

## Time and Technique Requirements for Kyu Promotion

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The examination system in Aikido is not structured on competition. You will be graded on the following points.

- Your understanding of basic technique appropriate to your level.
- Your spontaneous movement and response appropriate for the attack.
- Your ability to adapt your movement to the force of the attack.
- The concentration and awareness you maintain throughout the examination.
- Continuity of movement is important, not speed.
- Confidence and courage are important, not ego.
- Be prepared to uke for someone else of your same level during the examination period. You will be graded on your ukemi.

A technique should be demonstrated continuously both right and left until there is a signal to stop. Both irimi and tenkan movement should be used whenever applicable. You will be expected to know and respond to the Japanese terms. It is necessary to have completed the required hours of training (only one hour per day may count in computing time requirements) and it is necessary that the waiting period between each examination has expired.

### **Rokyu (30 hours/3 months)**

Tenkan  
Shomenuchi ikkyo and iriminage  
Munetsuki kotegaeshi  
Katate dori shihonage  
Yokomenuchi shihonage  
Kokyu tanden ho

### **Gokyu (60 hours/4 months)**

All previous techniques plus:  
Shomenuchi nikyo  
Kata dori ikkyo and nikyo  
Munetsuki kaitennage

### **Yonkyu (60 hours/4 months)**

All previous techniques plus:  
Shomenuchi sankyo and yonkyo  
Yokomenuchi ikkyo, kotegaeshi and iriminage  
Ryote dori tenchinage and shihonage  
Katate dori ryote mochi kokyu tanden ho

### **Sankyu (70 hours/4 months)**

All previous techniques plus:  
Ushiro ryokata dori ikkyo  
Ushiro ryote dori shihonage  
Ushiro kubi shime kotegaeshi  
Ushiro waza kokyunage

### **Nikyu (80 hours/6 months)**

All previous technique plus:  
Yokomenuchi nikyo, sankyo and yonkyo  
Koshinage from shomenuchi, yokomenuchi, katate dori and munetsuki  
Hanmi handachi:  
Katate dori shihonage  
Ryote dori shihonage  
Suwariwaza:  
Shomenuchi ikkyo  
Kata dori ikkyo  
Yokomenuchi ikkyo

### **Ikkyu (90 hours/6 months)**

All previous techniques plus:  
Jiyu waza:  
Standing  
Hanmi handachi  
Suwariwaza  
Tanto dori:  
Munetsuki  
Shomenuchi  
Yokomenuchi

## **REQUIREMENTS FOR YUDANSHA EXAMINATION**

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Aikido has a basic structure, kihon waza, which allows you to study the fundamental principles of the art. The structure of this training process is the same as a scientific formula. As a formula is an exacting international language that allows scientists to communicate and explore the depths of scientific principle, kihon waza is an international language allowing Aikidoka from all over the world to communicate and explore the basic truths of Aikido. If this basic structure is lost, Aikido is lost.

During the examination you are expected to demonstrate an understanding of the principles of the art through this very exacting structure of kihon waza, clearly and precisely, not your personal ideas or your personal expression. Yudansha examination is not performance art.

The following points are critical:

- The execution of formal kihon waza, an understanding of it's proper application and of the fundamental principles it demonstrates - most importantly kokyū; musubi; irimi tenkan.
- Hanmi at all times; before, during, at the conclusion of and following the technique.
- Control of your own center; control of your partner's center; control of the technique.
- Application of power appropriate to the attack.
- The proper pinning technique to demonstrate the conflict is finished.
- Timing.
- Zanshin.
- Attitude.
- Martial Awareness.

## **THE PROPER ROLE OF UKE IN YUDANSHA EXAMINATION**

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Taking ukemi for yudansha examination is a very serious responsibility. Each technique is developed to study a specific direction and application of force. As uke you must understand this and have the ability to give an honest, strong and focused attack that is appropriate for the technique required.

A weak attack is unacceptable. A deceptive attack is unacceptable. Since you know the technique your partner is being asked to demonstrate it is easy to stop it's execution.

There are no friends or enemies during examination. It is not uke's job to make value judgements. You do not take ukemi to make your partner look bad. You do not take ukemi to make your partner look good. Do not jump into a spectacular fall if the power is not there. Do not make a point of taking a bored and resisting fall to make it look as though your partner didn't really throw you. Either way is dishonest. Remember, you take ukemi to avoid injury. You are not taking ukemi to show off. Uke must only do what is appropriate to the situation. This requires much training and much soul searching.

## **Time and Technique Requirements for Dan Promotion**

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### **Shodan (120 hours and 12 months after receiving ikkyu)**

A candidate must have attended at least two seminars with Saotome Shihan and/or Ikeda Shihan since attaining ikkyu grade. During the seminar it is the responsibility of the regional instructor to inform the Shihan so that he may observe the candidate more closely.

All basic techniques and previous requirements plus:

Kumi tachi: First five basic kata.

Tanto dori: A different technique from each - shomenuchi, yokomenuchi, tsuki, two different techniques from ushiro.

Tachi dori: A total of five different techniques. Attacks will be shomenuchi, yokomenuchi, tsuki.

Randori: Three people attacking.

### **Nidan (Minimum 30 months and approx. 400 hours of consistent training after receiving Shodan)**

A candidate must have attended at least one Winter or Summer Intensive Training Camp since attaining shodan rank and within one year of the scheduled examination date. It is the responsibility of the regional instructor to inform the Shihan at that camp so that he may observe the candidate more closely.

All basic techniques and previous requirements plus:

Kumi tachi: First twelve basic kata.

Kumi jo: First six basic kata.

Randori: Three people attacking with shinai.

### **Sandan (Minimum 3 years of consistent training after receiving nidan)**

All basic techniques performed to demonstrate more understanding of the relationship of basic principle to the technique with maturity and clarity.

It is necessary that the waiting period between examinations has expired before making application. The ASU application form, Request for Examination, for yudansha ranks must be submitted to ASU well in advance of the examination in order to validate qualifications. Please note the words "consistent training" on the time requirements. This is very important.

***True Budo is a work of love. It is a work of giving life to all beings, and not killing or struggling with each other.***

***Master Morihei Ueshiba***