

PROMOTIONS AND GRADING

6th Kyu -- 3 months/30 classes

Shomen uchi -- Sumiotoshi
Yokomen uchi – Sumiotoshi
Katatedori – Sumiotoshi
Katadori -- Sumiotoshi
Ryokatadori -- Sumiotoshi
Tsuki – Sumiotoshi
Katatedori (ai hanmi) – Ikkyo (omote & ura)
Suwari waza – Kokyu Ho
Randori

5th Kyu -- 6 months/60 classes

Shomen uchi – Ikkyo (omote & ura)
Shomen uchi – Irimi Nage
Katatedori – Irimi Nage
Katatedori (ai hanmi) – Ikkyo (omote & ura)
Katadori – Ikkyo (omote & ura)
Tsuki – Ikkyo (omote & ura)
Katatedori – Shiho Nage (omote & ura)
Suwari waza – Kokyu Ho
Randori

4th Kyu – 6 months/60 classes

Shomen uchi – Ikkyo & Nikyo (omote & ura)
Shomen uchi – Irimi Nage
Katatedori – Irimi Nage
Katadori – Ikkyo & Nikyo (omote & ura)
Ryotedori – Tenchi Nage
Tsuki – Kotegaeshi
Yokomen uchi – Irimi Nage
Suwari waza – Kokyu Ho
Randori

3rd Kyu – 8 months/80 classes

Shomen uchi – Ikkyo through Yonkyo
Katadori – Ikkyo through Yonkyo
Ryotedori – Shiho Nage (omote & ura)
Yokomen uchi – Shiho Nage (omote & ura)
Shomen uchi – Kotegaeshi
Tsuki – Kotegaeshi
Shomen uchi – Irimi Nage
Ryotedori – Tenchi Nage
Tsuki – Irimi Nage
Suwari waza – Kokyu Ho
Jiyu waza
Randori

Hanmi Handachi

Katatedori – Shiho Nage (omote & ura)
Yokomen uchi – Shiho Nage (omote & ura)

Shomen uchi – Irimi Nage
Yokomen uchi – Irimi Nage

Ushiro Waza

Ushiro ryotedori – Ikkyo & Nikyo (omote & ura)
Ushiro ryokatdori – Ikkyo & Nikyo (omote & ura)
Ushiro ryokatadori – Shiho Nage (omote & ura)

2nd Kyu – 10 months/100 classes

Shomen uchi – Ikkyo through Yonkyo
Katadori – Ikkyo through Yonkyo
Shomen uchi – Irimi Nage
Shomen uchi – Kotegaeshi
Shomen uchi – Kaiten Nage
Tsuki – Irimi Nage
Tsuki – Kotegaeshi
Tsuki – Kaiten Nage
Katatedori – Irimi Nage
Katatedori – Kotegaeshi
Katatedori – Kaiten Nage
Suwari waza – Kokyu Ho
Jiyu waza
Randori

Hanmi Handachi

Katatedori – Shiho Nage (omote & ura)
Ryotedori – Shiho Nage (omote & ura)
Shomen uchi – Kotegaeshi
Tsuki – Kotegaeshi
Shomen uchi – Irimi Nage
Shomen uchi – Kaiten Nage

Ushiro Waza

Ushiro ryotedori – Ikkyo through Yonkyo (omote & ura)
Ushiro ryotedori – Shiho Nage (omote & ura)
Ushiro ryotedori – Kotegaeshi

1st Kyu – 12 months/150 classes

Shomen-uchi Ikkyo through Gokyo
Katadori Ikkyo through Gokyo
Shomen-uchi - 5 variations
Yokomen-uchi - 5 variations
Tsuki -- 5 variations
Katatedori -- 5 variations
Katadori -- 5 variations
Ryotedori -- 5 variations
Morotedori -- 5 variations
Tantodori -- 5 variations
Suwari waza-- Kokyu Ho
Jiyu waza
Randori

Hanmi Handachi

Shomen-uchi -- 5 variations

Yokomen-uchi -- 5 variations
Tsuki -- 5 variations
Katatedori -- 5 variations
Ryotedori -- 5 variations

Ushiro Waza

Ushiro ryotedori - Ikkyo - Yonkyo
Ushiro ryokatadori - Ikkyo - Yonkyo

Shodan – 12 months/200 classes

Shomen-uchi Ikkyo through Gokyo
Katadori Ikkyo through Gokyo
Shomen-uchi - 5 variations
Yokomen-uchi - 5 variations
Tsuki - 5 variations
Katatedori - 5 variations
Katadori - 5 variations
Ryotedori - 5 variations
Morotedori - 5 variations
Katadori-menuchi - 3 variations
Koshi nage - 3 variations
Tantodori - 5 variations
Suwari waza – Kokyu Ho
Jiyu waza
Randori

Hanmi Handachi

Shomen-uchi -- 5 variations
Yokomen-uchi -- 5 variations
Tsuki -- 5 variations
Katatedori -- 5 variations
Ryotedori -- 5 variations

Ushiro Waza

Ushiro ryotedori - Ikkyo - Yonkyo
Ushiro ryokatadori - Ikkyo - Yonkyo

Maskatsu Bojutsu -- Ikkyo

Promotions for Dan/Kyu (rank) at Aikido Center Sacramento are based entirely on the Sensei's observation of the physical, mental, and spiritual development of the student. Technical understanding is but one component of Aikido practice. Students should work to shed the desire to compete with, or win over their partner. Students should practice with a sincere desire to cultivate courage, compassion, and the spirit of "loving protection".

- Dan Certification Fee – A Dan certification fee is submitted with dan application prior to promotion. Please speak with Sensei regarding fees for your dan rank.
- Kyu Promotion Fee -- \$50
- 5 minute report required and 3rd and 1st Kyu.
- Students are required to complete the minimum number of classes, and train for a minimum number of months prior to promotion.

Kyu Promotions are given always at the discretion of your Sensei, regardless of classes and time accumulated.