



# Canadian Aikido Federation

## Grading Requirements (January 2012)

### NOTES:

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

<b>5<sup>th</sup> Kyu (Gokyu)</b>			
<b>To Know the Basic Forms with Accuracy</b>			
<b>Minimum Times</b>	<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
Minimum <b>30 Days</b> training required		Shomen-uchi	Ikkyo
		Katate-dori (gyaku-hanmi)	Shiho-nage
		Shomen-uchi	Irimi-nage
	Suwari-waza	Ryote-dori	Kokyu-dosa
<b>4<sup>th</sup> Kyu (Yonkyu)</b>			
<b>To Have Proper Balance and Timing</b>			
<b>Minimum Times</b>	<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
Minimum <b>40 Days</b> training required since 5 <sup>th</sup> kyu		Shomen-uchi	Ikkyo
		Kata-dori	Nikyo
		Yokomen-uchi	Shiho-nage
	Suwari-waza	Ryote-dori	Kokyu-dosa
<b>3<sup>rd</sup> Kyu (Sankyu)</b>			
<b>To Have Speed and Stability</b>			
<b>Minimum Times</b>	<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
Minimum <b>50 Days</b> training required since 4 <sup>th</sup> 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
	Suwari-waza	Shomen-uchi, Tsuki	Irimi-nage, Kote-gaeshi
	Ryote-dori	Kokyu-dosa	
<b>2<sup>nd</sup> Kyu (Nikyu)</b>			
<b>To Have Power and Be Flowing</b>			
<b>Minimum Times</b>	<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
Minimum <b>50 Days</b> training required since 3 <sup>rd</sup> 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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<b>1<sup>st</sup> Kyu (Ikkyu)</b>			
<b>To Be Able to Apply and Vary the Techniques</b>			
Minimum <b>60 days</b> training required since 2 <sup>nd</sup> kyu	<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
	Suvari-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
	Suvari-waza	Ryote-dori	Kokyu-dosa
	Ryote-dori	Kokyu-ho	
<b>1<sup>st</sup> Dan (Shodan)</b>			
Minimum <b>70 days</b> training required since 1 <sup>st</sup> kyu	<b>Techniques</b>		
Suvari-waza, Hanmi-handachi, Tachi-waza	Unarmed techniques from all standard attacks		
<b>2<sup>nd</sup> Dan (Nidan)</b>			
Minimum <b>1 year (200 days)</b> training required since Shodan	<b>Techniques</b>		
	All Shodan requirements		
	Tanto-dori		
	Futari-gake (two person randori)		
<b>3<sup>rd</sup> Dan (Sandan)</b>			
Minimum <b>2 years (300 days)</b> training required since Nidan	<b>Techniques</b>		
	All Nidan requirements		
	Jo-dori		
	Tachi-dori		
	Taninzu-gake (multi-person randori)		
<b>4<sup>th</sup> Dan (Yondan)</b>			
Minimum <b>3 Years (400 days)</b> training required since Sandan	<b>Techniques</b>		
	Jiyu-waza for all unarmed and armed attacks		
	Further requirements as determined by the examiner(s)		



## Appendix A: Sample Dan Examination

These were the techniques that Osawa Shihan asked for during the examinations held in Toronto on Sept 24, 2011. It is included to provide an example of a typical dan test. However, it should be kept in mind that at these levels the techniques required are at the discretion of the examiner and will vary from test to test.

<b>1<sup>st</sup> Dan (Shodan)</b>		
<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
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
<b>2<sup>nd</sup> Dan (Nidan)</b>		
<b>Above list of Shodan techniques +</b>		
<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
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
<b>3<sup>rd</sup> Dan (Sandan)</b>		
<b>Above lists of Shodan and Nidan techniques +</b>		
<b>Stance</b>	<b>Attack</b>	<b>Techniques</b>
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	