

AIKIKAI ADULT TESTING REQUIREMENTS (CAF)

The numbers of practice DAYS outlined below are the minimum requirements, and eligibility for testing is at Ben Peacock sensei's discretion

5TH KYU

- Shomen-uchi
- Katate-dori
- Shomen-uchi
- Ryote-dori

60 days of practice (30 days from 6th kyu, if taken)

Ikkyo
Shiho-nage
Irimi-nage
 Suwari-waza (sitting) **Kokyu-ho**

4TH KYU

- Shomen-uchi
- Kata-dori
- Yokomen-uchi
- Shomen-uchi
- Ryote-dori

80 days of practice after 5th kyu

Ikkyo
Nikyo
Shiho-nage
Irimi-nage
 Suwari-waza (sitting) **Kokyu-ho**

3RD KYU

- Shomen-uchi
- Ryote-dori
- Yokomen-uchi
- Shomen-uchi
- Tsuki
- Ryote-dori
- Ryote-dori

100 days of practice after 4th kyu

Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Shiho-nage
Shiho-nage
Irimi-nage / Kote-gaeshi
Irimi-nage / Kote-gaeshi
Tenchi-nage
 Suwari-waza (sitting) **Kokyu-ho**

2ND KYU

- Shomen-uchi
- Kata-dori
- Katate-dori
- Shomen-uchi
- Tsuki
- Katate-dori
- Ryote-dori
- Katate-dori
- Ryote-dori

100 days of practice after 3rd kyu

Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Shiho-nage (Hanmi-handachi)
Irimi-nage / Kote-gaeshi
Irimi-nage / Kote-gaeshi
Irimi-nage / Kote-gaeshi / (uchi & soto) Kaiten-nage
Tenchi-nage
Jiyu-waza
 Suwari-waza (sitting) **Kokyu-ho**

1ST KYU

- Shomen-uchi
- Yokomen-uchi
- Kata-dori
- Ushiro Ryotedori
- Yokomen-uchi
- Katate-dori
- Ryote-dori
- Shomen-uchi
- Tsuki
- Katate-dori
- Ryote-dori
- Katate-dori
- Ryote-dori
- Morote-dori
- Ryote-dori

120 days of practice after 2nd kyu

Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Ikkyo / Nikyo / Sankyo / Yonkyo (Standing and Sitting)
Ikkyo / Nikyo / Sankyo / Yonkyo
Gokyo
Shiho-nage (Standing and Hanmi-handachi)
Shiho-nage (Standing and Hanmi-handachi)
Irimi-nage / Kote-gaeshi / (uchi & soto) Kaiten-nage
Irimi-nage / Kote-gaeshi / (uchi & soto) Kaiten-nage
Irimi-nage / Kote-gaeshi / (uchi & soto) Kaiten-nage
Tenchi-nage / Kokyu-ho
Jiyu-waza
Jiyu-waza
Jiyu-waza
 Suwari-waza (sitting) **Kokyu-ho**

SHODAN

- **Unarmed techniques**

(sitting, sitting vs standing, standing techniques for strikes, thrusts, all forms of grasping shoulders, elbows, collars, wrists and hands; all techniques from the rear.)

200 days of practice after 1st kyu (minimum 1 year after 1st kyu)

NIDAN

- Same as above, plus **Tanto-dori** and **Futari-gake**.
- Submit an article on an Aikido related subject.

350 days of practice (minimum 2 years after shodan)

SANDAN

- Same as above, plus **Tachi-dori**, **Jo-dori** and **Taninzu-gake**
- Submit an article on an Aikido related subject.

500 days of practice (minimum 3 years after nidan)

YONDAN

- **Jiyu-waza** for all of the above
- Submit an article on an Aikido related subject.

650 days of practice (minimum 4 years after sandan)

~ All techniques to include omote and ura where applicable ~

