minimum age for shodan is 16 years, yondan 22 years.

Dan applications **MUST BE** submitted **two months prior** to test date in typed format. **Past due date submission or handwritten** applications may be returned, which **may delay or deny** the opportunity to test for requested dan rank status.

All test candidates must complete the following prior to testing: Examination application form must be **typewritten** & completed then submitted to your instructor. Examination fee must be paid at time of your test.

Required attendance at AWA seminar(s) need **to be fulfilled OR testing will be denied** for requested rank status, specifically dan testing.

Above requirements are a **MINIMUM** standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar. All techniques have irimi/omote (front) and tenkan/ura (rear) variations, which you must demonstrate.

All tests are **CUMULATIVE**; you must be prepared to demonstrate taisabaki and techniques from all ranks prior to the one for which you are actually testing.

Dojo cho **should** be present for a student to test, if the dojo cho is present he/she will sit with the test committee.

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Yondan – Black Belt, 4th Degree

Time and Events Requirements

- **Minimum 48 months and 480 Days of training since earning Sandan**
- **Attendance at 3 AWA seminars since earning Sandan (minimum of 8 hours attendance at each event)**
- **Attendance at 1 Ninteï Kosu (minimum of 12 hours attendance) within 18 months of Yondan test date**
- **Attendance at 1 AWA Camp (minimum of 12 hours attendance) within 24 months of Yondan test date**

One written essay required:

“The application of Aikido in your daily life”

Technique

- **Ushirotekubidori Kubeshime** – Free demonstration, nage waza – irimi/tenkan and katame waza - omote/ura, five arts
- **Kihon Waza** – Free demonstration, nage waza - irimi/tenkan and katame waza - omote/ura, five arts
- **Henka Waza** - Free demonstration, nage waza – irimi/tenkan and katame waza – omote/ura, five arts
- **Free Demonstration**; One Shodan five arts, one Nidan five art and either Kumi Jo or Kumi Tachi
- **Kumi Jo/Ken** – Free demonstration six kata of JO versus Bokken forms – both nage and uke positions
- **Possible additional test committee requests**; Oyo waza five arts and/or katate royote dori five arts and/or randori

SPECIAL NOTES TO DAN TESTING

All Dan testing will be conducted by Sato Sensei and either the AWA national test committee or an approved test committee.

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor. Minimum age for shodan is 16 years, yondan 22 years.

Dan applications **MUST BE** submitted **two months prior** to test date in typed format. **Past due date submission** or **handwritten** applications may be returned, which **may delay or deny** the opportunity to test for requested dan rank status.

All test candidates must complete the following prior to testing: Examination application form must be **typewritten** & completed then submitted to your instructor. Examination fee must be paid at time of your test.

Required attendance at AWA seminar(s) need **to be fulfilled OR testing will be denied** for requested rank status, specifically dan testing.

Above requirements are a **MINIMUM** standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar. All techniques have irimi/omote (front) and tenkan/ura (rear) variations, which you must demonstrate.

All tests are **CUMULATIVE**; you must be prepared to demonstrate taisabaki and techniques from all ranks prior to the one for which you are actually testing.

Dojo cho **should** be present for a student to test, if the dojo cho is present he/she will sit with the test committee.

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Requirements for Godan and above Dan Ranks

Time and training attendance requirements

Minimum 6 years from Yondan to Godan based on full calendar years:
(example: Yondan registration date is 7/2000 it will be 01/2007 for Godan promotion)

Minimum 7 years from Godan to Rokudan based on full calendar years:
(example: Godan registration date is 01/2007 it will be 01/2014 for Rokudan promotion)

All recommendations will be submitted September the year before:
(example: Godan submission date would be 09/2006 for 01/2007 Godan promotion)

Seminar, Camp & Ninteï Kosu Attendance

GODAN - Attendance at 3 Ninteï Kosu events since Yondan
Attendance at 6 local AWA seminars since Yondan
Attendance at 2 AWA Camps since Yondan

ROKUDAN - Attendance at 4 Ninteï Kosu events since Godan
Attendance at 7 local AWA seminars since Godan
Attendance at 2 AWA Camps since Godan

Training hours & Assistant Instructor hour Requirements

GODAN - More than 500 days of training since Yondan
More than 400 days of assistant teaching at your dojo (Separate from training days)

ROKUDAN - More than 700 days of training since Godan
More than 600 days of assistant teaching at your dojo (separate from training days)