

AWA Adult Test Requirements (2024)

7th KYU – White Belt with Stripe

Time and Events Requirements

Minimum 2 months and 20 Days of training

Ki Tests and Exercises

- **Seiza** - Sitting Japanese style with legs folded underneath.
- **Koho Tento Undo** - Rolling backward and forward from sitting, kneeling and standing positions
- **Ushiro Ukemi, Rolling** - Tumbling backward completely, from kneeling and standing positions
- **Mae Ukemi, Rolling** - Tumbling forward completely, from kneeling and standing positions
- **Kokyudosa** - Partner practice in seiza position; exercise to develop timing or “breath” power
- **Taisabaki Toshu** – Empty-hand body movement against Katatekosatori (cross hand) attack

Technique

- **Katatekosatori Kotegaeshi** - Cross-hand wrist grab - Wrist-turning throw and pin
- **Katatori Ikkyo** – Shoulder lapel grab - First teaching pin, omote and ura
- **Katatekosatori Kokyunage** - Cross-hand wrist grab -Timing throw, controlling the head

6th KYU – Yellow Belt

Time and Events Requirements

Minimum 3 months and 30 Days of training after earning 7th Kyu

Ki Tests and Exercises

- **Ushiro Ukemi, Breakfall** - Rolling backward with **DOUBLE** slap, and returning to standing position
- **Mae Ukemi, Breakfall** - Falling forward with slap, and returning to standing position
- **Empty Hand Strikes** – Demonstration of basic strikes; shomenuchi, yokomenuchi & munetsuki
- **Funakogi Undo** - Rowing exercise
- **Shomenuchi Ikkyo Undo** - Raising and lowering the arms as if cutting with a sword
- **Taisabaki Toshu** – Empty-hand body movement against Katatori (shoulder grab) & Katatetori (same side hand) attacks.

Technique

- **Shomenuchi Kokyunage** - Downward strike to the head - Timing throw, controlling the head
- **Shomenuchi Kotegaeshi** - Downward strike to the head - Wrist turning throw and pin
- **Katatetori Shihonage** - Same side wrist grab - Four directions throw, irimi and tenkan
- **Katatori Nikyo** – Shoulder lapel grab – Second teaching pin, omote and ura

5th KYU – Yellow Belt with Stripe

Time and Events Requirements

Minimum 4 months and 40 Days of training after earning 6th Kyu

Ki Tests and Exercises

- **Hanmi No Kamae** - Half-body stance
- **Zengo Undo** - Raising and lowering arms as if cutting with a sword, with 180-degree pivoting motion
- **Happo Undo** - Raising and lowering arms with movement as if cutting in eight directions
- **Tekubikosa Undo** - Crossing the wrists exercise, high and low variations
- **Kamae with Bokken** - Demonstration of five basic sword stances
- **Bokken and Jo Suburi** - Demonstration of basic strikes with sword and staff
- **Taisabaki Toshu** – Shomenuchi and Munetsuki

Technique

- **Shomenuchi Iriminage** – Downward strike to the head - Entering throw, controlling the head
- **Shomenuchi Ikkyo** - Downward strike to the head - First teaching pin
- **Katatori Sankyo** – Shoulder lapel grab -Third teaching, both nage waza (throwing-irimi/tenkan) and katame waza (pin-omote/ura)
- **Yokomenuchi Sokumen Iriminage** - Strike to the side of the head - Side of the face entering throw
- **Munetsuki Kotegaeshi** - Punching strike to the chest - Wrist turning throw and pin

4th KYU – Blue Belt

Time and Events Requirements

Minimum 5 months and 50 Days of training since earning 5th Kyu

Ki Tests and Exercises

- **Sayu Choyaku Undo** - Left and right exercise with stepping movement
- **Udefuri Choyaku Undo** - Swinging the arms exercise with stepping and turning motion
- **Ushirotori Undo** - Grasped from behind exercise
- **Ushirotekubitori Undo** - Wrists grasped from behind exercise
- **Shikko** - Walking and turning on one's knees
- **Taisabaki Toshu** - Empty-hand body movement against Yokomenuchi attack.

Technique

- **Yokomenuchi Shihonage** - Strike to the side of the head - Four directions throw -irimi/tenkan movements
- **Ushirotekubitori Kokyunage** - Wrists grasped from behind - Timing throw, controlling the head and/or variations
- **Ushirotekubitori Kotegaeshi** - Wrists grasped from behind -Wrist turning throw and pin
- **Katatori Yonkyo** – Shoulder lapel grab - Fourth teaching pin, omote and ura
- **Ryotetori Tenchinage** - Grasping both wrists - Heaven and Earth throw, irimi and tenkan
- **Ryotetori Kokyunage** - Grasping both wrists - Timing throw, controlling the head and/or variations
- **Jo Kagami #1 & 2** – First & second mirrored movement with staff

3rd KYU – Blue Belt with Stripe

Time and Events Requirements

- **Minimum 6 months and 60 Days of training since earning 4th Kyu**
- **Prior attendance at 1 AWA Seminar since earning 4th kyu is *encouraged* though not required (minimum of 6 hours attendance at each event)**

Ki Tests and Exercises

- **Tenkan Undo** - Spinning turn change exercise - turning body movement direct and step-with-pivot variations

Technique

- **Ushirohijitori Kotegaeshi** - Grasping elbows from behind - Wrist-turning throw and pin
- **Munetsuki Kokyunage** – Punching strike to the chest - Timing throw controlling the head and/or variations
- **Katatori Gokyo** – Shoulder lapel grab - Fifth teaching pin, omote and ura
- **Ushirotori Kokyunage** - Grasping bearhug from behind - Timing throw
- **Ryotetori Kaitenage** - Grasping both wrists - Rotary throw, irimi and tenkan - uchi and soto variations
- **Katateriyotetori Nikyo** - Grasping a forearm with both hands - Second teaching pin omote and ura
- **Suwariwaza** (the following techniques performed from seated (seiza) position):
 - **Shomenuchi Kokyunage**
 - **Shomenuchi Ikkyo**
 - **Katatori Nikyo**
- **Bokken Kata I** - First sword form; 13 movements - Happa Giri, cutting in eight directions)
- **Jo Kagami #3** – Third mirrored movement with staff
- **Jiyu Waza** - Free technique, defense against grasping attack, **no pinning techniques**. Katatetori, katateriyotetori, katatori, ryokatatori or ushirotekubitori, based on test committee's request

2nd KYU – Brown Belt

Time and Events Requirements

- **Minimum 8 months and 100 Days of training since earning 3rd Kyu**
- **Prior attendance at 1 AWA seminar since earning 3rd kyu (minimum of 6 hours attendance at each event)**

Ki Tests and Exercises

- **Agura no Shisei** - Sitting cross legged
- **Agaranai Karada** - Unliftable body
- **Kokyuhō** - Demonstration of breath training

Technique

- **Ryokatatori Kokyunage** - Grasping both shoulder lapels - Timing throw, controlling the head, and/or variations
- **Ushiro ryokatatori Kokyunage** - Grasping both shoulder lapels from behind - Timing throw with bowing movement, and/or variations
- **Katateriyotetori Kokyunage** - Grasping a forearm with both hands - Timing throw controlling the head, and/or variations
- **Ryokatatori Kotegaeshi** - Grasping both shoulder lapels - Wrist-turning throw and pin
- **Katatori Menuchi Iriminage** – Shoulder lapel grab with shomenuchi or yokomenuchi to head - Entering throw controlling the head
- **Hanmi Hantachi Waza** (the following techniques performed from a seated (seiza) position against a standing attacker:
 - **Katatetori Shihonage**
 - **Katatetori Sankyo**
 - **Munetsuki Kotegaeshi**
- **Ryotetori Koshinage** - Grasping both wrists - Hip throw,
- **Maegeri Kokyunage** - Front snapping kick - Timing throw controlling the head
- **Jiyu Waza** - Free technique, defense against a striking attack, **no pinning techniques**. Shomenuchi, yokomenuchi or munetsuki, based on test committee's request.
- **Jo Kagami #4** – Fourth mirrored movement with staff
- **Jo Kata I** - First staff form, 22 movements

1st KYU – Brown Belt with Stripe

Time and Events Requirements

- **Minimum 12 months 120 Days of training since earning 2nd Kyu**
- **Prior attendance at 1 AWA seminar since earning 2nd Kyu (minimum of 6 hours attendance at each event)**

Ki Tests and Exercises

- **Tai Sabaki with Bokken** - Body movement and striking with the sword against an opponent, against shomenuchi, yokomenuchi, sliding and stepping munetsuki attacks

Technique

- **Ushirotekubitori Jujinage** - Grasp both wrists from behind, then entwining the arms in the shape of the Japanese number “10” (a cross) and throwing
 - **Yokomenuchi Sudori** - Strike to the side of the head - Disappearing throw
 - **Katateriyotetori Kotegaeshi** - Grasping a forearm with both hands - Wrist turning throw and pin
 - **Munetsuki Sumiotoshi** – Punching attack to the chest - Corner drop throw, both irimi & tenkan
 - **Katatori Ganmenuchi Ikkyo** – Shoulder lapel grab with straight punch to face -First teaching pin, omote and ura
 - **Tantodori** – Unarmed defense against knife attacks; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks
 - **Jo Kagami #5** – Fifth mirrored movement with staff
 - **Bokken Kata II** - Second sword form, 13 movements
- Randori** - Defense against multiple attackers (3)

Shodan – Black Belt, 1st Degree

Time In Grade Since Date Of Current Rank

18 Months and 150 Days Of Training Since Current Rank

Attendance Of events Since Time In Grade Of Current Rank

One AWA seminar

One AWA Camp

Note – Shochugeiko or Kangeiko are not the same as an AWA Camp

Two Requested Written Essays:

“What is your understanding of what is Aikido?” “What is your understanding of what is Shugyo?”

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate’s dojo cho. A minimum age for shodan is 16 years, yondan 22 years. The Dan application form must be **typewritten** & applicant must have fulfilled the above guidelines prior to submitting the dan application. The Dan applications **must be** submitted **two months** or earlier to the expected test date. A late and/or handwritten application may possibly delay or be denied consideration for the opportunity to test for the requested new dan rank status.

AWA event(s) are to be completed **before** submitting a dan application for new rank status. Testing request may be denied if not completed.

All rank tests are **cumulative**; you must be prepared if asked to demonstrate previous kyu/dan tai sabaki or waza requirements.

The dojo cho **must** be present for any student he/she submits for testing. All above test requirements are the **minimum** to be completed before requesting to test.

Test Demonstration must show the below listed waza:

Nage waza both irimi & tenkan:

Iriminage, Jujinage, Kaitenage, Kokyu nage, Koshi nage, Shiho nage, Sokumen iriminage, Sumio toshi, Tenchi nage.

Katame waza both omote & ura:

Ikkyo, Nikyo, Sankyo, Yonkyo, Gokyo & Kotegaeshi

Attacks to demonstrate Nage waza & Katame waza:

Munetsuki, Yokomenuchi, Ushirotekubitori & Ryotetori attacks

Hanmi Hantachi (OR Tachiwaza If physical condition prohibits suwari waza)

Jiyuwaza (free technique, no pinning) one-person attack.

Bokken Dori - unarmed defense against sword attacks of: shomenuchi, yokomenuchi, and munetsuki both Nage & Katame waza

Jo Kata II - Second staff form; 22 movements

Randori - Defense against multiple attackers (4)

Nidan – Black Belt, 2nd Degree

Time In Grade Since Date Of Current Rank

24 Months and 300 Days Of Training Since Current Rank

Attendance Of Events Since Date Of Current Rank

Two AWA seminars

One AWA Camp

Note – Shochugeiko or Kangeiko are not the same as an AWA Camp

Requested Written Essay:

“Aikido History and your feelings about the Future of Aikido”

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AWA event(s) are to be completed **before** submitting a dan application for new rank status. Testing request may be denied if not completed.

All rank tests are **cumulative**; you must be prepared if asked to demonstrate previous kyu/dan tai sabaki or waza requirements.

The dojo cho **must** be present for any student he/she submits for testing. All above test requirements are the **minimum** to be completed before requesting to test.

Test Demonstration must show the below listed waza:

Test Committee Request –Free demonstration from one of the Shodan requirements, five arts

Katatori Ganmenuchi – Free demonstration, nage waza – irimi/tenkan and katame waza omote/ura, five arts

Shomenuchi- Free demonstration, nage waza - irimi/tenkan and katame waza - omote/ura, five arts

Hanmi Hantachi – Jiyu waza (free technique, no pinning) against two attackers. **(OR Tachiwaza If physical condition prohibits suwari waza)**

Jo Dori - Unarmed defense against the JO; minimum 3 techniques each against shomenuchi, yokomenuchi, and munetsuki attacks

Jo Awase- Blending movement with a partner using the JO

Randori - Defense against multiple attackers (5)

Sandan – Black Belt, 3rd Degree

Time In Grade Since Date Of Current Rank

36 Months and 400 Days Of Training Since Current Rank

Attendance Of Events Since Date Of Current Rank

Two AWA seminars since earning Nidan

One AWA Camp

One Ninteï Kosu

Note – Shochugeïko may be substituted in lieu of an AWA Camp

Requested Written Essay:

“How has Aikido become part of your philosophy?”

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AWA event(s) are to be completed **before** submitting a dan application for new rank status. Testing request may be denied if not completed.

All rank tests are **cumulative**; you must be prepared if asked to demonstrate previous kyu/dan tai sabaki or waza requirements.

The dojo cho **must** be present for any student he/she submits for testing. All above test requirements are the **minimum** to be completed before requesting to test.

Test Demonstration must show the below listed waza:

Test Committee Request - Free demonstration from Nidan requirements; nage waza, irimi/tenkan and katame waza, omote/ura five arts

Katatekosatori – Free demonstration, nage waza – irimi/tenkan and katame waza – omote/ura; five arts

Jo Nage – Free demonstration of nage waza and katame waza using the JO

Kumijō – Free demonstration of the five kata, JO versus JO – both nage and uke positions

Kumitachi – Free demonstration six kata, Bokken versus Bokken – both nage and uke positions

Randori - Defense against multiple attackers (6)

Yondan – Black Belt, 4th Degree

Time In Grade Since Date Of Current Rank

48 Months and 480 Days Of Training Since Current Rank

Attendance Of Events Since Date Of Current Rank

Three AWA seminars

One AWA Camp

One Nintei Kosu

Note – Shochugeiko may be substituted in lieu of an AWA Camp

Requested Written Essay:

“The application of Aikido in your daily life”

NO application for promotion testing will be accepted by the test committee without the knowledge and consent of the candidate's dojo cho. A minimum age for shodan is 16 years, yondan 22 years. The Dan application form must be **typewritten** & applicant must have fulfilled the above guidelines prior to submitting the dan application. The Dan applications **must be** submitted **two months** or earlier to the expected test date. A late and/or handwritten application may possibly delay or be denied consideration for the opportunity to test for the requested new dan rank status.

AWA event(s) are to be completed **before** submitting a dan application for new rank status. Testing request may be denied if not completed.

All rank tests are **cumulative**; you must be prepared if asked to demonstrate previous kyu/dan tai sabaki or waza requirements.

The dojo cho **must** be present for any student he/she submits for testing. All above test requirements are the **minimum** to be completed before requesting to test.

Test Demonstration must show the below listed waza:

Ushirotekubidori Kubeshime – Free demonstration, nage waza – irimi/tenkan and katame waza - omote/ura, five arts

Kihon Waza – Free demonstration, nage waza - irimi/tenkan and katame waza - omote/ura, five arts

Henka Waza - Free demonstration, nage waza – irimi/tenkan and katame waza – omote/ura, five arts

Free Demonstration; One Shodan five arts, one Nidan five art and either Kumi Jo or Kumi Tachi

Kumi Jo/Ken – Free demonstration five kata of JO versus Bokken forms – both nage and uke positions

Possible additional test committee requests; Oyo waza five arts and/or katateryotei dori five arts and/or randori

Dan Recommendation Guidelines For Godan And Rokudan Ranking

Recommendation for Godan and above ranking is only offered to those who have a high level of Aikido knowledge, consistently demonstrated extraordinary commitment to their training, their dojo and the transmission of Aikido to others by their example.

All recommendations must be submitted September 10th the year before.

Godan Guidelines For Recommendation

Time In Grade Since Current Rank – Yondan

Minimum six years from Yondan to Godan based on full calendar years:

(Example: Yondan registration date is 7/2000 it will be 01/2007 for Godan promotion)

Seminar, Camp & Ninteï Kosu Attendance

Attendance At Six AWA Seminars Since Time In Grade Of Current Rank

Attendance At Two AWA Camps Since Time In Grade Of Current Rank

Attendance At Three Ninteï Kosu Since Time In Grade Of Current Rank

Note – One Shochugeiko may be substituted in lieu of an AWA Camp

Days Of Training & Days Teaching As Assistant Instructor

More than 680 days of training since time in grade of current rank

More than 400 days of assistant teaching at your dojo included as days of training.

Letter of Recommendation from the Dojo cho*

Letter of Rationale for Recommended Promotion by Applicant*

Rokudan Guidelines For Recommendation

Time In Grade Since Current Rank - Godan

Minimum seven years from Godan to Rokudan based on full calendar years:

(Example: Godan registration date is 01/2007 it will be 01/2014 for Rokudan promotion)

Seminar, Camp & Ninteï Kosu Attendance

Attendance At Seven AWA seminars Since Time In Grade Of Current Rank

Attendance At Two AWA Camps Since Time In Grade Of Current Rank

Attendance At Four Ninteï Kosu events Since Time In Grade Of Current Rank

Note – One Shochugeiko may be substituted in lieu of an AWA Camp

Days Of Training & Days Teaching As Assistant Instructor

More than 760 days of training since time in grade or current rank.

More than 500 days of assistant teaching at your dojo included as days of training.

Letter of Recommendation from the Dojo cho*

*Dojo cho submits brief record of the nominee, it should contain; time in grade since registration of nominee's current rank, frequency nominee receives dojo cho's instruction and reasons for the recommendation. Please give a brief history of nominee to current, including teaching experience. Also, any position(s) in dojo cho's dojo and/or organization.

Letter of Rationale for Recommended Promotion by Applicant**

**Applicant submits short letter of rationale as to why his/her application should be approved to send to Aikikai Hombu Dojo.