

**GOKYU (5th Kyu) Min 60 hours**

<b>Waza</b>	<b>Attack</b>	<b>Techniques</b>
Tachi	Shomen-uchi	Ikkyo (Omote & Ura)
Tachi	Shomen-uchi	Irimi-nage
Tachi	Katate-dori	Shiho-nage (Omote & Ura)
Tachi	Ryote-dori	Tenchin-nage
Tachi	Tsuki	Kote-gaeshi
Tachi	Ushiro Ryote-dori	Kote-gaeshi
Tachi	Morote-dori	Kokyu-ho and Kokyu-nage
Suwari	Ryote-dori	Kokyu-ho

**YONKYU (4th Kyu) Min 80 hours**

<b>Waza</b>	<b>Attack</b>	<b>Techniques</b>
Tachi	Shomen-uchi	Nikyo (Omote & Ura)
Tachi	Yokomen-uchi	Shiho-nage (Omote & Ura)
Tachi	Tsuki	Irimi-nage
Tachi	Ushiro Ryote-dori	Sankyo
Tachi	Ushiro Ryokatatori	Kote-gaeshi
Suwari	Shomen-uchi	Ikkyo (Omote & Ura)
Suwari	Kata-dori	Nikyo (Omote & Ura)
Suwari	Ryote-dori	Kokyu-ho

**SANKYU (3rd Kyu) Min 100 hours**

<b>Waza</b>	<b>Attack</b>	<b>Techniques</b>
Tachi	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi	Yokomen-uchi	Irimi-nage (2 ways)
Tachi	Yokomen-uchi	Kote-gaeshi (2 ways)
Tachi	Tsuki	Kaiten-nage (uchi & soto mawari)
Tachi	Shomen-uchi	Kote-gaeshi
Tachi	Ushiro Ryokata-dori	Sankyo (omote and ura)
Tachi	Morote-dori	Irimi-nage (2 ways)
Suwari	Shomen-uchi	Nikyo (Omote & Ura)
Suwari	Shomen-uchi	Irimi-nage
Hanmi-handachi	Katate-dori	Kaiten-nage (uchi & soto mawari)
Hanmi-handachi	Katate-dori	Shiho-nage (Omote & Ura)
Suwari	Ryote-dori	Kokyu-ho

## NIKYU (2nd Kyu) Min 120 hours

### To Have Power and Be Flowing

Hanmi/Waza	Attack	Techniques
Tachi-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi-waza	Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi-waza	Shomen-uchi	Irimi-nage
Tachi-waza	Shomen-uchi	Kote-gaeshi
Tachi-waza	Shomen-uchi	Shiho-nage (Omote & Ura)
Tachi-waza	Shomen-uchi	Sumi-otoshi
Tachi-waza	Tsuki	Irimi-nage
Tachi-waza	Tsuki	Kote-gaeshi
Tachi-waza	Katate-dori	Irimi-nage
Tachi-waza	Katate-dori	Kote-gaeshi
Tachi-waza	Katate-dori	Kaiten-nage (uchi & soto)
Tachi-waza	Ryote-dori	Tenchi-nage
Tachi-waza	Ushiro-Kubishime	Koshi-nage
Suwari-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Suwari-waza	Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Suwari-waza	Ryote-dori	Kokyu-ho
Hanmi-handachi-waza	Katate-dori	Shiho-nage (Omote & Ura)
Tachi-waza	Katate-dori	Jiyu-waza *

\* The examiner will call the attack and nage will demonstrate five (5) different techniques for each attack.

## IKKYU (1st Kyu) Min 150 hours

### To Be Able to Apply and Vary the Techniques

Hanmi/Waza	Attack	Techniques
Tachi-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi-waza	Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi-waza	Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Ushiro	Ryote-dori	Ikkyo, Nikyo, Sankyo, Yonkyo (Omote & Ura)
Tachi-waza	Yokomen-uchi	Gokyo
Tachi-waza	Katate-dori	Shiho-nage
Tachi-waza	Ryote-dori	Shiho-nage
Tachi-waza	Shomen-uchi	Irimi-nage
Tachi-waza	Shomen-uchi	Kote-gaeshi
Tachi-waza	Shomen-uchi	Kaiten-nage (uchi & soto)
Tachi-waza	Tsuki	Irimi-nage
Tachi-waza	Tsuki	Kote-gaeshi
Tachi-waza	Tsuki	Kaiten-nage (uchi & soto)
Tachi-waza	Katate-dori	Irimi-nage
Tachi-waza	Katate-dori	Kote-gaeshi
Tachi-waza	Katate-dori	Kaiten-nage (uchi & soto)
Tachi-waza	Ryote-dori	Tenchi-nage
Tachi-waza	Ryote-dori	Kokyu-ho
Tachi-waza	All Attacks	Koshi-nage
Suwari-waza	Shomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
Suwari-waza	Kata-dori	Ikkyo, Nikyo, Sankyo, Yonkyo
Suwari-waza	Yokomen-uchi	Ikkyo, Nikyo, Sankyo, Yonkyo
Suwari-waza	Ryote-dori	Kokyu-ho
Hanmi-handachi	Katate-dori	Shiho-nage
Hanmi-handachi	Ryote-dori	Shiho-nage
Tachi-waza	Katate-dori	Jiyu-waza *
Tachi-waza	Ryote-dori	Jiyu-waza *
Tachi-waza	Morote-dori	Jiyu-waza *

\* The examiner will call the attack and nage will demonstrate five (5) different techniques for each attack.

**SHODAN (1st Dan) Min 1 Year & 200 Days Training since 1st kyu test**

<b>Hanmi / Waza</b>	<b>Techniques</b>
Suwari-waza	Unarmed techniques from all striking, thrusting and grasping attacks, including grasping any upper body parts from front or behind.
Hanmi-handachi-waza	
Tachi-waza	
Examples of techniques are provided in the Appendix and on the individual Shodan test sheet.	

**NIDAN (2nd Dan) Min 2 Years & 350 Days Training since 1st dan test**

All Shodan requirements, plus Tanto-dori and Futari-gake (two-person Ran-dori).
Examples of techniques are provided in the Appendix and on the individual Nidan test sheet.

**SANDAN (3rd Dan) Min 3 Years & 500 Days Training since 2nd dan test**

All Nidan requirements, plus Tachi-dori, Jo-dori and Taninzu-gake (multiple-person Ran-dori).
Examples of techniques are provided in the Appendix and on the individual Sandan test sheet.

**NOTES:**

These techniques were asked by Osawa Shihan during the examinations held in Toronto on 24 Sep 2011. This appendix is included to provide an example of a typical dan test. However, it should be remembered that at these levels the techniques required are at the discretion of the examiner and will vary from test-to-test.

<b>SHODAN (1st Dan) Sample test</b>		
<b>Hanmi / Waza</b>	<b>Attack</b>	<b>Techniques</b>
Suwari-waza (zagi)	Shomen-uchi	Ikkyo (omote & ura)
Suwari-waza (zagi)	Kata-dori	Nikyo (omote & ura)
Tachi -waza	Ushiro Ryote-dori	Sankyo (omote & ura)
Tachi -waza	Morote-dori	Yonkyo (omote & ura)
Suwari-waza (zagi)	Shomen-uchi	Irimi-nage
Tachi -waza	Shomen-uchi	Irimi-nage
Tachi -waza	Yokomen-uchi	Irimi-nage
Tachi -waza	Morote-dori	Irimi-nage
Tachi -waza	Katate-dori (gyaku-hanmi)	Kote-gaeshi
Tachi -waza	Tsuki	Kote-gaeshi
Tachi -waza	Ushiro Ryote-dori	Kote-gaeshi
Hanmi-handachi	Katate-dori (gyaku-hanmi)	Shiho-nage
Hanmi-handachi	Ryote-dori	Shiho-nage
Tachi -waza	Katate-dori	Shiho-nage
Tachi -waza	Shomen-uchi	Shiho-nage
Tachi -waza	Kata-dori-men-uchi	Shiho-nage
Tachi -waza	Tsuki	Kaiten-nage
Tachi -waza	Ushiro Ryote-dori	Kaiten-nage
Tachi -waza	Ryote-dori	Tenchi-nage
Tachi -waza	Morote-dori	Kokyu-ho
Tachi -waza	Various attacks	Jiyu-waza
Suwari-waza	Ryote-dori	Kokyu-ho

**NIDAN (2nd Dan) Sample Test**

Shodan techniques (listed above) plus the following:

<b>Hanmi / Waza</b>	<b>Attack</b>	<b>Techniques</b>
Suwari-waza	Shomen-uchi	Nikyo, Sankyo, Yonkyo (omote & ura)
	Kata-dori	Nikyo
	Tanto-dori	
	Futari-gake (two-person Ran-dori): Morote-dori	Kokyu-nage
	Futari-gake (two-person Ran-dori): Free attacks	Jiyu-waza

**SANDAN (3rd Dan) Sample Test**

Shodan and Nidan techniques (listed above) plus the following:

<b>Hanmi / Waza</b>	<b>Attack</b>	<b>Techniques</b>
Hanmi-handachi-waza	Shomen-uchi	Irimi-nage, Kote-gaeshi
Hanmi-handachi-waza	Katate-dori	Kaiten-nage
Suwari-waza	Shomen-uchi	Kote-gaeshi
	Shomen-uchi	Kote-gaeshi
Hanmi-handachi-waza	Ushiro Ryokata-dori	Sankyo
	Ushiro Ryokata-dori	Sankyo
	Jo-dori	
	Tachi-dori	

## KANATA AIKIKAI GRADING REQUIREMENTS

### Nomenclature

STANCES	DEFINITIONS
<b>Tachi-waza</b>	Techniques performed standing
<b>Seiza</b>	Sitting–meditative posture
<b>Suwari waza (zagi)</b>	Techniques performed both partners sitting
<b>Hanmi handachi</b>	Uke standing and nage sitting
<b>Zagi (Suwari waza)</b>	Sitting–active posture
<b>ATTACKS (Grabbing)</b>	
<b>Katate-dori</b>	One hand grab to wrist
<b>Kata-dori</b>	One hand grab to shoulder
<b>Kata-dori Menuchi</b>	Grab to shoulder with strike to head
<b>Morote-dori</b>	Two hands grab to one wrist
<b>Mune-dori</b>	
<b>Ryote-dori</b>	Both wrists held from the front
<b>Ushiro Kubishime</b>	Choke from behind with wrist grab
<b>Ushiro Ryokata-dori</b>	Both shoulders held from behind
<b>Ushiro Ryote-dori</b>	Both wrists held from behind
<b>ATTACKS (Striking)</b>	
<b>Shomenuchi</b>	Strike to forehead
<b>Tsuki</b>	Thrust or punch with closed fist
<b>Yokomenuchi</b>	Strike to side of head
<b>TECHNIQUES (General)</b>	
<b>Bokuto waza</b>	Techniques performed with bokken
<b>Henka waza</b>	Switching one technique to another, Examiner calls first technique
<b>Kaeshi waza</b>	Counter techniques, original technique called by examiner
<b>Jiyu waza</b>	Interval attacks w/nage varying techniques
<b>Ninin-gake (Randori)</b>	Freestyle–rapid “all-out” simultaneous attacks
<b>WEAPONS</b>	
<b>Jo dori</b>	Disarm attacker of jo
<b>Jo waza</b>	Techniques performed with jo
<b>Tachi dori</b>	Disarm attacker of bokken
<b>Tanto dori</b>	Disarm attacker of tanto
<b>GENERAL TERMS</b>	
<b>Tai sabaki</b>	Body movement
<b>Undo</b>	Exercise
<b>Waza</b>	Technique