

AIKIDO INSTITUTE DAVIS  
**RANK REQUIREMENTS**  
**GENERAL**

|                           |
|---------------------------|
| Effective<br>January 2011 |
|---------------------------|

There are three types of requirements for rank promotions: attendance, behavioral and technical. Attendance and Behavioral Requirements are used to determine eligibility for taking examination. During examinations candidates are asked to demonstrate selected items of the Technical requirements.

Students should use the requirements for the next higher rank as their daily training goals.

The requirements are cumulative; only incremental items are listed for each rank.

Ranks of Sandan and above are tested at Takemusu Aikido Association seminars conducted twice a year.

These requirements are not meant to represent a comprehensive list of Aikido techniques taught at Aikido Institute Davis.

These requirements are consistent with the ranking guidelines issued by Aikido Hombu Dojo in Tokyo, Japan, and with those recommended by the Takemusu Aikido Association.

Explanation of Requirements:

Training days: These are the minimum numbers of days trained since the last promotion, as shown in the attendance records.

Diligence: Students are expected to train regularly for the period specified prior to a test.

Seminar days: This includes Aikido workshops, seminars and gasshuku, or any other concentrated and continuous Aikido training led by a sensei, sponsored by Aikido Institute Davis or by other dojos including those that are members of Takemusu Aikido Association, California Aikido Association, U. S. Aikido Federation or other Aikido organizations recognized by the Aikido Hombu Dojo.

Technical: The technical requirements are cumulative and include the techniques listed for the specified rank as well as those listed for prior ranks.

Behavioral: this element of the requirements is assessed based on several factors; only key items are listed in these requirements.

**AIKIDO INSTITUTE DAVIS  
RANK REQUIREMENTS  
JUNIORS**

|   | <b>8K Yellow</b>  | <b>7K Blue</b>  | <b>6K Green</b>   | <b>5K Brown</b>  | <b>4K Red</b>   | <b>3K Black/White</b>  |
|---|---|---|---|--|---|--|
| <b>ATTENDANCE</b>                       |   |   |   |  |   |  |
| Training days                           | 30 days   | 30 days   | 40 days   | 40 days  | 50 days   | 50 days  |
| Diligence                               | Recent 1 month  | Recent 2 months   | Recent 3 months   | Recent 3 months  | Recent 3 months   | Recent 4 months  |
| Seminar days                            |   | 1 Dojo in past 12 months  | 1 Dojo in past 12 months  | 2 Dojo in past 12 months                                     | 2 Dojo in past 12 months  | 2 Dojo in past 12 months   |
| <b>TECHNICAL</b>                        |   |   |   |  |   |  |
| Ukemi                                   | 10 rolls  | 20 rolls  | 30 rolls  | 40 rolls; long roll; tobukemi aided                          | 50 rolls; high roll tobukemi from kote gaeshi                                 | 60 rolls; tobukemi by self   |
| Kokyu ho                                | Morote dori   | Katate dori   |   |  | Kata dori; ryote dori   | Shomen uchi; mune tsuki  |
| Ikkyo                                   | Shomen uchi   | Katate dori; kata dori  | Gyaku te dori; ryo te dori  | Morote dori  | Mune tsuki  | Ushiro ryo te dori   |
| Nikyo                                   |   | Katate dori; kata dori  | Gyaku te dori   |  |   | Shomen uchi  |
| Shiho nage                              |   |   | Katate dori   | Gyaku te dori  | Ryo te dori; yokomen uchi   | Shomen uchi; mune tsuki  |
| Kote gaeshi                             |   | Gyaku te dori   | Katate dori   | Shomen uchi  | Mune tsuki  | Yokomen uchi   |
| Irimi nage                              |   |   | Shomen uchi   | Gyaku te dori  | Mune tsuki  |  |
| Kokyu nage                              | Katate dori (3)   | Gyaku te dori (3)   | Morote dori (3)   | Ryote dori (3)   | Shomen uchi (3)   | Yokomen uchi (3)   |
| Other taijutsu                          | Basic strikes, kokyu dosa tenkan, aiki walk, shikko, tai no henko | Awase with basic strikes<br>Blend with 1 uke pushing front & back                       | Blend with 2 uke pushing in front   | Blend with 3 uke pushing in front                            | Tenchi nage   | Kaiten nage katate dori  |
| Fitness: strength, balance, flexibility | 10 push-ups<br>10 squats<br>10 crunches<br>One-leg stand 10"      | 20 push-ups<br>20 squats<br>20 crunches<br>One-leg stand 20"<br>Forward bend touch feet | 30 push-ups<br>30 squats<br>30 crunches<br>One-leg stand 30"<br>Backward bend touch mat | 40 push-ups<br>40 squats<br>40 crunches<br>One-leg stand 40" | 50 push-ups<br>50 squats<br>50 crunches<br>Legs spread chest to floor (6 in.) | 60 push-ups<br>60 squats<br>60 crunches<br>Side stretch head to knee (6 in.) |
| Self-defense                            |   | Rules (4)   | Choke from front and rear   | Headlock from front, side & reverse                          | Hair grab; bear hug; body pin (supine & prone)                                | Bat swing; ground techniques   |
| Buki waza                               | Jo suburi 1-5   | Jo suburi 6-10  | Jo suburi 11-20   | 6 & 13 jo katas  | 31 jo kata; ken suburi  | Happo giri   |
| <b>BEHAVIORAL</b>                       | Follow instructions; remember Motto                               | Respect teachers & elders.  | Maintain focus throughout class   | Coach beginners; persevere & share                           | Lead small group practice   | Help instructor lead class.  |

**AIKIDO INSTITUTE DAVIS  
RANK REQUIREMENTS  
ADULTS - KYUU**

|                              | 6K   | 5K                       | 4K   | 3K  | 2K   | 1K   |
|------------------------------|--|--------------------------|--|---|--|--|
| <b>ATTENDANCE</b>            |  |                          |  |   |  |  |
| Training days                | 20 days  | 30 days                  | 50 days  | 70 days   | 90 days  | 100 days   |
| Diligence                    | Recent 1 month   | Recent 1 month           | Recent 1 months                                      | Recent 2 months   | Recent 3 months  | Recent 3 months  |
| Seminar days                 |  |                          | 1 in past 12 months                                  | 1 in past 12 months                                     | 2 in past 12 months  | 2 in past 12 months  |
| <b>TECHNICAL</b>             |  |                          |  |   |  |  |
| Ukemi                        | Rolls: forward & backward                                  | 10 rolls                 | 20 rolls   | 20 rolls; tobukemi aided                                | 30 rolls; tobukemi from kote gaeshi  | 50 rolls; tobukemi from shiho nage and irimi nage  |
| Kokyuu ho                    | Morote dori  | Katate dori              | Ryo te dori; kata dori                               | Shomen uchi; mune tsuki                                 | Yokomen uchi; ryo kata dori  | Ushiro ryo te dori; ushiro ryo kata dori   |
| Ikkyo                        |  | Shomen uchi; katate dori | Kata dori; gyakute dori; ryote dori; morote dori     | Mune tsuki; ushiro ryo te dori                          | Yokomen uchi   | Kata dori men uchi; ushiro ryo kata dori; ushiro eri dori; mune dori   |
| Nikyo                        |  | Kata dori                | Katate dori; ryote dori                              | Shomen uchi   | Morote dori; yokomen uchi  | Ushiro ryo te dori   |
| Shiho nage                   |  | Katate dori              | Yokomen uchi; ryo te dori                            | Gyakute dori; Shomen uchi; mune tsuki                   | Kata dori men uchi   | Ushiro eri dori; katate dori (4 directions)  |
| Kote gaeshi                  |  | Gyakute dori             | Mune tsuki; shomen uchi                              | Katate dori; yokomen uchi                               | Kata dori men uchi   | Ushiro ryo te dori (2); ushiro eri dori  |
| Irimi nage                   |  |                          | Shomen uchi  | Katate dori; ryo te dori (3); mune tsuki                | Morote dori; kata dori men uchi (3); yokomen uchi (2)  | Ushiro ryo te dori; shomen uchi (4 levels)   |
| San kyo                      |  |                          |  | Shomen uchi   | Yokomen uchi   | Ushiro ryo kata dori   |
| Yon kyo                      |  |                          |  | Shomen uchi   | Yokomen uchi   | Ushiro ryo te dori   |
| Koshi nage                   |  |                          |  | Katate dori; ryo te dori                                | Morote dori (5); kata dori men uchi  | Ushiro ryo te dori; ushiro te kubi shime dori; shomen uchi; yokomen uchi; mune tsuki   |
| Kokyuu nage                  |  |                          | Katate dori (5); gyaku te dori (5)                   | Ryo te dori (5); morote dori (5)                        | Shomen uchi (5); yokomen uchi (5); mune tsuki (5)  | Ryo kata dori; ushiro ryokata dori; ushiro eri dori; ushiro te kubi shime dori, munedori   |
| Suwaru waza / Hanmi hantachi | Kokyuu dosa  |                          |  | SW: shomen uchi ikkyo-yonkyo                            | SW: yokomen uchi ikkyo-gokyo<br>Kokyuu dosa henka (4)  | HH: shiho nage from katate dori; ryo te dori<br>HH: irimi nage, kote gaeshi, kaiten nage from shomen uchi and mune tsuki<br>HH: ushiro ryo kata dori (5) |
| Other taijutsu               | Tai no henko<br>Tenkan, Aiki walk, shikko<br>Basic strikes | Awase with basic strikes | Tenchi nage ryote dori<br>Blend with one uke pushing | Kaiten nage katate dori (2)<br>Blend with 2 uke pushing | Kaiten nage shomen uchi; mune tsuki; yokomen uchi<br>Gokyo yokomen uchi<br>Jyu waza with one uke<br>Tanto dori | Ju ji nage: ushiro ryo te dori; ushiro te kubi shime dori<br>Randori: 2 uke<br>Tachi dori; jo dori; jo nage  |
| Buki waza                    |  | Jo suburi 1-10           | Jo suburi 11-20; ken suburi                          | 6 jo kata; happo giri                                   | 13 jo kata; 31 jo kata   | Ken awase; jo awase  |
| <b>BEHAVIORAL</b>            | Apply Dojo Etiquette                                       | Humble & open-minded     | Persevere in training                                | Demonstrate awareness                                   | Help with Dojo tasks   | Coach lower kyuu for tests   |

**AIKIDO INSTITUTE DAVIS  
RANK REQUIREMENTS  
ADULTS - DAN**

|                                  | 1D   | 2D   | 3D   | 4D  | 5D   |
|----------------------------------|--|--|--|---|--|
| <b>ATTENDANCE</b>                |  |  |  |   |  |
| Training days for test           | 100 days   | 250 days/1 year  | 350 days/2 years   | 450 days/3 years  | 650 days/5 years   |
| Training days for recommendation | 2 years  | 2 years  | 3 years  | 4 years   | 5 years  |
| Diligence                        | Recent 6 months  | Recent 6 months  | Recent 12 months   | Recent 12 months  | Recent 12 months   |
| Seminar days                     | 2 in past 12 months  | 3 in past 12 months  | 3 in past 12 months  | 3 in past 12 months   | 3 in past 12 months  |
| <b>TECHNICAL</b>                 |  |  |  |   |  |
| Ukemi                            | Ukemi while holding jo/bokken  | Tobukemi in buki waza  | Uninterrupted connection with nage   | Teaching proficiency  | Ability to teach through ukemi   |
| Taijutsu                         | Proficiency in all basic techniques with emphasis on firm and basic forms ( <b>kihon waza</b> ).<br>Henka waza: kokyuu ho morote dori (5); kokyuu dosa (5); nikyo, shiho nage, kote gaeshi, irimi nage<br>Sankyo shomen uchi (7)<br>Randori: 3 uke | Proficiency in all basic techniques with emphasis on flexible motion ( <b>yawarakai waza</b> )<br>Ni nin gake<br>Kaeshi waza (3 each):<br>ikkyo, nikyo, sankyo, shiho nage, kote gaeshi, irimi nage.<br>Randori: 3 uke | Proficiency in all basic techniques with emphasis on flowing energy ( <b>ki no nagare waza</b> )<br>Show and explain the components of basic techniques<br>Hanmi hantachi jyu waza<br>Randori: 3 uke | Proficiency in all basic techniques with emphasis on applied techniques ( <b>oyo waza</b> )<br>Self-defense applications<br>Randori: 3 uke with jo & bokken | Understand how spontaneous techniques spring forth from basics ( <b>Takemusu Aiki</b> )<br>Understand and show principles underlying Aiki techniques |
| Buki waza                        | 31-jo kumi jo; 13-jo awase   | Kumi jo; kumi tachi  | Kumi tachi henka; ken tai jo & henka   | Ken tai riai (sword body relationship)  | Teaching proficiency   |
| <b>BEHAVIORAL</b>                | Conduct becoming of a sempai: coach beginners; guide all kyu ranks   | Self-motivated training: do own training outside of class time   | Help teach classes and lead Dojo projects<br>Coach lower dan   | Teach regular classes and responsible for regular Dojo activities<br>Coach lower dan<br>Train uchi deshi  | Ability to lead dojo and familiarity with all Dojo administrative tasks<br>Coach lower dan<br>Train uchi deshi                                       |
| <b>OTHER</b>                     | 15 years old   | Essay showing an understanding of Aikido techniques or about personal involvement in Aikido (500-700 words)  | Essay exploring in depth any particular aspect of Aikido (700-1000 words)  | Recommended: 2 weeks training in Japan. Essay showing an understanding of Aikido principles and their applications ( about 1000 words)                      | Participate in Association activities  |