

Aikido Shoheijuku / Vancouver Shomonkai Grading Examination Guidelines

Grade	Prerequisite	CONTENTS											
		Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-gaeshi	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 (Hanmi-handachi)	Shomen-uchi Tsuki (Standing) Katatedori		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				Yokomen-uchi	Katatedori Ryotedori (Hanmi-handachi & Standing)	Shomen-uchi Tsuki Katatedori			Ryotedori	Katatedori Ryotedori Morotedori	Sitting Standing
Sho 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). Must be 15 years old or up.											
Ni Dan	Minimum 1 year since Sho dan, with 200 days of practice	Same as above plus Tantodori and Futarigake Submit an article on some Aikido-related subject.											
San Dan	Minimum 2 years since Ni dan, with 300 days of practice	Same as above plus Tachidori , Jodori and Taninzugake Same as above (Topics will be assigned)											
Yo Dan	Minimum 3 years since San dan, with 400 days of practice	Jiyuwaza for all of the above plus a short essay. Must be 22 years old or up.											

NOTES

- Be sure you have the required number of practice days before applying for an examination. Application forms and fees should be filed 3 days before the examination.
- Essays and articles should be filed 3 days before the examination.
- Successful completion of summer and winter training will be taken into consideration.
- Minimum age for Shodan is 15 years, 4th Dan 22 years.
- An examination shall be taken at the dojo where you normally practice. If you wish to taken an examination at a dojo other than where you normally practice, approval of both dojos is required.
- Morotedori(two hands holding one)
- As a rule partners (uke) 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".