

Exam. for Grade of:	Prerequisite for Exam:	CONTENTS																				
		Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Jujigarame	Hijikimeosae	Shiho-nage	Udekime-nage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyuwaza	Kokyu-ho	Aiki-Otoshi	Mai-Otoshi	Koshi-nage			
6th Kyu	30 days of practice	Etiquette Shihogiri Ashisabaki Tai No Henka Ukemiwaza Sumi Otoshi																				
5th Kyu	30 days of practice after obtaining 6th Kyu		Shomen-uchi							Katatedori		Shomen-uchi					Sitting Standing					
4th Kyu	40 days of practice after obtaining 5th Kyu		Shomen-uchi	Katadori						Yokomen-uchi		Shomen-uchi					Sitting Standing					
3rd Kyu	50 days of practice after obtaining 4th Kyu		Shomen-uchi (Sitting and Standing)							Ryotedori Yokomen-uchi		Shomen-uchi Tsuki			Ryotedori			Sitting Standing				
2nd Kyu	50 days of practice after obtaining 3rd Kyu		Shomen-uchi (Sitting and Standing) Katadori (Sitting and Standing)							Katatedori (Hanmi-handachi)		Shomen-uchi Tsuki (Standing)		Katatedori	Ryotedori	Katatedori		Sitting Standing	Katatedori	Katateriyote dori	Katatedori	
1st Kyu	60 days of practice after obtaining 2nd Kyu		Shomen-uchi (Sitting and Standing) Yokomen-uchi (Sitting and Standing) Katadori (Sitting and Standing) Ushiro Ryotedori							Yokomen-uchi		Ushiro- Ryotedori Katate Ryotedori		Tsuki					Sitting Standing	Katatedori	Katateriyote dori	Shomen-uchi Katatedori
1st Dan	70 days of practice after obtaining 1st Kyu	Unarmed techniques (sitting,sitting vs. standing,standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)																				
2nd Dan	Minimum 1 year since 1st dan, with 200 days of practice	Same as above plus Tantodori and Futarigake Submit an article on some Aikido-related subject.																				
3rd Dan	Minimum 2 years since 2nd dan, with 300 days of practice	Same as above plus Tachidori , Jodori and Taninzugake Same as above (Topics will be assigned)																				
4th Dan	Minimum 3 years since 3rd dan, with 400 days of practice	Jiyuwaza for all of the above plus a short essay																				