



American Aikikai Federation Grading Examination System

5th Kyu (Gokyu)

50 days of practice and attended one Seminar of the AAF where the student will be examined

- 1 Ryoho Tenkan
- 2 Soto tenkan (3 forms)
- 3 Uchi Tenkan (3 forms)
- 4 Tenkai
Ukemis
- 5 Zenpo Kaiten Ukemi or Mae Ukemi
- 6 Ushiro Ukemi
- 7 Yoko Ushiro Ukemi
- 8 Shomen-uchi Ikkyo (omote and ura)
- 9 Shomen-uchi Irimi-nage
- 10 Katatedori Shiho-nage (omote and ura)
- 11 Ai Hanmi Ryotedori Tenchi-nage
- 12 Tsuki Kote-gaeshi

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

1st Kyu (Ikkyu)

180 days of practice after 2nd Kyu and have attended six seminars of the AAF and a seventh seminar where the student will be examined

- 1 Katadori Men-uchi (5 Forms)
- 2 Yokomen-uchi (5 forms)
- 3 Morotedori (5 Forms)
- 4 Shomen-uchi (5 forms)
- 5 Ryotekubidori (5 forms)
- 6 Tantodori
- 7 Ushiro Hanmi-handachi waza (5 forms)
- 8 Jiyu waza with four students (optional)

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

4th Kyu (Yonkyu)

90 days of practice after 5th kyu and have attended one seminar of the AAF and a second seminar where the student will be examined

- 1 Ushiro Ryotekubidori Kote-gaeshi
- 2 Shomen-uchi Nikyo (omote and ura)
- 3 Yokomen-uchi Shiho-nage (omote and ura)
- 4 Tsuki Irimi-nage
- 5 Ushiro Ryotekubidori Sankyo (omote and ura)
- 6 Ushiro Ryokatadori Kote-gaeshi
Suwari waza
- 7 Shomen-uchi Ikkyo (omote and ura)

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

1st Dan (Shodan)

350 days of practice after 1st Kyu and have attended three seminars of the AAF and a fourth seminar where the student will be examined. Seminars count starts from zero, seminars attended until 1st kyu will not be included for seminars for Shodan.

- 1 All the techniques form 1st Kyu (Ikkyu)
- 2 Henka waza
- 3 Jiyu waza with five students

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

3th Kyu (Sankyu)

100 days of practice after 4th kyu and have attend two seminars of the AAF and a third seminar where the student will be examined

- 1 Yokomen-uchi Irimi-nage (2 forms)
- 2 Yokomen-uchi Kote-gaeshi
- 3 Tsuki Kaiten-nage (uchi and soto mawari)
- 4 Ushiro Ryokatadori Sankyo (omote and ura)
- 5 Morotedori Irimi-nage (2 forms)
- 6 Shomen-uchi Sankyo (omote and ura)
Suwari waza
- 7 Shomen-uchi Irimi-nage
- 8 Shomen-uchi Nikyo (omote and ura)
Hanmi-handachi waza
- 9 Katatedori Shiho-nage

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

2nd Dan (Nidan)

400 days of practice after 1st Dan and have attended eighth seminars of the AAF and a ninth seminar where the student will be examined

- 1 All techniques for Shodan
- 2 Kaeshi waza
- 3 Jiyu waza with five students

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

2nd Kyu (170 days of practice)

125 days of practice after 3th kyu and have attended four seminar of the AAF and a fifth seminar where the student will be examined

- 1 Tenchi-nage
- 2 Shomen-uchi Kaiten-nage
- 3 Yokomen-uchi Gokyo
- 4 Ushiro Ryotekubidori Shiho-nage
- 5 Ushiro Ryotekubidori Jujinage
- 6 Ushiro Kubishime Koshi-nage
- 7 Morotedori Nikyo
Hanmi-handachi waza
- 6 Shomen-uchi Irimi-nage
- 7 Yokomen-uchi Kote-gaeshi
- 8 Morotedori Udekime-nage

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

3rd Dan (Sandan)

600 days of practice after 2nd Dan and have attended fifteen seminars of the AAF and a sixteenth seminar where the student will be examined

- 1 Different techniques will be asked the date of the exam

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

4th Dan (Yondan)

3 years of practice after 3rd Dan and have attended twenty five seminars of the AAF and a twenty-sixth seminar where the student will be examined

- 1 Different techniques will be asked the date of the exam

All exams will be asked Ayumi Ashi, Tsugi Ashi and Okuri Ashi

Suwari waza: sitting techniques

Tachi waza: standing techniques

Hanmi-handachi waza: sitting against standing techniques

Henka waza: shifting from one technique to a different technique

Kaeshi waza: counter techniques

Jiyu waza: freestyle

Notes

Tantodori: wooden knife (Tanto) techniques

Tachidori: wooden sword (Bokken) techniques

Jodori: wooden staff (Jo) techniques

Be sure students have required number of days of practice and examination fee paid

Minimum age for 1st Dan is 15 years, and 4th Dan is 22 years