

AIKIDO INSTITUTE DAVIS

RANK REQUIREMENTS

GENERAL

PURPOSE

This document states the minimum requirements for each rank. Students are expected to meet all requirements to be awarded a promotion. Exemptions due to health or emergencies must be specifically approved by the Chief Instructor.

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.

The requirements are cumulative; only incremental items are listed for each rank. Students should use these requirements as their daily training goals.

Exams for ranks up to Sandan are held in the Dojo. Exams for Yondan are conducted at Takemusu Aikido Association (TAA) seminars. Ranks of Godan and above are subject to specific requirements of the TAA Rank Committee.

These requirements are not meant to represent a comprehensive list of Aikido techniques taught at Aikido Institute Davis. They are consistent with, and exceed, the ranking guidelines issued by Aikido Hombu Dojo in Tokyo, Japan, and with those prescribed by the TAA.

These requirements are effective from September 2026.

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: These are training days at Aikido workshops, seminars and gasshuku, or any other concentrated and continuous Aikido training, sponsored by Aikido Institute Davis or by other dojo members of Takemusu Aikido Association, or other Aikido organizations recognized by the Aikikai. This requirement applies to dan ranks only.

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.

EFFECTIVE SEPTEMBER 2026

Rank Requirements

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JUNIORS

	8K White +1	7K White +2	6K Green	5K Green +1	4K Green +2	3K Brown
ATTENDANCE						
Training days	20 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 3 months
TECHNICAL						
Kihon kunren					Horse stance: 30 seconds	Part 1 Horse stance: 1 minute
Ukemi	10 rolls	20 rolls	30 rolls	40 rolls; long roll; tobukemi aided	50 rolls; tobukemi from kotegaeshi	Tobukemi from iriminage & shihonage
Kokyuhō	Morotedori	Katatedori			Katadori; ryotedori	Shomenuchi; munetsuki
Ikkyō	Shomenuchi	Katatedori; katadori	Kosadori; ryotedori	Morotedori	Munetsuki	Ushiro ryotedori
Nikyo		Katatedori; katadori	Kosadori	Ryotedori		Shomenuchi
Shihonage			Katatedori	Kosadori	Ryotedori; yokomenuchi	Shomenuchi; munetsuki
Kotegaeshi		Kosadori	Katatedori	Shomenuchi	Munetsuki	Yokomenuchi
Iriminage			Shomenuchi	Kosadori	Munetsuki	Katatedori, ryotedori
Kokyunage	Katatedori (3)	Kosadori (3)	Morotedori (3)	Ryotedori (3)	Shomenuchi (3)	Yokomenuchi (3)
Other taijutsu	Basic strikes, kokyudosa tenkan, aiki walk, shikko, tainohenko	Awase with 1 uke pushing front & back Awase with basic strikes	Awase with 2 uke pushing in front	Awase with 3 uke pushing in front	Tenchinage	Kaitennage katatedori SW: Shomenuchi Ikkyō
Fitness: strength, balance, flexibility	10 push-ups 10 squats 10 crunches One-leg stand 10"	20 push-ups 20 squats 20 crunches One-leg stand 20" Forward bend touch feet	30 push-ups 30 squats 30 crunches One-leg stand 30" Backward bend Forward bend	40 push-ups 40 squats 40 crunches One-leg stand 40" Backward body bridge	Legs spread chest to floor	High jump to hips' height
Bukiwaza			Jo suburi 1-5	Jo suburi 1-10	Jo suburi 1-20 6-jo kata	Ken suburi; Happogiri
BEHAVIORAL	Apply Dojo etiquette.	Respect teachers & elders.	Maintain focus throughout class	Persevere & help others	Lead small group practice	Help instructor to lead class.

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ADULTS - KYUU

	6K	5K	4K	3K	2K	1K
ATTENDANCE						
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
TECHNICAL						
Kihon Kunren				Part 1	Part 2. Jo sabaki.	Part 3. Ken sabaki.
Ukemi	Rolls: forward & backward	40 rolls	50 rolls	Tobukemi aided	Tobukemi from kotegaeshi	Tobukemi from shihonage and iriminage
Kokyuho	Morotedori	Katatedori	Ryotedori; katadori	Shomenuchi; munetsuki	Yokomenuchi; ryokatadori	Ushiro ryotedori (2); ushiro ryokatadori (2)
Ikkyo		Shomenuchi; katatedori	Katadori; kosadori; ryotedori; morotedori	Munetsuki; ushiro ryotedori	Yokomenuchi	Katadori menuchi; ushiro ryokatadori; ushiro eridori; munedori
Nikyo		Kata dori	Katatedori; ryotedori	Shomenuchi	Morotedori; yokomenuchi	Ushiro ryotedori
Shiho nage		Katatedori	Yokomenuchi; ryotedori	Kosadori; Shomenuchi; munetsuki	Katadori menuchi	Ushiro eridori; katatedori (4 directions)
Kote gaeshi		Kosadori	Munetsuki; shomenuchi	Katatedori; yokomenuchi	Katadori menuchi	Ushiro ryotedori (2); ushiro eridori
Irimi nage			Shomenuchi; kosadori	Katatedori; ryotedori (3); munetsuki	Morotedori; katadori menuchi (3); yokomenuchi (2)	Ushiro ryotedori; shomenuchi (4)
San kyo				Shomenuchi	Yokomenuchi	Ushiro ryokatadori
Yon kyo				Shomenuchi	Yokomenuchi	Ushiro ryotedori
Koshi nage				Katatedori; ryotedori	Morotedori (5); katadori menuchi	Ushiro ryotedori; ushiro te kubishimedori; shomenuchi; yokomenuchi; munetsuki
Kokyu nage			Katatedori (5); kosadori (5)	Ryotedori (5); morotedori (5)	Shomenuchi (5); yokomenuchi (5); munetsuki (5)	Ryokatadori; ushiro ryokatadori; ushiro eridori; ushiro te kubishimedori; munedori
Suwari waza / Hanmi hantachi	Kokyu dosa			SW: shomenuchi ikkyo-yonkyo	SW: yokomenuchi ikkyo-gokyo Kokyudosa henka (4)	HH: shihonage from katatedori; ryotedori HH: iriminage, kotegaeshi, kaitennage from shomenuchi and munetsuki HH: ushiro ryokatadori (5)
Other taijutsu	Basic strikes; Tai no henko Tenkan, Aiki walk, shikko	Awase with basic strikes	Tenchinage ryotedori Awase with one uke pushing	Kaitennage katatedori (2) Awase with 2 uke pushing	Kaitennage shomenuchi; munetsuki; yokomenuchi Gokyo; yuwaza with one uke Tantodori (6)	Jujinage: ushiro ryotedori; ushiro te kubishimedori Randori: 2 uke Tachidori (6); jodori (6); jonage (6)
Buki waza		Jo suburi 1-10	Jo suburi 11-20; ken suburi	6 jo kata; happogiri	13 jo kata; 31 jo kata	Ken awase; jo awase
BEHAVIORAL	Apply Dojo Etiquette	Train with humbleness & open-mindedness	Persevere in training	Demonstrate awareness	Help with Dojo tasks	Coach lower ranks

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ADULTS - DAN

	1D	2D	3D	4D	5D
ATTENDANCE					
Training days for test	150 days	300 days/2 years	450 days/3 years	600 days/4 years	750 days/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
TECHNICAL					
Internal Training (Kiko is optional)	Kihon Kunren Parts 1-5. Kiko: Part 1	Kihon Kunren: teaching proficiency. Kiko: Part 2-3	Kiko: Part 4-5	Kiko: teaching proficiency	
Ukemi	Ukemi while holding jo/bokken	Tobukemi in buki waza	Continuous connection with nage	Teaching proficiency of ukemi	Ability to teach through ukemi
Taijutsu	Proficiency in all basic techniques with emphasis on firm and basic forms (kihon waza). Henkawaza: kokyuhō morotedori (5); kokyudosa (5); nikyo, shihonage, kotegaeshi, iriminage Sankyo shomenuchi (7) Randori: 3 uke	Proficiency in all basic techniques with emphasis on flexible motion (yawarakai waza) Ninin gake Kaeshiwaza (3 each): ikkyō, nikyo, sankyo, shihonage, kotegaeshi, iriminage. Randori: 3 uke	Proficiency in all basic techniques with emphasis on flowing energy (kinonagare waza) Show and explain the components of basic techniques Hanmihantachi jyuwaza Randori: 3 uke	Proficiency in all basic techniques with emphasis on applied techniques (oyo waza) Randori: 3 uke with jo & bokken	Understand how spontaneous techniques spring forth from basics (Takemusu Aiki) Understand and show principles underlying Aikido techniques
Bukiwaza	31-jo kumijo; 13-jo awase	Kumijo; kumitachi	Kumitachi henka; kentaijo & henka	Riai	Teaching proficiency of entire bukiwaza curriculum
BEHAVIORAL	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	Teach regular classes and direct Dojo activities	Lead dojo instructors and undertake Dojo administrative tasks
OTHER	15 years old	Essay showing an understanding of Aikido techniques or about personal involvement in Aikido (500-700 words)	Essay exploring in depth any aspect of Aikido (700-1000 words)	Recommended: 2 weeks training in Japan. Essay showing an understanding of Aikido principles and their applications (1000 words)	Participate in Aikido community at large (e.g. TAA)