



合気道千葉千種道場昇級昇段審査規定

ARIANA ACADEMY AIKIDO AIKIKAI

Dan Promotion Test Requirements



January 2023

Shodan	Minimum of 80 days of practice after 1- Kyu and over 16 years of age.
Ken	Suburi , Kirikaeshi & Tsuki - no - bu(tachiwaza , zagi). Ashino - Fumikae - no - bu (tachiwaza). Ken - no - Awase (7). Kimusubi no Tachi (1).
Jo	Tsuki , Men , Katate , Hasso and Nagare - no - bu (left and right hanmi). 22 no Jo (left hanmi) Basic Movements Front and Back (left and right hanmi) : Tsuki , Men and Katate - no - bu , Jo - no - Awase(8)
Tachi waza	Katadori - Menuchi - Ikkyo~Yonkyo , Iriminage , Kotegaeshi (2 ways for each) , Shihonage (1 way). Ryokatadori - Ikkyo~Yonkyo , Iriminage. Tsuki (chudan) Sankyo , Yonkyo , Iriminage , Koshinage , Kaitenuage (uchi , soto - kaiten). Ushiro - Ryohijidori Ikkyo~Yonkyo , Kotegaeshi. Ushiro Ryokatadori Iriminage , Aikiotoshi. Ushiro - Katatedori - Kubijime Jyujigaraminage , Koshinage , Udegarami.
Hanmi Handachi	Yokomen - uchi Ikkyo~Yonkyo , Kotegaeshi , Kaitennage (uchi , sotokaiten). Katatedori - Shihonage , Iriminage. Ushiro - Katatedori - Kubijime Sankyonage.
Zagi	Ryotedori Ikkyo~Yonkyo , Kotegaeshi , Iriminage. Shomen - uchi Ikkyo~Yonkyo , Kotegeshi , Iriminage. Zagi - Kokyuho (3 ways)
Jiyu waza	Katate - Ryotedori , Shomen uchi , Ushiro - Ryotedori , Tsuki .
Dan2	Minimum of two years after Shodan and more than 200 days of practice.
Ken	Kumi - Tachi (5) , Including Shodan Waza
Jo	Basic Movements Front and Back (left and right): Tsuki , Men , Katate , Hasso and Nagare - no - bu. 31 no Jo (left and right). Kumi - Jo (7).
Renzoku waza (one technique to another)	Tsuki - Nikyo (ura) to Kotegacahi , Iriminage , Shihonage. Shomen uchi - Ikkyogaeshi to Jiyu (free). Yokomen uchi - Sankyo (ura) to Jiyu (free).
Tanto dori	Shomen uchi , Yokomen uchi , Tsuki (2 ways for each) ,
Kaeshi waza (Reverse technique)	Iriminage , Kotegaeshi , Ikkyo from Shomen - uchi - Ikkyo Iriminage , Nikkyo , Sankyo from Gyakuhanmi - katatedori - nikyo (ura) Iriminage , Shihonage , Kotegaeshi from Tsuki - Kotegaeshi
Tachi waza	Tsuki (jodan) Ikkyo~Yonkyo , Kotegaeshi , Shihonage , Kaitennage , Kaitenosae , Udegarami Ushiro - Ryohijidori Ikkyo~Yonkyo , Kotegaeshi , Aikiotoshi , Kokyunage. Ushiro - Katatedori - Kubijime Ikkyo~Yonkyo , Aikiotoshi , Kokyunage , Koshinage.
Hanmi Handachi	Yokomen - uchi Ikkyo~Yonkyo , Iriminage , Shihonage. Ushiro - Ryokatadori Ikkyo~Yonkyo , Kokyunage , Kotegaeshi. Katate - Ryotedori Ikkyo~Yonkyo , Kotegaeshi , Iriminage.
Zagi	Katadori Ikkyo~Yonkyo , Iriminage. Tsuki (chudan) Ikkyo~Yonkyo , Kotegaeshi , Iriminage.
Ninin Dori	Kokyunage (2 ways), Nikyo .
Ninin gake	Jiyu (Free style with 2 attackers).
Dan 3	Minimum of 3 years after 2nd Dan and more than 300 days of practice.
Ken	Kumitachi - Henka (Ken - no - ri) Including 2nd Dan Waza.
Jo	13 no Jo - Awase, 31 no Jo - Awase, Including Shodan and 2nd Dan Waza.
Henka-Oyuu	Munadori (Twisted grap) - Ikkyo~Yonkyo , Iriminage (2 ways) Katate - Ryotedori Kokyuho (3 ways).
Kaeshi waza	Iriminage , Shihonage , Sankyo (3 ways for each).
Tanto dori	Shomen-uchi , Yokomen-uchi , Tsuki (3 ways for each). Katadori- point from front, Ushiro - eridori - point from behind (2 ways for each).
Tachi dori	Shomen-uchi , Yokomen-uchi (3 ways for each). Tsuki (one way).
Jo dori	Tsuki (3 ways) , Motasete (let partner take Jo) (5 ways).
Tachi waza	Katate-Ryotedori Iriminage , Shihonage (3 ways for each) Jiyu (free). Tsuki (Chudan) Sankyo , Yonkyo , Iriminage (2 ways for each) Jiyu (free). Ushiro-Katatedori-Kubijime - Koshinage (3 ways). Ushiro - Hagaijime - Iriminage.
Hanmi Handachi	Shomen uchi Jiyu (free) Katatedori Jiyu (free)
Zagi	Tsuki Jiyu (free), Yokomen-uchi Jiyu (free).
Ninin dori	Shihonage , Yonkyo , Kokyunage .
Sannin gake	Jiyu (free style with 3 attackers).
Dan 4	Minimum 4 years after 3th Dan and more than 900 days of practice.
	Including Shodan, 2nd Dan and 3rd Dan Waza, 8th~5th kyu: Kihon-Dosa (Basic-Movements).
Ken	Kumitachi - Henka (Tai-no-ri)
Jo	Shin - Kumi - Jo (10)
Essay (1)or(2)	(1) How to teach Aikido to beginners (2) What have you gotten from your Aikido practice?

(1) An examinee and his/her uke must prepare their own Ken, Jo, and Tanto for the test.

(2) An examinee must arrive to the test site 30 minutes before the test. Those who come late will not be allowed to take the test.

(3) Those who wishing to take a test for shodan or above must declare the will to take a test to his/her instructor 3 months before to the test.

(4) Those who taking a test for 2nd dan or above must participate in a demonstration, a seminar, or a camp, prior to the test.

(5) Those who failed a test for 2nd dan or above must have one year interval before taking a test again.