

Level	Prerequisite	Examination Content											
		Ikkyo	Nikkyo	Sankyo	Yonkyo	Gokyo	Shiho-nage	Irimi-nage	Kote-gaeshi	Kaiten-nage	Tenchi-nage	Jiyu waza	Kokyu-ho
5th Kyu	30 days of practice	Shomen-uchi					Katatedori	Shomen-uchi					zagi
4th Kyu	40 days of practice after obtaining 5th Kyu	Shomen-uchi Katadori					Yokomen-uchi	Shomen-uchi					zagi
3rd Kyu	50 days of practice after obtaining 4th Kyu	Shomen-uchi (zagi and tachi waza)					Ryotedori Yokomen-uchi	Shomen-uchi Tsuki			Ryote dori		zagi
2nd Kyu	50 days of practice after obtaining 3rd Kyu	Shomen-uchi (zagi and tachi waza) Katadori (zagi and tachi waza)					Katatedori Hanmi-handachi	Shomen-uchi Tsuki (tachi waza) Katatedori		Katatedori	Ryote dori	Katatedori	zagi
1st Kyu	60 days of practice after obtaining 2nd Kyu	Shomen-uchi (zagi and tachi waza) Yokomen-uchi (zagi and tachi waza) Katadori (zagi and tachi waza) Ushiro Ryotedori			Yokomen-uchi		Katatedori Ryotedori (Hanmi- handachi waza & tachi waza)	Shomen-uchi Tsuki Katatedori			Ryote dori	Katatedori Ryotedori Morotedori	(zagi and tachi waza)
1st Dan	70 days of practice after obtaining 1st Kyu	Unarmed techniques (zagi, hami-handachi waza, tachi waza) for shoumen-uchi, yokomen-uchi (strikes), tsuki (thrusts), all forms of grasping shoulders, elbows, collar, wrists and hands; all techniques from the rear)											
2nd Dan	Minimum 1 year since 1st dan, with 200 days of practice	Same as above plus Tanto-dori and Futarigake (by two ukes) Submit an article on some Aikido-related subject											
3rd Dan	Minimum 2 years since 2nd dan, with 300 days of practice	Same as above plus Tachi-dori, Jo-dori and Taninzugake (more than three ukes) Submit an article on some Aikido-related subject											
4th Dan	Minimum 3 years since 3rd dan, with 400 days of practice	Jiyuwaza for all of the above plus a short essay											

NOTES:

- Zagi (Suwari waza): sitting.
- Hanmi-handachi waza: sitting vs. standing.
- Tachi waza: standing.
- Minimum age for 1st Dan is 15 years, and for 4th Dan is 22 years.
- Morotedori is two hands holding one hand.
- As a rule partners (uke) in an examination should be of the same rank.
- Continue doing the same technique, left and right, ura and omote, until the examiner says "Stop".