

Annexe 4  
Programme Aikikai / Tokyo

財団法人 合気会 AIKIKAI FOUNDATION		HOMBU DOJO GRADING SYSTEM												
Exam. for Grade of:	Prerequisite for Exam:	CONTENTS												
		Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-zaeshi	Kaiten-nage	Tenchi-nage	Jiyuwaza	Kokyu-ho	
5th Kyu	30 days of practice	Shomen-uchi					Katatedori	Shomen-uchi						Sitting
4th Kyu	40 days of practice after obtaining 5th Kyu	Shomen-uchi	Katadori				Yokomen-uchi	Shomen-uchi						Sitting
3rd Kyu	50 days of practice after obtaining 4th Kyu	Shomen-uchi(Sitting and Standing)					Ryotedori Yokomen-uchi	Shomen-uchi Tsuki			Ryotedori			Sitting
2nd Kyu	50 days of practice after obtaining 3rd Kyu	Shomen-uchi(Sitting and Standing) Katadori(Sitting and Standing)					Katatedori (Hammi-handachi)	Shomen-uchi Tsuki(Katatedori)			Ryotedori	Katatedori		Sitting
1st Kyu	60 days of practice after obtaining 2nd Kyu	Shomen-uchi(Sitting and Standing) Yokomen-uchi(Sitting and Standing) Katadori(Sitting and Standing) Ushiro Ryotedori					Katatedori Ryotedori (Hammi-handachi & Standing)	Shomen-uchi Tsuki Katatedori			Ryotedori	Katatedori Ryotedori Morotedori		Sitting Standing
1st Dan	70 days of practice after obtaining 1st Kyu	Unarmed techniques(sitting,sitting vs. standing,standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)												
2nd Dan	Minimum 1 year since 1st dan, with 200 days of practice	Same as above plus Tantodori and Futariake Submit an article on some Aikido-related subject.												
3rd Dan	Minimum 2 years since 2nd dan, with 300 days of practice	Same as above plus Tachidori , Jodori and Taninzusake Same as above (Topics will be assigned)												
4th Dan	Minimum 3 years since 3rd dan, with 400 days of practice	Jiyuwaza for all of the above plus a short essay												