

6 Kyu

6 Kyu	weisser Gurt		
	20 Tage Training		
		Angriff	Technik
Special	Tai no tenkan Irimi tenkan Tai no tenkan ho		
Ukemi	Mae,Ushiro,Shiko		
		Aihamni Katate dori	Ikkyo
		Suwari Ryotedori	Kokyu-ho

5 Kyu

5 Kyu	gelber Gurt		
	30 Tage Training		
		Angriff	Technik
Ukemi	ShikoUshiro Irimi tenkan Shomen uchi ikkyo undo		
		Shomen Uchi	Ikkyo
		Katatedori	Shiho-nage
		Shomen Uchi	Irimi-nage
		Suwari Ryotedori	Kokyu-ho
Randori (Qualities)		Passing - Outside, Inside, Back, Front, Behind, Forward	Randori (Qualities)
Waffen			Aikiken Suburi 1-7

4 Kyu

4 Kyu	oranger Gurt		
	40 Tage Training		
		Angriff	Technik
		Shomen Uchi	Ikkyo
		Shomen Uchi	Nikyo
		Yokomen Uchi	Shiho-nage
		Shomen Uchi	Irimi-nage
		Suwari Ryotedori	Kokyu-ho
Randori (Qualities)		Guiding & Connecting	
Waffen			Aikijo Suburi 1-10

3 Kyu

3 Kyu	grüner Gurt		
	50 Tage Training		
		Angriff	Technik
		Shomen Uchi Suwari &Tachi	Ikkyo
		Shomen Uchi Suwari &Tachi	Nikyo
		Shomen Uchi Suwari &Tachi	Sankyo
		Ryotedori	Shiho-nage
		Yokomen Uchi	Shiho-nage
		Shomen Uchi	Irimi-nage
		Tsuki	Irimi-nage
		Shomen Uchi	Kote-gaeshi
		Tsuki	Kote-gaeshi
		Ryotedori	Tenchi-nage
		Suwari Ryotedori	Kokyu-ho
Randori (Qualities)		Entering & the above	
Waffen			Aikijo Suburi 11-20

2 Kyu

2 Kyu	blauer Gurt		
	50 Tage Training		
		Angriff	Technik
Special	Jyuwasa		
		Shomen Uchi Suwari &Tachi	Ikkyo
		Shomen Uchi Suwari &Tachi	Nikyo
		Shomen Uchi Suwari &Tachi	Sankyo
		Shomen Uchi Suwari &Tachi	Yonkyo
		Katadori	Ikkyo
		Katadori	Nikyo
		Katadori	Sankyo
		Katadori	Yonkyo

2 Kyu	blauer Gurt		
	50 Tage Training		
		Angriff	Technik
		Katatedori Hanmihandachi	Shiho-nage
		Shomen Uchi	Irimi-nage
		Tsuki	Irimi-nage
		Katatedori	Irimi-nage
		Shomen Uchi	Kote-gaeshi
		Tsuki	Kote-gaeshi
		Katatedori	Kote-gaeshi
		Katatedori	Kaiten-nage
		Ryotedori	Tenchi-nage
		Katatedori	Jyuwasa
		Suwari Ryotedori	Kokyu-ho
Randori (Qualities)		Basic Techniques & Diving & the above	
Waffen			Aikiken 1-5 Entwaffnung Tanto - 3x Shomen, 3x Yokomen, 3x Tsuki, 1x Ushiro

1 Kyu

1 Kyu	brauner Gurt		
	60 Tage Training		
		Angriff	Technik
		Shomen Uchi Suwari &Tachi	Ikkyo
		Shomen Uchi Suwari &Tachi	Nikyo
		Shomen Uchi Suwari &Tachi	Sankyo
		Shomen Uchi Suwari &Tachi	Yonkyo
		Katadori	Ikkyo
		Katadori	Nikyo
		Katadori	Sankyo
		Katadori	Yonkyo
		Ushiro Ryotedori	Ikkyo
		Ushiro Ryotedori	Nikyo
		Ushiro Ryotedori	Sankyo
		Ushiro Ryotedori	Yonkyo
		Yokomen Uchi	Ikkyo

1 Kyu	brauner Gurt		
	60 Tage Training		
		Angriff	Technik
		Yokomen Uchi	Nikyo
		Yokomen Uchi	Sankyo
		Yokomen Uchi	Yonkyo
		Yokomen Uchi	Gokyo
		Katatedori Tachi & Hanmihandachi	Shiho-nage
		Ryotedori Tachi & Hanmihandachi	Shiho-nage
		Shomen Uchi	Irimi-nage
		Tsuki	Irimi-nage
		Katatedori	Irimi-nage
		Shomen Uchi	Kote-gaeshi
		Tsuki	Kote-gaeshi
		Katatedori	Kote-gaeshi
		Shomen Uchi	Kaiten-nage
		Tsuki	Kaiten-nage
		Katatedori	Kaiten-nage
		Ryotedori	Tenchi-nage
		Katatedori	Jyuwasa
		Ryotedori	Jyuwasa
		Morotedori	Jyuwasa
		Suwari Ryotedori	Kokyu-ho
Randori (Qualities)		Open Space & Drawing the Attack & the above	
Waffen			Entwaffnung Ken & Jo 5x variations

Grade:	Days of Practice	Techniques:								
		Special	Ukemi	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage
6thKyu	20 days	Tai no tenkan Irimi tenkan Tai no tenkan ho	Mae,Ushiro,Shiko	Aihamni Katate dori						
5thKyu	30 days		ShikoUshiro IkkyoUndo Irimi tenkan ikkyo undo Shomen uchi ikkyo undo	Shomen Uchi					Katatedori Aihamni	Shomen Uchi Aihamni
4thKyu	40 days			Shomen Uchi Suwari &Tachi Katadori Aihamni Suwari &Tachi Katatedori		Aihamni Ushiro Ryotedori			Yokomen Uchi	Shomen Uchi Suwari Katatedori Aihamni Suwari
3rdKyu	50 days			Shomen Uchi Suwari &Tachi Morotedori Ryotedori Ushiro Ryotedori Yokomen uchi Katatedori Suwari Katadori Suwari	Morotedori Ushiro Ryotedori Yokomen uchi Shomen uchi Suwari &Tachi Katatedori Suwari Katadori Suwari	Yokomen uchi Shomen uchi Suwari &Tachi	Yokomen uchi Shomen uchi		Ryotedori Yokomen Uchi Ushiro Ryotedori Katatedori Hamni Handachi	Shomen Uchi Tsuki Ushiro Ryotedori Yokomen uchi Shomen uchi Hamni Handachi
2ndKyu	50 days	Jyuwasa		Shomen Uchi Suwari &Tachi Katadori Suwari &Tachi & Hamni Handachi Katadori Men Uchi Ushiro Ryokatadori	Katadori Men Uchi Ushiro Ryokatadori	Katatedori Katadori Katadori Men Uchi Ushiro Ryokatadori		Yokomen Uchi Suwari &Tachi	Katatedori Hanmi-handachi Katadori Men Uchi Shomen Uchi Ryotedori Hamni Handachi	Shomen Uchi Tsuki Tachi Katatedori Ryotedori Morotedori Katadori Men Uchi Chudan Tsuki Katatedori Suwari Yokomenuchi Suwari
1stKyu	60 days	Jyuwasa ToriwasaGrabbing UchiwasaStrikes Mawashi Geri Osae		Shomen Uchi Suwari &Tachi Yokomen Uchi Suwari &Tachi Katadori Suwari &Tachi Ushiro Ryotedori Ryokatadori Jodan Tsuki Ushiro Eridori	Jodan Tsuki Chudan Tsuki	Jodan Tsuki Chudan Tsuki Ushiro Ryokatadori Hamni Handachi		Yokomen Uchi Shomen Uchi	Katatedori Ryotedori Hanmi-handachi & Tachi Munedori Chodan Tsuki Ushiro Katatedori Kubishime Ushiro Eridori	Shomen Uchi Tsuki Katatedori
1st Dan	70 days			Unarmed techniques sitting, sitting vs. standing, standing techniques for strikes, thrusts, all forms of						
2nd Dan	1-2 year since 1st dan 200 days of practice			Same as above plus Tantodori and Futarigake - two ukes Submit an article on some						
3rd Dan	2-3 years since 2nd dan 300 days of practice			Same as above plus Tachidori ,Jodori and Taninzugake - three ukes						
4th Dan	3-4 years since 3rd dan 400 days of practice			Jiyuwaza for all of the above, and Taninzugake - four ukes Plus a short essay						

Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyuwaza	Kokyunage	Udekimenage	Kaitennage	Koshinage	Sumi Otoshi	Juji Garami	Aikiotoshi	Hijikime Osae	Kokyu-ho	Randori (Qualities)	Weapons
												Suwari Ryotedori		
		Katatedori		Katatedori								Suwari Ryotedori	Passing - Outside, Inside, Back, Front, Behind, Forward	Aikiken Suburi 1-7
Aihamni Katatedori					Aihamni Katatedori Yokomenuchi	Katatedori Uchi						Suwari Ryotedori Tachi wasa Katatedori	Guiding & Connecting	Aikijo Suburi 1-10
Morotedori Ushiro Ryotedori Yokomen uchi Shomen uchi Suwari		Ryotedori		Morotedori	Morotedori Ushiro Ryotedori	Katatedori Soto Katatedori Uchi Hamni Handachi						Suwari Ryotedori Morotedori Tachi	Entering & the above	Aikijo Suburi 11-20 Kashima Kaesagiri
Ryotedori Katadori Men Uchi Katatedori Suwari	Katatedori	Ryotedori	Katatedori			Shomen Uchi Soto & Uchi Katatedori Hamni Handachi Soto	Aihamni	Katatedori	Ushiro Ryotedori	Ushiro Ryokatadori	Jodan Tsuki	Suwari Ryotedori Ushiro Ryokatadori	Basic Techniques & Diving & the above	Aikiken 1-5 Entwaffnung Tanto - 3x Shomen, 3x Yokomen, 3x Tsuki, 1x Ushiro
ChudanTsuki Ushiro Eridori Ushiro Ryokatadori Hamni Handachi		Ryotedori	Katatedori Ryotedori Morotedori	Ryokatadori			Katatedori Shomen Uchi Ushiro Katatedori Kubishime		Morotedori			Suwari &Tachi Ryokatadori Mae geri	Open Space & Drawing the Attack & the above	Entwaffnung Ken & Jo 5x variations
													Blending Ukes & the above	
													Aikikai Program to the left	

Grading Legend
Aikikai Techniques
Jan Nevelius
Ideen von Jan
Für Yves

Notes:
Zagi Suwari waza: sitting.
Hanmi-handachi waza: sitting vs. standing.
Tachi waza: standing.
Be sure you have the required number of practice days before applying for an examination.
Application forms and fees should be filed 1 month before the examination.
Successful completion of summer and winter training will be taken into consideration.
Minimum age for 1st Dan is 15 years, and for 4th Dan is 22 years.
Examinations shall be taken at the dojo where you normally practice. If you wish to take an examination at a dojo other than where you normally practice, approval of both dojos is required.
Morotedori is two hands holding one hand.
As a rule partnersuke in an examination should be of the same rank.
Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".
Katatedori refers to Gyaku hamni

Grade:		1st Dan	2nd Dan	3rd Dan	4th Dan
Days of Practice		100	3 years since 1st dan 200 days of practice	4 years since 2nd dan 300 days of practice	5 years since 3rd dan 400 days of practice
Techniques:					
	Ukemi				
	Ikkyo	Unarmed techniques sitting, sitting vs. standing, standing techniques for strikes, thrusts, all forms of grabbing shoulders, elbows, collar, wrists and hands; all techniques from the rear zagi, hami-handachi waza, tachi waza, shomen Uchi, yokomen Uchi, tsuki	Same as above plus Tantodori and Futarigake - two ukes Submit an article on some Aikido- related subject.	Same as above plus Tachidori ,Jodori and Taninzugake - three ukes Same as above Topics will be assigned	Jiyuwaza for all of the above, and Taninzugake - four ukes Plus a short essay
	Nikyo				
	Sankyo				
	Yonkyo				
	Gokyo				
	Shiho-nage				
	Irimi-nage				
	Kote-gaeshi				
	Kaiten-nage				
	Tenchi-nage				
	Jiyuwaza				
	Kokyunage				
	Udekimenage				
	Kaitennage				
	Koshinage				
	Sumi Otoshi				
	Juji Garami				
	Aikiotoshi				
	Hijikime Osae				
	Kokyu-ho				
	Randori (Qualities)	Blending Ukes all previous			
	Weapons				

Tachi waza:										
Shomen uchi	I	II	III	IV	V	Irimi	Kote	Shiho	Kaiten Soto/Uchi	
Yokomen uchi	I	II	III	IV	V	Irimi	Kote	Shiho	Udekime nage	Koshi
Chudan tsuki	I	II	III	Irimi	Kote	Shiho	Ude kime nage			
Jodan tsuki	I	II	III	Shiho	Hijikime osae	Ushiro Kiriotoshi	Kote	Juji garami		
Aihanmi	I	II	III	Irimi	Kote	Shiho	Udekime nage	Koshi		
Katate dori	I	II	III	Irimi	Sokumen-Irimi	Kote	Kaiten Soto/Uchi	Tenchi	Udekimenage	Sumiotoshi Koshi
Katate ryotedorimorote	I	II	Irimi	Kote	Udekime nage	Juji garami	Kokyu-ho 2 Varianten			
Ryote dori	I	IV	Irimi	Kote	Shiho	Tenchi	Koshi			
Mune dori	II	III	Shiho							
Kata dori	I	II	III							
Kata dori menuchi	I	II	III	IV	Irimi	Kote	Shiho	Tenchi	Koshi	
Ushiro ryote dori	I	II	III	IV	Irimi	Kote	Shiho	Udekime nage	Juji garami	Ura gaeshi Uchi kaiten III
Ushiro ryo katadori	I	II	III	Sokumen Irimi	Aikiotoshi	Kokyo-ho	Kokyu-nage	Kote		
Ushiro eri dori	I	Kote	Shiho							
Ushiro katate dori kubeshime	I	II	III	Shiho	Kokyu-ho	Koshi				
Ushiro Hiji dori	III	Kote	Shiho	Kokyu-nage						
Mae Geri										
Mawashi Geri										

Suwari waza					
Shomen uchi	I	II	III	Irimi	Kote
Yokomen uchi	I	III	IV	V	Kote
Aihanmi	I	III	IV	Irimi	Kote
Katate dori	I	II	IV	Irimi	Kote
Ryote dori	Kokyu-ho				
Kata dori	I	II			

Hanmi hantachi					
Shomen uchi	I	Irimi	Kote		
katate dori	I	Shiho	Kaiten Soto/Uchi		
ryote dori	Shiho				
Ushiro ryo katadori	III	Kote	Juji	Sokumen-irimi	
Suwari waza					
Shomen uchi	I	II	III	Irimi	Kote
Yokomen uchi	I	III	IV	Irimi	Gokyo Kote
Aihanmi	I	III	IV	Irimi	Kote
Katate dori	I	II	IV	Irimi	Kote
Ryote dori	Kokyu-ho				
Kata dori	I	II			