

Dan Promotion Test Requirements

January 2025

Shodan	Minimum of 5 months after being promoted to 1 st kyu and more than 80 days of practice, aged 16 or older
Ken	Ken-no-awase (7)
Jo	Jo-no-awase (8) 31-no-jo (Hidari hanmi)
Tachi waza	Katadori-men-uchi Ikkyo~Yonkyo (2 ways), Iriminage (2 ways), Kotegaeshi (2 ways), Shihonage (1 way) Tsuki (Chudan) Iriminage, Kotegeshi, Kaitennage (Uchi-kaiten, Soto-kaiten), Koshinage Ushiro-ryokatadori Iriminage, Aikiotoshi, Sankyo Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Jyuji-garaminage, Udegarami
Hanmi-Handachi	Yokomen-uchi Ikkyo~Yonkyo, Kotegaeshi Katatedori Shihonage, Iriminage Ushiro-katatedori-kubijime Sankyonage
Zagi	Ryotedori Ikkyo~Yonkyo, Kotegaeshi, Iriminage Shomen-uchi Ikkyo~Yonkyo, Kotegaeshi, Iriminage Zagi-kokyuhō (3 ways)
Jiyu-waza	Katate-ryotedori Shomen-uchi Ushiro-ryotedori Tsuki
2nd Dan	Minimum of 2 years after being promoted to Shodan and more than 200 days of practice.
Ken	Kumi-tachi (5), Kimusubi-no-tachi (1)
Jo	Basic movements moving forward, backward (Hidari, Migi): Tsuki, Men, Katate, Hasso, Nagare-no-bu Kumi-jo (7), 22-no-jo (Hidari hanmi)
Renzoku-waza (sequential technique)	from Tsuki-Nikyo-ura to Kotegaeshi, Iriminage, Shihonage from Yokomen-uchi-Sankyo-ura to Jiyu (free) from Shomen-uchi-Ikkyo-gaeshi to Jiyu (free)
Tanto dori	Yokomen-uchi Shihonage, Gokyo Tsuki Kotegaeshi, Sankyo Shomen-uchi Iriminage, Koshinage
Kaeshi waza (reverse technique)	from Shomen-uchi-Ikkyo-omote to Iriminage, Kotegaeshi, Ikkyo from Gyakuhanmi-katatedori-Nikyo-ura to Iriminage, Nikkyo, Sankyo from Tsuki-Kotegaeshi to Iriminage, Shihonage, Kotegaeshi
Tachi waza	Ryokatadori Ikkyo~Yonkyo, Iriminage Ushiro-katatedori-kubijime Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage Tsuki (Jodan) Jiyu (free)
Hanmi-Handachi	Ushiro-ryokatadori Ikkyo~Yonkyo, Kokyunage, Kotegaeshi Shomen-uchi Jiyu (free)
Zagi	Katadori Ikkyo~Yonkyo, Iriminage Tsuki Jiyu (free)
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (free style with 2 ukes)
3rd Dan	Minimum of 3 years after being promoted to 2 nd dan and more than 300 days of practice
Ken	Kumitachi-henka (Ken-no-ri), Shodan and 2 nd dan wazas
Jo	Shin-kumi-jo (1 to 5) , 31-no-jo-no-awase
Henka-oyou waza	Munadori (twisted grab) Nikyo, Iriminage, Ashidori Katate-ryotedori Kokyuhō (3ways: basic, elbow lifted-up, twisted grab) Hagajime (full nelson) Iriminage
Kaeshi waza	from Shihonage (3 ways), from Sankyo-ura (3 ways) from Iriminage to Iriminage (2 ways), Sankyo, Kaitennage
Tanto dori	Tsuki (3 ways), Yokomen-uchi (3 ways), Shomen-uchi Kotegaeshi, Sankyo, Koshinage Katadori put on the front (2 ways), Ushiro-eridori put on the back (2 ways)
Tachi dori	Shomen-uchi (3 ways), Yokomen-uchi (3 ways), Tsuki (one way)
Jo dori	Tsuki (3 ways) Motasete (let opponent take jo) Jiyu (free)
Tachi waza	Katate-ryotedori Iriminage (3 ways), Shihonage (3 ways), Jiyu (free) Ushiro-ryohijidori Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage Tsuki (Chudan) Sankyo (2 ways), Yonkyo (2 ways), Iriminage (2 ways), Jiyu (free) Ushiro-katatedori-kubijime Koshinage (2 ways)
Hanmi-Handachi	Yokomen-uchi Jiyu (free) Katatedori Jiyu (free)
Zagi	Yokomen-uchi Jiyu (free) Tsuki (Chudan) Jiyu (free)
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style with 3 ukes)
4th Dan	Minimum 4 years after being promoted to 3 rd Dan and more than 300 days of practice.
Ken	All of 2 nd dan and 3 rd dan wazas
Jo	Kumitachi-henka (Tai-no-ri)
Yonin gake	Shin-kumi-jo (1 to 10)
Yonin gake	Jiyu (free style with 4 ukes)
Essay (1) or (2)	(1) "How to teach Aikido to beginners" (2) "What have you got from your Aikido practice?"

Notes:

- (1) An examinee and his/her *uke* must prepare weapons to be used for the test by themselves.
- (2) An examinee must arrive to the test site 30 minutes before the starting time. If not, automatically fail the test.
- (3) Those who wish to take a test for *shodan* or above must declare his/her will to take a test to his/her instructor before applying to the test.
- (4) Those who take a test for 2nd dan or above must participate in a demonstration, a seminar, or a camp, prior to the test.
- (5) Those who failed a test for 2nd dan or above must wait one year before taking a test again