

## **Dan Examination Requirements**

Promotion of students to dan rank will be based on the curriculum requirements delineated herein. The minimal qualifications for consideration for promotion will be:

1. Membership in the JAA/USA of at least two years
2. Documented training and promotion through kyu ranks consisting of at least 240 hours under the instruction of a JAA/USA certified instructor in a JAA/USA recognized club
3. Written recommendation from a JAA/USA certified instructor
4. For Shodan to Yondan, **at the time of the exam**, students must submit a written paper on an aikido related subject of their choice. These may be published in the newsletter.

Candidates meeting all the minimum requirements will be required to test in front of a panel of JAA/USA certified instructors that meet the testing board requirements. Such test will consist of, at minimum, demonstration of all physical curriculum requirements for said rank as listed below and submission of the written essay.

### **1st Dan - Shodan (more than 100 hrs practice after 1st kyu)**

**Koryu goshin no kata** (suwari waza, hanza handachi waza, tachi waza)

**Randori kihon waza** (against tanto)

**Tanto kakari geiko and hiki tate geiko**

(both 2 mins. tori and 2 mins. uke - women & older people excluded)

Important points for randori:

- Correct timing is essential for effective atemi waza
- Good tsukuri is essential for effective kansetsu waza

### **2nd Dan - Nidan (more than 200 days practice after 1st dan)**

**Between Shodan and Nidan, must attend 1 Instructor's clinic + 1 other clinic.**

**Koryu goshin no kata** (as for 1st dan + tanto dori)

**Randori kihon waza** (against tanto)

**Tanto randori** (2 mins. tori/2 mins. uke, 3 times - women/elderly excluded)

**Koryu nage no kata**, omote and ura (women and older people only)

### **3rd Dan - Sandan (more than 250 days practice after 2nd dan)**

**Between Nidan and Sandan, must attend 1 Instructor's clinic + 2 other clinics.**

**Koryu goshin no kata** (as for 2nd dan + tachi dori, yari dori, yari, kumitachi)

**Randori kihon waza** (against tanto)

**Tanto randori** (2 mins. tori/2 mins. uke, 4 times - women/elderly excluded)

**Koryu nage no kata**, as for 2nd dan + ouyou (women and older people only)

## **4th Dan - Yondan** (more than 4 years continuous practice after 3rd dan)

**Between Sandan and Yondan, must attend 2 Instructor's clinics + 2 other clinics.**

### **Techniques from tegatana no kuzushi**

**jodan no kuzushi** 1. aigamae - ushiro ate 2. gyakugamae - ushiroate  
**chudan no kuzushi** 3. aigamae - oshi taoshi 4. gyakugamae -hikitaoshi  
**gedan no kuzushi** 5. aigamae - kote gaeshi 6. gyakugamae-kotegaeshi  
**kouhou no kuzushi** 7. ryote - oshi taoshi 8. ryote - ushiro ate

### **Goshin ho (tekubi dori)**

**aigamae katate dori** 9. shomen ate 10. gedan ate  
**gyakugamae katate dori** 11. shomenate 12. aigamaeate 13. gyakugamaeate

### **Goshin ho (datotsushu)**

**shomenuchi** 14. aigamae ate 15. oshi taoshi  
**yokomen uchi** 16. aigamae ate 17. tenkai kote gaeshi  
**shomen tsuki** 18. kote gaeshi  
**mae geri** 19. shomen ate

The examinee will be asked by the examiner to also demonstrate techniques from the koryu goshin no kata.

## **5th Dan - Godan** (more than 5 yrs continuous practice after 4th dan)

**Between Yondan and Godan, must attend 3 Instructor's clinics + 3 other clinics.**

### **Goshin ho (tekubi dori)**

**aigamae katate dori** 1. oshi taoshi 2. hiki taoshi 3. kote hineri  
4. kote gaeshi 5. tenkai kote hineri  
**gyakugamae katate dori** 6. hiki taoshi 7. yakute dori kote hineri  
8. wakigatame 9. tenkai kotegaeshi 10. sumiotoshi  
**katate ryote dori** 11. tentai oshi taoshi 12. kote gaeshi  
**zenpo ryotedori** 13. aigamae ate (tenchinage) 14. aigamaeate (tenchinage ura)  
**kouhou ryote dori** 15. tenkai ude hineri nage 16. kote gaeshi  
17. tenkai kotegaeshi 18. tenkai yakutedori kotehineri

The examinee will be asked by the examiner to also demonstrate techniques from the koryu goshin no kata.