

**2010 Aikido Association of America and Aikido Association International  
AIKIDO MINIMUM PROMOTION TEST REQUIREMENTS - DAN RANKS**

<b>Shodan – Black Belt, 1<sup>st</sup> Degree</b>	
<p><i>Two written essays required:</i>  <b>“What is Aikido?”</b>  <b>“What is Shugyo?”</b></p>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>• <b>Munetsuki</b> - Free demonstration; minimum five arts</li> <li>• <b>Yokomenuchi</b> - Free demonstration; minimum five arts</li> <li>• <b>Ushirotekubitori</b> - Free demonstration; minimum five arts</li> <li>• <b>Ryotetori</b> - Free demonstration; minimum five arts</li> <li>• <b>Hanmi Hantachi</b> - Free technique</li> <li>• <b>Bokken Dori</b> - “Seizing the wooden sword:” unarmed defense against sword attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required</li> <li>• <b>Jo Kata II</b> - Second staff form; 22 movements</li> <li>• <b>Randori</b> - Defense against multiple attackers (4)</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>• Minimum <b>10 months</b> and <b>100 hours</b> of training since earning 1<sup>st</sup> Kyu</li> <li>• Attendance at <b>1 Instructor’s Seminar</b> since earning 1<sup>st</sup> Kyu</li> </ul>
<b>Nidan – Black Belt, 2<sup>nd</sup> Degree</b>	
<p><i>One written essay required:</i>  <b>“Aikido History and Future”</b></p>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>• <b>Katatori Ganmenuchi</b> - Free demonstration; minimum five arts</li> <li>• <b>Shomenuchi</b>- Free demonstration; minimum five arts</li> <li>• <b>Hanmi Hantachi</b> - Free technique against two attackers</li> <li>• <b>Jo Dori</b> - “Seizing the staff:” unarmed defense against staff attack; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks required</li> <li>• <b>Randori</b> - Defense against multiple attackers (5)</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>• Minimum <b>18 months</b> and <b>50 hours</b> as Assistant Instructor</li> <li>• <b>Valid instructor Certificate</b> and</li> <li>• <b>Attendance at 1 AAA/AAI Camp</b> since earning Shodan</li> </ul>
<b>Sandan – Black Belt, 3<sup>rd</sup> Degree</b>	
<p><i>One written essay required:</i>  <b>“Aikido Philosophy”</b></p>	<p><u><i>Technique</i></u></p> <ul style="list-style-type: none"> <li>• <b>Jo Nage</b> - “Throwing with the staff;” free demonstration</li> <li>• <b>Kumijo</b> - Staff versus staff forms (5)</li> <li>• <b>Kumitachi</b> - Sword versus sword forms (6)</li> <li>• <b>Randori</b> - Defense against multiple attackers (6)</li> </ul> <p><u><i>Time and Events Requirements</i></u></p> <ul style="list-style-type: none"> <li>• Minimum <b>33 months</b> and <b>100 hours</b> as Assistant Instructor</li> <li>• <b>Valid instructor Certificate</b> and</li> <li>• <b>Attendance at 1 AAA/AAI Camp</b> since earning Nidan</li> </ul>

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Yondan – Black Belt, 4 <sup>th</sup> Degree	
<p><i>Two written essay required:</i>  <b>“Application of Aikido”</b>  <b>“Instruction Methodology: Kihon to Oyo Waza”</b></p> <p><i>Recommendation of two Teaching Committee Members            Interview &amp; Approval of Executive Director required</i></p>	<p><u>Technique</u></p> <ul style="list-style-type: none"> <li>• <b>Kihon Waza</b> - “Basic technique:” five-minute free demonstration</li> <li>• <b>Henka Waza</b> - “Changing technique:” five-minute free demonstration</li> <li>• <b>Oyo Waza</b> - “Applied or advanced technique:” five-minute free demonstration</li> </ul> <p><u>Time and Events Requirements</u></p> <ul style="list-style-type: none"> <li>• Minimum <b>45 months</b> and <b>250 hours</b> as Instructor</li> <li>• <b>Valid Instructor Certificate</b> and</li> <li>• <b>Attendance at 1 AAA/AAI Camp</b> since earning Sandan</li> </ul>

**\*IMPORTANT NOTES\***

1. These requirements are a minimum standard for the purposes of promotion testing; this is not a comprehensive listing of all the applications of technique with which you must be familiar.
2. Many techniques have omote (front) and ura (rear) variations which you must demonstrate.
3. Many techniques have applications against both static and dynamic attacks, which you must know.
4. In certain cases a particular variation of a technique is required and is noted above; you are encouraged, however, to demonstrate additional variations.
5. All tests are cumulative; you must be prepared to demonstrate exercises and techniques from all ranks prior to the one for which you are actually testing.
6. Requirements of attendance at Aikido Seminar, Camps, and Instructor Seminars are fulfilled only by AAA/AAI events.
7. All test candidates must complete the following prior to testing:
  - Dojo dues must be paid in full
  - AAA or AAI annual dues must be paid up to date
  - Examination application form must be completed legibly and submitted to your instructor
  - Examination fee must be paid

No application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's instructor.