

# DAN TEST REQUIREMENTS FOR TWO RIVERS AIKIKAI

All dan tests require a head instructors' permission.



## Shodan

350 hrs. of training since last test and instructor's permission  
Test is taken with one uke.

Suwari Waza:

Shomenuchi Ikkyo to Gokyo omote & ura

Hanmi Handachi:

Ushiro Ryokatatori 5 techniques

Shomenuchi Irimi Nage ura

Shomenuchi Shiho Nage omote

Tachi Waza: 5 techniques should be throws

Gyaku Hanmi Katatetori 5 techniques

Ai Hanmi Katatetori 5 techniques

Ryokatatori 5 techniques

Katatori Menuchi 5 techniques

Yokomenuchi 5 techniques

Morotetori 5 techniques

Shomenuchi 5 techniques

Ryotetori 5 techniques

Tsuki 5 techniques

Ushiro Tekubitatori 5 techniques

Ushiro Ryokatatori 5 techniques

Ushiro Kubishime 5 techniques

Koshinage\* from any attack 5 throws

Henkawaza:

from Yokomenuchi Shihonage 5 techniques

Kaeshiwaza:

from Shomenuchi Nikkyo Ura 5 techniques

Tanto Tori: 5 techniques

Tachi Tori: 5 techniques

Jo Tori: 5 techniques

Jo Nage: 5 techniques

Jo vs Jo 5 entries against tsuki

Randori – jiyu waza from any attack with 4 ukes

## Nidan

600 hrs. of training & minimum of 2 years since last test.

Test is taken with two ukes.

Suwari Waza:

Yokomenuchi Ikkyo – Gokyo omote & ura

Hanmi Handachi:

any attack from in front or behind 5 techniques

Tachi Waza: 5 techniques should be throws

Same attacks as on shodan test 5 techniques

Gyaku Yokomenuchi 5 techniques

Koshinage\* any attack 5 different throws

Henkawaza:

from Shomenuchi Iriminage 5 techniques

Kaeshiwaza:

from Tsuki Kotegaeshi 5 techniques

Tanto Tori: 2 ukes with tanto 5 techniques

Tachi Tori: 2 ukes with bokken 5 techniques

Jo Tori: 2 ukes with jo 5 techniques

Jo Nage: nage holds the jo 5 techniques

Bokken vs bokken 5 entries against shomenuchi

Randori jiyu waza with 5 ukes

## Sandan

700 hrs. of training & minimum of 3 years since last test.

Test is taken with three ukes.

Suwari Waza:

Jiyuu Waza from any attack 20 throws

Hanmi Handachi:

Jiyuu Waza from any attack 20 throws

Tachi Waza:

Jiyuu Waza from any grab in front 20 throws

Jiyuu Waza from any grab behind 20 throws

Jiyuu Waza from any strike 20 throws

Randori:

Jiyuu Waza from any attack 20 throws

Koshi Nage\*:

8 different koshinage throws from any attack

Henka Waza: 3 ukes 10 throws

Ikkyo from any attack changed to a throw

Nikkyo from any attack changed to a throw

Shihonage from any attack changed to a throw

Kotegaeshi from any attack changed to a throw

Iriminage from any attack changed to a throw

Tenchinage from ryotetori changed to a throw

Kaitennage from any attack changed to a throw

Kaeshiwaza:

a reversal of any basic technique from any attack

Weapons:

3 ukes with 1 tanto, 1 bokken & 1 jo – any attack

Jo Nage: nage holds the jo with 3 attackers

Bokken vs Jo:

1 uke with bokken strikes shomenuchi vs jo

## Yondan

800 hrs. of training & minimum of 4 years since last test.

Test requirements to be determined by head

instructors or by recommendation.

## Godan

1000 hrs. of training & minimum of 5 years since last test.

Test requirements to be determined by head

instructors or by recommendation.

Please consult the dojo's glossary for definitions of terminology used for these examinations

Koshi Nage\* throws include: o goshi, ko goshi, hajiki goshi, koshi garuma, suribe goshi, shiho goshi, uki goshi, ukashi goshi, kote hineri koshi nage, juji goshi, maki komi goshi.