

Requirements for Examination

The examination system in Aikido is not structured on competition. You will be graded on the following points.

- Your understanding of basic technique appropriate to your level.
- Your spontaneous movement and response appropriate for the attack.
- Your ability to adapt your movement to the force of the attack.
- The concentration and awareness you maintain throughout the examination.
- Continuity of movement is important, not speed.
- Confidence and courage are important, not ego.
- Be prepared to uke for someone else of your same level during the examination period. You will be graded on your ukemi.

A technique should be demonstrated continuously both right and left until there is a signal to stop. Both irimi and tenkan movement should be used whenever applicable. You will be expected to know and respond to the Japanese terms. It is necessary to have completed the required hours of training (only one hour per day may count in computing time requirements) and it is necessary that the waiting period between each examination has expired before making application.

Shodan Promotional Procedure

- Examinations will be held at a Winter or Summer Intensive Training Camp or in an approved regional dojo under the direction of at least two qualified examiners responsible for the region.
- A candidate must have attended at least two seminars with Saotome Shihan and or Ikeda Shihan since attaining ikkyu grade. During the seminar it is the responsibility of the regional instructor to inform the Shihan so that he may observe the candidate more closely.
- Regional examinations will not be scheduled more than once a year.

Nidan Promotional Procedure

- Examinations will be held at a Winter or Summer Intensive Training Camp or at a regional seminar in the presence of Saotome Shihan and /or Ikeda Shihan.
- A candidate must have attended at least one Winter or Summer Intensive Training Camp since attaining shodan rank and within one year of the scheduled examination date. It is the responsibility of the regional instructor to inform the Shihan at that camp so that he may observe the candidate more closely.
- The application form for all yudansha ranks must be submitted to ASU well in advance of the examination to validate qualifications.

Time and Technique Requirements for Kyu Promotion

Rokyu - 6th kyu (30 hours/3 months)

Tenkan

Shomenuchi ikkyo and iriminage

Munetsuki kotegaeshi

Katate dori shihonage

Yokomenuchi shihonage
Kokyu tanden ho

Gokyu - 5th kyu (60 hours/4 months)

All previous techniques plus:
Shomenuchi nikyo
Kata dori ikkyo and nikyo
Munetsuki kaitennage

Yonkyu -4th kyu (60 hours/4 months)

All previous techniques plus:
Shomenuchi sankyo and yonkyo
Yokomenuchi ikkyo, kotegaeshi and iriminage
Ryote dori tenchinage and shihonage
Katate dori ryote mochi kokyu tanden ho

Sankyu -3rd kyu (70 hours/4 months)

All previous techniques plus:
Ushiro iyokata dori ikkyo
Ushiro iyote dori shihonage
Ushiro kubi shime kotegaeshi
Ushiro waza kokyunage

Nikyu - 2nd kyu (80 hours/6 months)

All previous techniques plus:
Yokomenuchi nikyo, sankyo and yonkyo
Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki

Hanmi handachi:
Katate dori shihonage
Ryote dori shihonage

Suwariwaza:
Shomenuchi ikkyo
Kata dori ikkyo
Yokomenuchi ikkyo

Ikkyu - 1st kyu (90 hours/6 months)

All previous techniques plus:
Jiyu waza:
Standing/Hanmi handachi/Suwariwaza
Tanto dori:Munetsuki, Shomenuchi, Yokomenuchi

Any student applying for a kyu promotion must be an ASU member in good standing. It is necessary to have completed the required hours of training (no matter how many hours you practice in one day, one day's training only counts as one hour) and it is necessary that the waiting period (number of months) between each examination has expired before applying.

The fee for a kyu certificate is \$35.00 for each kyu grade.

Time and Technique Requirements for Dan Promotion

Shodan (120 hours and 12 months after receiving ikkyu)

All basic techniques and previous requirements plus:

Kumi tachi: First five basic kata.

Tanto dori: A different technique from each - shomenuchi, yokomenuchi, tsuki, two different techniques from ushiro.

Tachi dori: A total of five different techniques. Attacks will be shomenuchi, yokomenuchi, tsuki.

Randori: Three people attacking.

Nidan (Minimum 30 months and approx. 400 hours of consistent training after receiving shodan.)

All basic techniques and previous requirements plus:

Kumi tachi: First twelve basic kata.

Kumi jo: First six basic kata.

Randori: Three people attacking with shinai.

Sandan (Minimum 3 years of consistent training after receiving nidan.)

All basic techniques performed to demonstrate the student's understanding of the principles of kokyu tanden ho, and all previous requirements.

Yondan Only by recommendation at the discretion of Saotome Shihan or Ikeda Shihan.

"True Budo is a work of love. It is a work of giving life to all beings, and not killing or struggling with each other."

-Master Morihei Ueshiba

From the ASU Training Handbook provided by Mitsugi Saotome Shihan.