



Canadian Aikido Federation

Grading Requirements (January 2012)

NOTES:

1. All requirements are **minimums** since previous test.
2. Be prepared as both Nage and Uke.
3. By default, techniques are tachi-waza. When required, suwari-waza or hanmi-handachi is specified.
4. Show Omote and Ura where appropriate.
5. For each test, any previous technique may be required.

5 th Kyu (Gokyu)			
To Know the Basic Forms with Accuracy			
Minimum Times	Stance	Attack	Techniques
Minimum 30 Days training required		Shomen-uchi	Ikkyo
		Katate-dori (gyaku-hanmi)	Shiho-nage
		Shomen-uchi	Irimi-nage
	Suwari-waza	Ryote-dori	Kokyu-dosa
4 th Kyu (Yonkyu)			
To Have Proper Balance and Timing			
Minimum Times	Stance	Attack	Techniques
Minimum 40 Days training required since 5 th kyu		Shomen-uchi	Ikkyo
		Kata-dori	Nikyo
		Yokomen-uchi	Shiho-nage
		Shomen-uchi	Irimi-nage
	Suwari-waza	Ryote-dori	Kokyu-dosa
3 rd Kyu (Sankyu)			
To Have Speed and Stability			
Minimum Times	Stance	Attack	Techniques
Minimum 50 Days training required since 4 th kyu	Suwari-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
		Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
		Ryote-dori, Yokomen-uchi	Shiho-nage
		Ryote-dori	Tenchi-nage
		Shomen-uchi, Tsuki	Irimi-nage, Kote-gaeshi
	Suwari-waza	Ryote-dori	Kokyu-dosa
2 nd Kyu (Nikyu)			
To Have Power and Be Flowing			
Minimum Times	Stance	Attack	Techniques
Minimum 50 Days training required since 3 rd kyu	Suwari-waza	Shomen-uchi, Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
		Shomen-uchi, Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
	Hanmi-handachi	Katate-dori (gyaku-hanmi)	Shiho-nage
		Shomen-uchi, Tsuki	Irimi-nage, Kote-gaeshi
		Katate-dori	Irimi-nage, Kote-gaeshi, Kaiten-nage (uchi & soto)
		Ryote-dori	Tenchi-nage
		Katate-dori	Jiyu-waza
	Suwari-waza	Ryote-dori	Kokyu-dosa



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1st Kyu (Ikkyu)			
To Be Able to Apply and Vary the Techniques			
Minimum 60 days training required since 2 nd kyu	Stance	Attack	Techniques
	Suwari-waza	Shomen-uchi, Yokomen-uchi, Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
		Shomen-uchi, Yokomen-uchi, Kata-dori, Ushiro Ryote-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
		Yokomen-uchi	Gokyo
	Hanmi-handachi	Katate-dori, Ryote-dori	Shiho-nage
		Katate-dori, Ryote-dori	Shiho-nage
		Katate-dori, Shomen-uchi, Tsuki	Irimi-nage, Kote-gaeshi, Kaiten-nage (uchi and soto)
		Ryotedori	Tenchi-nage
		Katate-dori, Ryote-dori, Morote-dori	Jiyu-waza
	Suwari-waza	Ryote-dori	Kokyu-dosa
Standing	Ryote-dori	Kokyu-ho	
1st Dan (Shodan)			
Minimum 70 days training required since 1 st kyu	Techniques		
	Suwari-waza, Hanmi-handachi, Standing	Unarmed techniques from all standard attacks	
2nd Dan (Nidan)			
Minimum 1 year (200 days) training required since Shodan	Techniques		
	All Shodan requirements		
	Tanto-dori		
	Futari-gake (two person randori)		
3rd Dan (Sandan)			
Minimum 2 years (300 days) training required since Nidan	Techniques		
	All Nidan requirements		
	Jo-dori		
	Tachi-dori		
	Taninzu-gake (multi-person randori)		
4th Dan (Yondan)			
Minimum 3 Years (400 days) training required since Sandan	Techniques		
	Jiyu-waza for all unarmed and armed attacks		
	Further requirements as determined by the examiner(s)		



**Canadian Aikido Federation
Sample Dan Examination
(Osawa Shihan, JCCC, Sept 24, 2011)**

1st Dan (Shodan)		
Stance	Attack	Techniques
Suwari-waza (zagi)	Shomen-uchi	Ikkyo (omote/ura)
Suwari-waza (zagi)	Kata-dori	Nikyo (omote/ura)
	Ushiro Ryotekubi-dori	Sankyo (omote/ura)
	Morote-dori	Yonkyo (omote/ura)
Suwari-waza (zagi)	Shomen-uchi	Irimi-nage
	Shomen-uchi, Yokomen-uchi, Morote-dori	Irimi-nage
	Katate-dori (gyaku-hanmi), Tsuki, Ushiro Ryotekubi-dori	Kote-gaeshi
Hanmi-handachi	Katate-dori (gyaku-hanmi), Ryote-dori	Shiho-nage
	Katate-dori, Shomen-uchi, Kata-dori-men-uchi	Shiho-nage
	Tsuki, Ushiro Ryotekubi-dori	Kaiten-nage
	Ryote-dori	Tenchi-nage
	Morote-dori	Kokyu-ho
	Various attacks	Jiyu-waza
Suwari-waza	Ryote-dori	Kokyu-ho
2nd Dan (Nidan)		
Above list of Shodan techniques +		
Stance	Attack	Techniques
Suwari-waza	Shomen-uchi	Nikyo, Sankyo, Yonkyo (omote/ura)
	Kata-dori	Nikyo
	Tanto-dori	
	Futari-gake (two person randori): Morote-dori	Kokyu-nage
	Futari-gake (two person randori): Free attacks	Jiyu-waza
3rd Dan (Sandan)		
Above lists of Shodan and Nidan techniques +		
Stance	Attack	Techniques
Hanmi-handachi	Shomen-uchi	Irimi-nage, Kote-gaeshi
Hanmi-handachi	Katate-dori	Kaiten-nage
Suwari-waza	Shomen-uchi	Kote-gaeshi
	Shomen-uchi	Kote-gaeshi
Hanmi-handachi	Ushiro Ryokata-dori	Sankyo
	Ushiro Ryokata-dori	Sankyo
	Jo-dori	
	Tachi-dori	