

Aikido Grading Examination System

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	60 hours of practice	Shomen-uchi					Katatedori	Shomen-uchi					zagi
4th Kyu	80 hours of practice after obtaining 5th Kyu	Shomenuchi Katadori					Yokomen-uchi	Shomen-uchi					zagi
3rd Kyu	100 hours of practice after obtaining 4th Kyu	Shomenuchi (zagi and tachi waza)					Ryotedori Yokomen-uchi	Shomenuchi Tsuki			Ryote dori		zagi
2nd Kyu	150 hours of practice after obtaining 3rd Kyu	Shomenuchi (zagi and tachi waza) Katadori (zagi and tachi waza)					Katatedori Hanmi-handachi	Shomenuchi Tsuki (tachi waza) Katatedori		Kata tedori	Ryote dori	Kata tedori	zagi
1st Kyu	200 hours of practice after obtaining 2nd Kyu	Shomenuchi (zagi and tachi waza) Yokomenuchi (zagi and tachi waza) Katadori (zagi and tachi waza) Ushiro Ryotedori			Yokomen-uchi		Katatedori Ryotedori Hanmi-handachi waza & tachi waza)	Shomenuchi Tsuki Katatedori			Ryote dori	Kata tedori Ryote dori Moro tedori	(zagi and tachi waza)
1st Dan	300 hours of practice after obtaining 1st Kyu, (15 years or older)	Unarmed techniques (zagi, hanmi-handachi waza, tachi waza) for shomenuchi, yokomenuchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)											
2nd Dan	3 years and 500 hours of practice since Shodan	Same as above plus Tanto-dori and Futarigake (by two ukes) Submit an article on some Aikido-related subject											
3rd Dan	4 years and 600 hours of practice since Nidan	Same as above plus Tachi-dori, Jo-dori and Taninzugake (more than three ukes) Same as above (Topics will be assigned)											
4th Dan	5 years since Sandan (22 years or older)	Jiyuwaza for all of the above plus a short essay											

NOTES

- Zagi (Suwari waza): sitting.
- Hanmi-handachi waza: sitting vs. standing.
- Tachi waza: standing
- Continue doing the same technique, left and right, omote and ura, until the examiner says "Stop".