

**WORLD AIKIDO AIKIKAI INC**  
**DAN GRADE**  
**PROMOTION TEST REQUIREMENTS**

**SHODAN (1<sup>ST</sup> DEGREE BLACK BELT)                      400 DAYS\***

Katatori Menuchi	-	4 techniques
ShomenUchi	-	4 techniques
YokomenUchi	-	4 techniques
MuneTsuki	-	4 techniques
KatateTori	-	4 techniques
RyoteTori	-	4 techniques
MoroteTori	-	4 techniques
UshiroRyoteTori	-	4 techniques
H) KatateTori	-	3 techniques
H) UshiroTori	-	3 techniques
S) ShomenUchi	-	Ikkyo, Nikyo, Sankyo, Yonkyo
TantoTori	-	3 techniques
TachiTori	-	3 techniques
JoTori	-	3 techniques
Henka Waza	-	3 techniques
Jyu Waza (RyokataTori)	-	3 persons Uke

Essay to yours thoughts of becoming an Aikikai Shodan.  
Other requirements to be determined by examiner at time of the exam.

**NIDAN (2<sup>ND</sup> DEGREE BLACK BELT)                      600 DAYS\***

Attended 2 Aikikai seminars per year after SHODAN promotion.  
To the following attack forms: KatateTori, ShomenUchi, YokomenUchi,  
MuneTsuki, MoroteTori, & UshiroRyoteTori

Apply one of each technique: Iriminage, Kotegaeshi, Shihonage, Kaitennage,  
Jujunage, Koshinage, & Ikkyo

H) ShomenUchi	-	3 techniques
S) ShomenUchi	-	3 techniques
TantoTori	-	3 techniques
TachiTori	-	3 techniques
JoTori	-	3 techniques
Kaeshi Waza	-	3 techniques
Jyu Waza (RyokataTori)	-	4 persons Uke

Essay related to your thoughts on your Aikido after obtaining Shodan.  
Other requirements to be determined by examiner at time of the exam.

**SANDAN (3<sup>RD</sup> DEGREE BLACK BELT)                      700 DAYS\***

Attended 3 Aikikai seminars per year after NIDAN promotion.  
ALL of NIDAN test requirements, with:  
Jyu Waza (RyokataTori) - 5 persons Uke

Essay related to your thoughts on how your Aikido training has influenced you.  
Other requirements to be determined by examiner at time of the exam.

**DAY\*** Number of Training Days required after attaining previous promotion.  
H) - Hanmi Handachi                      S) - Suwari Waza

Yudansha Book and Essay shall be submitted before the Dan examination.