

California Aikido Association Test Requirements

5th Kyu 50 training days	4th Kyu 60 training days	3rd Kyu 80 training days
<p>TACHI WAZA</p> <p>katate dori: tai no henko (irimi & tenkan), shihonage (omote & ura)</p> <p>shomen uchi: ikkyo (omote & ura), irimi nage</p> <p>SUWARI WAZA ryote dori: kokyu ho</p> <p>UKEMI forward & back rolls</p>	<p>TACHI WAZA</p> <p>shomen uchi: ikkyo (omote & ura), nikyo (omote & ura), irimi nage</p> <p>kata dori: nikyo (omote & ura)</p> <p>ryote dori: tenchi nage</p> <p>tsuki: kote gaeshi</p> <p>katate dori: shihonage (omote & ura)</p> <p>yokomen uchi: shihonage (omote & ura)</p> <p>SUWARI WAZA ryote dori: kokyu ho</p> <p>UKEMI forward & back rolls</p>	<p>SUWARI WAZA</p> <p>shomen uchi: ikkyo through yonkyo</p> <p>TACHI WAZA</p> <p>morote dori: kokyu ho</p> <p>shomen uchi: ikkyo through yonkyo irimi nage kote gaeshi</p> <p>tsuki: irimi nage kote gaeshi</p> <p>katate dori: shihonage (omote & ura)</p> <p>ryote dori: shihonage (omote & ura)</p> <p>yokomen uchi: shihonage (omote & ura)</p> <p>UKEMI At a level appropriate for the rank</p>

2nd Kyu 100 training days	1st Kyu 150 training days	1st Kyu Continued
<p><u>SUWARI WAZA</u></p> <p>shomen uchi: ikkyo through yonkyo</p> <p><u>TACHI WAZA</u></p> <p>shomen uchi: ikkyo through yonkyo irimi nage kote gaeshi kaiten nage</p> <p>tsuki: irimi nage kote gaeshi kaiten nage</p> <p>katate dori: irimi nage kote gaeshi kaiten nage</p> <p>ushiroryote dori: shihonage kote gaeshi</p> <p><u>HANMI HANDACHI</u></p> <p>katate dori: shihonage</p> <p>ryote dori: shihonage</p> <p><u>VARIATIONS</u> (3 techniques per attack)</p> <p>katate dori</p> <p>hiji dori</p> <p>morote dori</p> <p>ryote dori</p> <p><u>JIYU WAZA</u> one person flowing freestyle, any attack</p>	<p><u>SUWARI WAZA</u></p> <p>shomen uchi: ikkyo through yonkyo</p> <p>yokomen uchi: ikkyo through yonkyo</p> <p>kata dori: ikkyo through yonkyo</p> <p><u>TACHI WAZA</u></p> <p>shomen uchi: ikkyo through yonkyo</p> <p>yokomen uchi: ikkyo through yonkyo</p> <p>kata dori: ikkyo through yonkyo</p> <p>ushiro ryote dori: ikkyo through yonkyo</p> <p>shomen uchi: irimi nage kote gaeshi kaiten nage</p> <p>tsuki: irimi nage kote gaeshi kaiten nage</p> <p>yokomen uchi: irimi nage kote gaeshi kaiten nage</p> <p><u>VARIATIONS</u> (3 techniques per attack)</p> <p>katate dori</p> <p>ryote dori</p> <p>morote dori</p> <p>kata dori menuchi</p> <p>ushiro ryokata dori</p> <p>koshi nage</p>	<p><u>HANMI HANDACHI</u></p> <p>katate dori: shihonage</p> <p>ryote dori: shihonage</p> <p>shomen uchi: irimi nage kote gaeshi kaiten nage</p> <p>tsuki: irimi nage kote gaeshi kaiten nage</p> <p>ushiro waza: five techniques</p> <p><u>JIYU WAZA</u> two person flowing freestyle, any attack</p>

Shodan 200 training days	Nidan	Sandan
Minimum age: 15 years old SUWARI WAZA same as 1st kyu	PREREQUISITE 360 training days and two years since obtaining shodan. (Please note that the dan application form requires the training days to be listed, not the number of years of training.) An Association 5th dan or above must be present to sign the application.	PREREQUISITE Written recommendation from the instructor, to include a record of camps and seminars attended. 540 training days and three years since obtaining nidan. (Please note that the dan application form requires the training days to be listed, not the number of years of training.) The relevant Division Head must be present to sign the application.
VARIATIONS (5 techniques per attack) katate dori ryote dori morote dori kata dori menuchi ushiro ryote dori ushiro ryokata dori koshi nage	BASIC CONTENT A comprehensive examination of basic aikido techniques. (See shodan examination requirements.)	CONTENT A comprehensive demonstration of traditional aikido skills to include empty hand and weapons techniques.
HANMI HANDACHI same as 1st kyu	KAESHI WAZA Demonstration of reversals (counters) from a variety of basic techniques.	RANDORI Multiple attack as directed by the examiners.
TANTO DORI tsuki shomen uchi yokomen uchi slash knife at throat from the front knife at throat from the back	TACHI DORI Demonstration of sword-taking techniques.	ESSAY Submission of an essay on an aikido-related subject.
JIYU WAZA one person flowing freestyle, any attack	JO DORI Demonstration of staff-taking techniques.	NOTE: The written recommendation and
RANDORI three person multiple attack examiners choose one		

of: • begin with one attacker, send in #2, then #3 • begin with two holding, add third • three attack simultaneously	JIYU WAZA One person flowing freestyle. RANDORI Multiple attack as directed by examiners. ESSAY Submission of a short essay on an aikido-related subject.	essay must be submitted to the Division Head prior to the examination
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(Training days are calculated from previous test date)

Shodan

Prerequisite

Minimum 200 training days and one year from promotion to ikkyu. (Please note that the dan application form requires the training days to be listed, not the number of years of training.) An Association 5th dan or above must be present to sign the application unless otherwise approved or directed by the Division Head. Minimum age: 15 years old

Yondan and above

In the case of yondan, an examination/demonstration will be scheduled and conducted by a Division Head. Promotions to the rank of godan and above are made by recommendation to Aikikai, by one of the Division Heads.