



Canadian Aikido Federation

Master List of Grading Requirements

NOTES:

1. All class/time requirements are minimum since the previous test.
2. Be prepared as both Nage and Uke.
3. Show Omote and Ura where appropriate.
4. Techniques from previous tests may be required.
5. CAF Examination Committee Notes are Appendix 2 to this document.

| GOKYU (5th Kyu) | | | |
|--|--------------|-------------|------------|
| To Know the Basic Forms with Accuracy | | | |
| Minimum 60 Days Training Required Since Previous Rank Test | Hanmi / Waza | Attack | Techniques |
| | Tachi-waza | Shomen-uchi | Ikkyo |
| | | Katate-dori | Shiho-nage |
| | | Shomen-uchi | Irimi-nage |
| | Suwari-waza | Ryote-dori | Kokyu-ho |

| YONKYU (4th Kyu) | | | |
|--|--------------|--------------|------------|
| To Have Proper Balance and Timing | | | |
| Minimum 80 Days Training Required Since Previous Rank Test | Hanmi / Waza | Attack | Techniques |
| | Tachi-waza | Shomen-uchi | Ikkyo |
| | | Kata-dori | Nikyo |
| | | Yokomen-uchi | Shiho-nage |
| | | Shomen-uchi | Irimi-nage |
| | Suwari-waza | Ryote-dori | Kokyu-ho |

| SANKYU (3rd Kyu) | | | |
|---|--------------|--------------|------------------------------|
| To Have Speed and Stability | | | |
| Minimum 100 Days Training Required Since Previous Rank Test | Hanmi / Waza | Attack | Techniques |
| | Tachi-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Yokomen-uchi | Shiho-nage |
| | | Ryote-dori | Shiho-nage |
| | | Shomen-uchi | Irimi-nage, Kote-gaeshi |
| | | Tsuki | Irimi-nage, Kote-gaeshi |
| | | Ryote-dori | Tenchi-nage |
| | Suwari-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Ryote-dori | Kokyu-ho |

| NIKYU (2nd Kyu) | | | |
|---|---------------------|-------------|--|
| To Have Power and Be Flowing | | | |
| Minimum 100 Days Training Required Since Previous Rank Test | Hanmi / Waza | Attack | Techniques |
| | Tachi-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Kata-dori | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Shomen-uchi | Irimi-nage, Kote-gaeshi |
| | | Tsuki | Irimi-nage, Kote-gaeshi |
| | | Katate-dori | Irimi-nage, Kote-gaeshi, Kaiten-nage-(uchi & soto) |
| | | Ryote-dori | Tenchi-nage |
| | Suwari-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Kata-dori | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Ryote-dori | Kokyu-ho |
| | Hanmi-handachi-waza | Katate-dori | Shiho-nage |
| | Tachi-waza | Katate-dori | Jiyu-waza * |

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



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Please refer to Page 1 for Notes concerning Grading requirements.

| IKKYU (1st Kyu) | | | |
|--|---------------------|---------------|--|
| To Be Able to Apply and Vary the Techniques | | | |
| Minimum 120 Days Training Required Since Previous Rank Test | Hanmi / Waza | Attack | Techniques |
| | Tachi-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Kata-dori | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Yokomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | Ushiro | Ryote-dori | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Yokomen-uchi | Gokyo |
| | | Katate-dori | Shiho-nage |
| | | Ryote-dori | Shiho-nage |
| | | Shomen-uchi | Irimi-nage, Kote-gaeshi, Kaiten-nage-(uchi & soto) |
| | | Tsuki | Irimi-nage, Kote-gaeshi, Kaiten-nage-(uchi & soto) |
| | | Katate-dori | Irimi-nage, Kote-gaeshi, Kaiten-nage-(uchi & soto) |
| | | Ryote-dori | Tenchi-nage, Kokyu-ho |
| | Suwari-waza | Shomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Kata-dori | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Yokomen-uchi | Ikkyo, Nikyo, Sankyo, Yonkyo |
| | | Ryote-dori | Kokyu-ho |
| | Hanmi-handachi-waza | Katate-dori | Shiho-nage |
| | | Ryote-dori | Shiho-nage |
| | Tachi-waza | Katate-dori | Jiyu-waza * |
| | | Ryote-dori | Jiyu-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) | | |
|--|--|--|
| Minimum One Year and 200 Days Training Since 1st Kyu Test | Hanmi / Waza | Techniques |
| | 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) | |
|--|---|
| Minimum Two Years and 350 Days Training Since 1st Dan Registration | 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) | |
|--|--|
| Minimum Three Years and 500 Days Training Since 2nd Dan Registration | 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. |



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Appendix 1 (to Master List of Grading Requirements)

Sample Dan Test Requirements

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.

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

| NIDAN (2nd Dan) | | |
|--|---|-------------------------------------|
| Shodan techniques (listed above) plus the following: | | |
| Hanmi / Waza | Attack | Techniques |
| 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) | | |
|--|---------------------|-------------------------|
| Shodan and Nidan techniques (listed above) plus the following: | | |
| Hanmi / Waza | Attack | Techniques |
| 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 | |



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Appendix 2 (to Master List of Grading Requirements)

CAF Examination Committee Notes

The following notes were drafted by the CAF Examination Committee, and are effective as of 15 August 2012.

EXAMINATION COMMITTEE NOTE 1:

Techniques required for testing are the same as those required at Hombu. The examiner or examination panel members can request demonstration of additional techniques at their discretion.

EXAMINATION COMMITTEE NOTE 2:

The following are the MINIMUM intervals required between tests in the CAF:

| Testing for: | Minimum days practice since previous promotion: | Minimum. time since previous promotion: |
|--------------|---|---|
| 5th Kyu | 60 | |
| 4th Kyu | 80 | |
| 3rd Kyu | 100 | |
| 2nd Kyu | 100 | |
| 1st Kyu | 120 | |
| 1st Dan | 200 | 1 year since 1st Kyu |
| 2nd Dan | 350 | 2 years since 1st Dan |
| 3rd Dan | 500 | 3 years since 2nd Dan |
| 4th Dan | 650 | 4 years since 3rd Dan |

The above testing intervals are only minimum requirements. Some individuals may require many more days than the minimally required days of practice to reach an acceptable level of technical competency. Their instructors (or the Examination Committee when necessary) must make reasonable judgment in this regard.

EXAMINATION COMMITTEE NOTE 3:

The Examination Committee will take into consideration various factors such as age, physical limitations, dojo locations (being far away from dojo-populated cities where higher-ranked instructors teach and seminars are conducted regularly), and other aspects of individual candidates. The Examination Committee can grant permission on a case-by-case basis to test with fewer days or a shorter interval after the previous promotion than required as "special cases," in order to be sensitive to specific circumstances of individual candidates.