

Exam for		Contents												
Grade of:	Prerequisite	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shihonage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchinage	Jiyuwaza	Kokyu-ho	
5th Kyu	30 Days of practice	Shomenuchi						Katatedori	Shomenuchi					Sitting
4th Kyu	40 days of practice after 5th kyu	Shomenuchi	Katadori				Yokomenuchi	Shomenuchi					Sitting	
3rd Kyu	50 days of practice after 4th kyu	Shomenuchi	(Sitting and Standing)				Ryotedori Yokomenuchi	Shomenuchi Tsuki			Ryotedori		Sitting	
2nd Kyu	50 days of practice after 3rd kyu	Shomenuchi Katadori	(Sitting and Standing)				Katatedori (Hanmi-Handachi)	Shomenuchi Tsuki		(Standing)	Katatedori	Ryotedori	Katatedori	Sitting
1st Kyu	60 days of practice after 2nd kyu	Shomenuchi Yokomenuchi Katadori Ushiro Ryotedori	(Sitting and Standing)			Yokomenuchi	Katatedori Ryotedori (Hanmi-Handachi & Standing)	Shomenuchi Tsuki Katatedori			Ryotedori	Katatedori Ryotedori Morotedori	Sitting Standing	
Shodan	70 days of practice after 1st kyu	Unarmed Techniques						(Sitting, sitting vs standing, standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collar, wrist and hands; all techniques from the rear)						
Nidan	Minimum 1 yr since Shodan, with 200 days of practice	Same as above plus Tantadori and Futarigaki						Submit an article on some Aikido-related subject						
Sandan	Minimum 2 yrs since Shodan, with 200 days of practice	Same as above plus Tachidori, Jodori, and Taninzugake						Same as above (topic will be assigned)						
Yodan	Minimum 2 yrs since Sandan, with 200 days of practice	Jiyuwaza for all of the above plus a short essay												