

# Dan Promotion Test Requirements

January 2026

<b>Shodan</b>	Minimum of 5 months after being promoted to 1 <sup>st</sup> 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	<b>Katadori-men-uchi</b> Ikkyo~Yonkyo (2 ways), Iriminage (2 ways), Kotegaeshi (2 ways), Shihonage (1 way) <b>Tsuki</b> (Chudan) Iriminage, Kotegeshi, Kaitennage (Uchi-kaiten, Soto-kaiten), Koshinage <b>Ushiro-ryokatadori</b> Iriminage, Aikiotoshi, Sankyo <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Jyuji-garaminage, Udegarami
Hanmi-Handachi	<b>Yokomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi <b>Katatedori</b> Shihonage, Iriminage <b>Ushiro-katatedori-kubijime</b> Sankyonage
Zagi	<b>Ryotedori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage <b>Shomen-uchi</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage Zagi-kokyuhō (3 ways)
Jiyu-waza	<b>Katate-ryotedori Shomen-uchi Ushiro-ryotedori Tsuki</b>
<b>2<sup>nd</sup> Dan</b>	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 <b>Tsuki-Nikyo-ura</b> to Kotegaeshi, Iriminage, Shihonage from <b>Yokomen-uchi-Sankyo-ura</b> to Jiyu (free) from <b>Shomen-uchi-Ikkyo-gaeshi</b> to Jiyu (free)
Tanto dori	<b>Yokomen-uchi</b> Shihonage, Gokyo <b>Tsuki Hijigatame</b> , Sankyo <b>Shomen-uchi</b> Iriminage, <b>Kotegaeshi</b>
Kaeshi waza (reverse technique)	from <b>Shomen-uchi-Ikkyo-omote</b> to Iriminage, Kotegaeshi, Ikkyo from <b>Gyakuhanmi-katatedori-Nikyo-ura</b> to Iriminage, Nikkyo, Sankyo from <b>Tsuki-Kotegaeshi</b> to Iriminage, Shihonage, Kotegaeshi
Tachi waza	<b>Ryokatadori</b> Ikkyo~Yonkyo, Iriminage <b>Ushiro-katatedori-kubijime</b> Ikkyo~Yonkyo, Aikiotoshi, Kokyunage, Koshinage <b>Tsuki (Jodan) Udegarami, Shihonage, Kaiten-osae</b>
Hanmi-Handachi	<b>Ushiro-ryokatadori</b> Ikkyo~Yonkyo, Kokyunage, Kotegaeshi <b>Shomen-uchi</b> Jiyu (free)
Zagi	<b>Katadori</b> Ikkyo~Yonkyo, Iriminage <b>Tsuki</b> Jiyu (free)
Futari dori	Kokyunage (2 ways) Nikyo
Futari gake	Jiyu (free style with 2 ukes)
<b>3<sup>rd</sup> Dan</b>	Minimum of 3 years after being promoted to 2 <sup>nd</sup> dan and more than 300 days of practice
Ken	Kumitachi-henka (Ken-no-ri), Shodan and 2 <sup>nd</sup> dan wazas
Jo	Shin-kumi-jo (1 to 5), 31-no-jo-no-awase
Henka-oyou waza	<b>Munadori</b> (twisted grab) Nikyo, Iriminage, Ashidori <b>Katate-ryotedori</b> Kokyuhō (3ways: basic, elbow lifted-up, twisted grab) <b>Hagajime</b> (full nelson) Iriminage
Kaeshi waza	from <b>Shihonage</b> (3 ways), from <b>Sankyo-ura</b> (3 ways) from <b>Iriminage</b> to Iriminage (2 ways), Sankyo, Kaitennage
Tanto dori	<b>Tsuki</b> (3 ways), <b>Yokomen-uchi</b> (3 ways), <b>Shomen-uchi</b> Kotegaeshi, Sankyo, Koshinage <b>Katadori</b> put on the front (2 ways), <b>Ushiro-eridori</b> put on the back (2 ways)
Tachi dori	<b>Shomen-uchi</b> (3 ways), <b>Yokomen-uchi</b> (3 ways), <b>Tsuki</b> (one way)
Jo dori	<b>Tsuki</b> (3 ways) <b>Motasete</b> (let opponent take jo) Jiyu (free)
Tachi waza	<b>Katate-ryotedori</b> Iriminage (3 ways), Shihonage (3 ways), Jiyu (free) <b>Ushiro-ryohijidori</b> Ikkyo~Yonkyo, Kotegaeshi, Iriminage, Aikiotoshi, Kokyunage <b>Tsuki</b> (Chudan) Sankyo (2 ways), Yonkyo (2 ways), Iriminage (2 ways), Jiyu (free) <b>Ushiro-katatedori-kubijime</b> Koshinage (2 ways)
Hanmi-Handachi	<b>Yokomen-uchi</b> Jiyu (free) <b>Katatedori</b> Jiyu (free)
Zagi	<b>Yokomen-uchi</b> Jiyu (free) <b>Tsuki</b> (Chudan) Jiyu (free)
Futari dori	Shihonage, Yonkyo, Kokyunage
Sannin gake	Jiyu (free style with 3 ukes)
<b>4<sup>th</sup> Dan</b>	Minimum 4 years after being promoted to 3 <sup>rd</sup> Dan and more than 300 days of practice.
	All of 2 <sup>nd</sup> dan and 3 <sup>rd</sup> dan wazas
Ken	Kumitachi-henka (Tai-no-ri)
Jo	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