



AIKIDO of San Leandro

1033 Macarthur Blvd., San Leandro, CA 94577 • (510) 430-2518

Dan Test Requirements

SHODAN (Minimum of 1 year consistent training [5 days a week] since obtaining ikkyu)

SUWARIWAZA

Ikkyo-Yonkyo	Shomenuchi/Yokomenuchi
Gokyo	Yokomenuchi
Kokyu Dosa	3 variations

HANMI HANDACHI

Shihonage:	Katatedori Ryotedori	Iriminage:	Tsuki Shomenuchi
Kaitennage:	Katatedori Tsuki Shomenuchi	Ushiro:	Ryotedori (2) Katadori (2) Hijidori (1)
Kotegaeshi:	Tsuki Shomenuchi		

TACHIWAZA

Ikkyu-Yonkyo: any attack		Kaitennage:	Katatedori Tsuki Shomenuchi
Kotegaeshi:	Tsuki Shomenuchi Yokomenuchi Ushiro Gyakutedori	Iriminage:	Shomenuchi (5) Katatedori (3) Katamenuchi (3) Tsuki Yokomenuchi Ushiro
Shihonage:	Katatedori Ryotedori Yokomenuchi Shomenuchi Tsuki Katamenuchi Ushiro 4 directions	Jujigarami:	Munadori Ushiro Katamenuchi
Ushiro:	Ushiro Katatedori (3) Ushiro Katadori (3+ variations) Kubishime Any Ushiro Kata (te) in motion	Tenshinage:	Ryotedori
Morotedori:	variations	Koshinage:	Katatedori Katadori Morotedori (3) Tsuki Shomenuchi Ryokatatedori Kubishime



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BUKIWAZA

Bokken:	5 Tachidori 5 Kumitachi	Jo: 5 Jodori 5 Ken Tai Jo 5 Kumijo
Tanto:	Tsuki-any Yokomenuchi-any Kubishimi-any	Shomenuchi-any Slash/Front/Back-any

JIYUWAZA/RANDORI

One person free style/3 person attack

NIDAN (Minimum of 2 year consistent training [5 days a week] since obtaining shodan)

SUWARIWAZA

Ikkyo-Gokkyo: any grab or attack

HANMI HANDDACHI (ki no nagare possible)

Shihonage:	Katatedori Ryotedori	Iriminage:	Tsuki Shomenuchi
Kaitennage:	Katatedori Tsuki Shomenuchi	Ushiro:	Ryotedori (2) Katadori (2) Hijidori (1)
Kotegaeshi:	Tsuki Shomenuchi		variations (5)

TACHIWAZA

basic techniques (demonstrate a variety)

techniques from any requested attack

demonstrate both kihon and ki no nagare

KAESHIWAZA

4 counters from:	Ikkyo Nikkyo Kotegaeshi Shihonage Iriminage
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BUKIWAZA

Tachidori:	demonstrate 5 techniques
Jodori	demonstrate 5 techniques
Tanto:	demonstrate 5 techniques
Partnerpractices:	Kumitachi-all Kumijo-all Ken Tai Jo-all

FREE CHOICE

Opportunity for examinee to demonstrate additional weapons work, body arts...

JIYUWAZA

One person free style

RANDORI

3 person multiple attack-directed by examiners

Note: Examinee may choose primary uke to begin, and can expect the examiners to change ukes during the course of the examination.

SANDAN (Minimum of 3 year consistent training [5 days a week] since obtaining nidan)

SUWARIWAZA

Ikkyo-Gokkyo any grab or attack-all ki no nagare

HANMI HANDACHI

all previous basic techniques-ki no nagare and jiyuwaza

TACHIWAZA

progressions from all basic techniques

be able to show 5 ki no nagare techniques from any grab or attack

HENKAWAZA

any henka from any basic technique

KAESHIWAZA

5 counters from: Ikkyo



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Nikkyo
Kotegaeshi
Shihonage
Iriminage
Kaitennage
Koshinage

BUKIWAZA

Tachidori: 5 from tsuki and 5 from shomen (live sword)

Jodori: 5 techniques-alternate tsukikamae and
kenkamae as well as left and right hanmi

Tanto: variations with live blade-any attack

Partnerpractices: Kumitachi-all with variations
Kumijo-all with variations
Ken Tai Jo-all with variations

FREE CHOICE

Pick any area to show creativity

JIYUWAZA

One person-demonstrate two-three defenses from each of two-four attacks

RANDORI

4 person multiple attack-weapons included

ESSAY

Prior to the test, submit a short writing about an Aikido-related subject from your personal perspective