

Dan Grade Examination System Level

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Level	Days of training / Conditions to qualify	Expected techniques to be demonstrated (but not limited to)
1st Dan (Shodan)	70 hours of practice after obtaining 1st Kyu (15 years or older)	Unarmed techniques (zagi, hami-handachi waza, tachi waza/ free movement) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)
		Required advance techniques: • Juji Nage • Koshi Nage
		Required weapon techniques: • 7 ken suburi • 13 jo kata • 31 jo kata
2nd Dan (Nidan)	Minimum 1 year since 1st dan, with 200 hours of practice	Unarmed techniques (zagi, hami-handachi waza, tachi waza/ free movement) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)
		Tanto-dori and Futarigake (by two ukes) Submit an article on Aikido-related subject
		Required advance techniques: • Juji Nage • Koshi Nage
		Required weapon techniques: • 7 ken suburi • 13 jo kata • 31 jo kata • 7 ken awase • 8 jo awase
3rd Dan (Sandan)	Minimum 2 years since 2nd dan, with 300 hours of practice	Unarmed techniques (zagi, hami-handachi waza, tachi waza/ free movement) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)
		Tanto-dori and Futarigake (by two ukes) Tachi-dori, Jo-dori and Taninzugake (more than three ukes) Submit an article on Aikido-related subject (Topic will be assigned)
		Required advance techniques: • Juji Nage • Koshi Nage
		Required weapon techniques: • 7 ken suburi • 13 jo kata • 31 jo kata • 7 ken awase, • 8 jo awase • 5 ken kumitachi (tested on the 1st, 2nd and 3rd) • 10 jo kumijo (tested on the 1st, 2nd and 3rd)
4th Dan (Yondan)	Minimum 3 years since 3rd dan, with 400 hours of practice (22 years or older)	Unarmed techniques (zagi, hami-handachi waza, tachi waza/ free movement) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)
		Tanto-dori and Futarigake (by two ukes) Tachi-dori, Jo-dori and Taninzugake (more than three ukes) Jiyuwaza for all of the above Submit an article on Aikido-related subject (Topic will be assigned)
		Required advance techniques: • Juji Nage • Koshi Nage
		Required weapon techniques: • 7 ken suburi • 13 jo kata • 31 jo kata • 7 ken awase, • 8 jo awase • 5 ken kumitachi (tested on the 1st, 2nd and 3rd) • 10 jo kumijo (tested on the 1st, 2nd and 3rd) • 5 continuous kumitachi • 5 continuous kumijo (tested on the first 1-5 out of 10)