

6th Kyu ROKUKYU

Minimum training: 20 hours and 2 months

Preliminary exercises

Aiki – taiso	1
Tai – sabaki	2
Ukemi	3

Tachi – waza

Katate – dori ai – hanmi	Irimi – nage	4
	Kote – gaeshi	5
	Ikkyo (omote & ura)	6
	Shiho – nage (omote & ura)	7
	Uchi – kaiten Sankyo	8

5th Kyu GOKYU

Minimum training: 20 hours and 2 months after attaining 6th kyu

Preliminary training

Kokyu – ho	1
Ashi – sabaki	2
Shikko	3
Ukemi	4

Tachi – waza

Shomen – uchi	Ikkyo (omote & ura)	5
	Nikyo (omote & ura)	6
	Kote – gaeshi	7
Katate – dori	Irimi – nage	8
	Shiho – nage (omote & ura)	9
	Udekime – nage (irimi & tankan)	10
Kata – dori	Ikkyo (omote & ura)	11
	Ikkyo (omote & ura)	12

Suwari – waza

Shomen – uchi	Ikkyo (omote & ura)	13
Kata – dori	Ikkyo (omote & ura)	14
Ryote – dori	Kokyu – ho	15

4th Kyu YONKYU

Minimum training: 60 hours and 3 months after attaining 5th kyu

Tachi – waza

Katate – dori	Tenchi – nage	1
	Nikyo (omote & ura)	2
Ryote – dori	Irimi – nage	3
	Shiho – nage (omote & ura)	4
	Tenchi – nage	5
	Udekime – nage	6
	Ikkyo (omote & ura)	7
	Kokyo – nage	8
Katateriyote – dori	Kokyo – nage	9
Shomen – uchi	Sankyo (omote & ura)	10
	Uchi – kaiten Sankyo	11
Yokomen – uchi	Shiho – nage (omote & ura)	12
	Irimi – nage	13
	Kote – gaeshi	14
	Udekime – nage	15
Chudan – tsuki	Irimi – nage	16
	Kote – gaeshi	17
	Udekime – nage	18
	Uchi – kaiten Sankyo	19
Jodan – tsuki	Ikkyo (omote & ura)	20

Suwari – waza

Shomen – uchi	Nikyo (omote & ura)	21
	Irimi – nage	22
Kata – dori	Nikyo (omote & ura)	23

3rd Kyu SANKYU

Minimum training: 90 hours and 4 months after attaining 4th kyu

Tachi – waza

Katate – dori	Uchi – kaiten nage	1
	Sankyo (omote & ura)	2
	Yonkyo (omote & ura)	3
Katateryote – dori	Ikkyo (omote & ura)	4
	Nikyo (omote & ura)	5
	Kote – gaeshi	6
Ryote – dori	Kote – gaeshi	7
	Kokyo – nage	8
Shomen – uchi	Yonkyo (omote & ura)	9
	Gokyo	10
Yokomen – uchi	Ikkyo (omote & ura)	11
	Uchi – kaiten Sankyo	12
	Tenchi – nage	13
Chudan – tsuki	Sankyo (omote & ura)	14
	Hijikime – osae	15
	Soto kaiten – nage	16

Ushiro – waza

Ryote – dori	Ikkyo (omote & ura)	17
	Nikyo (omote & ura)	18
	Sankyo (omote & ura)	19
	Hijikime – osae	20
	Kote – gaeshi	21
	Shiho – nage	22
	Irimi – nage	23

Suwari – waza

Shomen – uchi	Kote – gaeshi	24
	Sankyo (omote & ura)	25
Kata – dori	Nikyo (omote & ura)	26
	Sankyo (omote & ura)	27

2nd Kyu NIKYU

Minimum training: 110 hours and 5 months after attaining 3^d kyu

Tachi – waza

Shomen – uchi	Jiyu – waza	1
Yokomen – uchi	Nikyo (omote & ura)	2
	Sankyo (omote & ura)	3
	Yonkyo (omote & ura)	4
	Gokyo	5
Katateriyote – dori	Irimi – nage	6
Kata – dori menuchi	Ikkyo (omote & ura)	7
	Shiho – nage (omote & ura)	8
	Kote – gaeshi	9
	Irimi – nage	10
	Koshi – nage	11
Mune – dori	Ikkyo (omote & ura)	12
	Sankyo (omote & ura)	13
	Shiho – nage (omote & ura)	14
Jodan – tsuki	Nikyo (omote & ura)	15
	Sankyo (omote & ura)	16
Mae – geri	Irimi – nage	17

Ushiro – waza

Ryokata – dori	Ikkyo (omote & ura)	18
	Nikyo (omote & ura)	19
	Sankyo (omote & ura)	20
	Irimi – nage	21
	Kote – gaeshi	22
Ryohiji – dori	Kote – gaeshi	23
	Irimi – nage	24
Kata – dori kubishime	Ikkyo (omote & ura)	25
Eri – dori	Ikkyo (omote & ura)	26

Suwari – waza

Shomen – uchi	Yonkyo (omote & ura)	27
	Soto kaiten – nage	28
Ryokata – dori	Ikkyo (omote & ura)	29
Chudan – tsuki	Kote – gaeshi	30
Jodan – tsuki	Ikkyo (omote & ura)	31

1st Kyu IKKYU

Minimum training: 160 hours and 8 months after attaining 2nd kyu

Tachi – waza

Mune – dori menuchi	Ikkyo (omote & ura)	1
	Nikyo (omote & ura)	2
	Sankyo (omote & ura)	3
	Koshi – nage	4
Jodan – tsuki	Yonkyo (omote & ura)	5
	Irimi – nage	6
	Shiho – nage (omote & ura)	7
	Soto kaiten – nage	8
	Ushiro kiriotoshi	9
	Koshi – nage	10
Yokomen – uchi	Jiyu – waza	11
Chudan – tsuki	Jiyu – waza	12
Mae – geri	Jiyu – waza	13

Ushiro – waza

Ryote – dori	Yonkyo (omote & ura)	14
	Kokyo – nage	15
	Koshi – nage	16
Kata – dori kubishime	Sankyo (omote & ura)	17
	Hijikime – osae	18
Eri – dori	Ikkyo (omote & ura)	19
	Sankyo (omote & ura)	20
	Koshi – nage	21

Suwari – waza

Shomen – uchi	Jiyu – waza	22
Ryokata – dori	Sankyo (omote & ura)	23
	Yonkyo (omote & ura)	24
Kata – dori menuchi	Irimi – nage	25
	Kote – gaeshi	26
	Kokyo – nage	27

Hanmihantachi – waza

Katate – dori	Ikkyo (omote & ura)	28
---------------	---------------------	----

	Shiho – nage (omote & ura)	29
	Uchi – kaiten nage	30
Ryote – dori	Shiho – nage (omote & ura)	31

1st Dan SHODAN

Minimum training: 240 hours and 12 months after attaining 1st kyu

Part 1:

Effective breathing	1
Good posture	2
Effective technique	3

Part 2:

Breathing exercises	4
Basic technique	Tachi – waza 5
	Hanmihantachi – waza 6
	Suwari – waza 7
	Ushiro – waza 8
Basic technique	Variations 9
Tanto – dori	10
Attack/ defence	Particular forms and variations 11

2nd Dan NIDAN

*Minimum training: 2.5 years after attaining 1st Dan
and 4 years after being awarded Shodan suisen*

Part 1:

Effective breathing	1
Good posture	2
Effective technique	3

Part 2:

Much improved technical ability since being awarded Shodan	4
--	---

Part 3:

Jo – Dori	5
Futari – dori	6
Basic aiki – ken	7

3rd Dan SANDAN

*Minimum training: 3 years after attaining 2nd Dan
and 4 years after being awarded Nidan suisen*

Part 1:

Effective breathing	1
Good posture	2
Effective technique	3

Part 2:

Much improved technical ability since being awarded Nidan
4

Part 3:

Aiki – ken	5
Aiki – jo	6

4th Dan YONDAN

*Minimum training: 4 years after attaining 3rd Dan
and 5 years after being awarded Shodan suisen*

Part 1:

Effective breathing	1
Good posture	2
Effective technique	3

Part 2:

Much improved technical ability since being awarded Sandan 4

5th Dan GODAN

*Directly nominated by Zaidan Hoshin Aikikai (Japan)
following Technical Director's indication*