

Aikido Sekishinjuku Grading Exam Table

Revised on June 2020

	Prerequisite	Ikkyo	Nikyo	Sankyo	Yonkyo	Gokyo	Irimi-nage	Shiho-nage	Kote-gaeshi	Kaiten-nage	Juji-nage	Tenchi-nage	Jiyuwaza	Kokyu-ho
5th Kyu	30 days of practice	Shomen-uchi					Shomen-uchi	Katatedori						zagi
4th Kyu	40 days of practice after obtaining 5th Kyu	Shomen-uchi	Katadori				Shomen-uchi	Katatedori Yokomen-uchi		Katatedori				zagi
3rd Kyu	50 days of practice after obtaining 4th Kyu	Shomen-uchi (zagi, tachi waza) Ushiro Ryokatadori (hanmi-handachi, tachi waza)					Shomen-uchi Tsuki Yokomen-uchi (three ways)	Katatedori Ryotedori Yokomen-uchi	Shomen-uchi Tsuki	Katatedori	Ushiro Ryotedori	Ryotedori		zagi
2nd Kyu	50 days of practice after obtaining 3rd Kyu	Shomen-uchi (zagi, tachi waza) Ushiro Ryokatadori (hanmi-handachi waza, tachi waza) Katadori (zagi, tachi waza)					Shomen-uchi Tsuki Yokomen-uchi (three ways) Katatedori	Katatedori (hanmi-handachi waza) Ryotedori Yokomen-uchi Morotedori (two ways)	Shomen-uchi Tsuki Morotedori (two ways)	Katatedori Yokomen-uchi Shomen-uchi	Ushiro Ryotedori	Ryotedori	Katatedori	zagi
1st Kyu	60 days of practice after obtaining 2nd Kyu	Shomen-uchi (zagi, tachi waza) Ushiro Ryokatadori (hanmi-handachi waza, tachi waza) Katadori (zagi, tachi waza) Ushiro Ryokatadori Katadori Men-uchi (two ways)				Yokomen-uchi	Shomen-uchi Tsuki Katatedori Yokomen-uchi (three ways) Morotedori (three ways)	Katatedori (hanmi-handachi waza) Ryotedori (hanmi-handachi waza) Yokomen-uchi Morotedori (two ways) Katadori Men-uchi Ushiro Ryotedori	Shomen-uchi Tsuki Katatedori (two ways) Morotedori (two ways) Katadori Men-uchi Ushiro Ryotedori	Katatedori Yokomen-uchi Shomen-uchi	Ushiro Ryotedori Morotedori	Ryotedori	Katatedori Ryotedori Morotedori zagi	zagi tachi waza
1st Dan	70 days of practice after obtaining 1st Kyu, (15 years or older)	Shomen-uchi (zagi, tachi waza) Ushiro Ryokatadori (hanmi-handachi waza, tachi waza) Katadori (zagi, tachi waza) Ushiro Ryokatadori Katadori Men-uchi (two ways)				Yokomen-uchi	Shomen-uchi Tsuki Yokomen-uchi (three ways) Morotedori (three ways)	Katatedori (hanmi-handachi waza) Ryotedori (hanmi-handachi waza) Yokomen-uchi Morotedori (two ways) Katadori Men-uchi Ushiro Ryotedori	Shomen-uchi Tsuki Katatedori (two ways) Morotedori (two ways) Katadori Men-uchi Ushiro Ryotedori	Katatedori Yokomen-uchi Shomen-uchi Morotedori	Ushiro Ryotedori Morotedori	Ryotedori	Katatedori Ryotedori Morotedori Shomen-uchi Yokomen-uchi Ushiro Ryokatadori (hanmi-handachi waza) zagi	zagi tachi waza
2nd Dan	Minimum 1 year since 1st dan, with 200 days of practice	Same as above plus • Taninzugake (by two ukes) • Tanto-dori (five ways) • Tachi-dori (five ways) • 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 • Taninzugake (by three ukes) • Taninzugake (zagi by two ukes) • Jo-dori (five ways) • Submit an article on some Aikido-related subject												
4th Dan	Minimum 3 years since 3rd dan, with 400 days of practice	Same as above plus • Taninzugake (tachi waza by four ukes, zagi by three ukes) • Kaeshiwaza (three ways) • Koshi-nage (three ways) • Jo-nage (five ways) • Submit an essay on some Aikido-related subject												

NOTE:

• This table is based on Aikikai Honbu Dojo Grading System with addition of Sekishinjuku previous exam questions. However it does not guarantee the upcoming exams questions.

VOCABULARY

TERM	EXPLANATION
tori	the one executing the technique
uke	the one receiving the technique
-nage	throwing
-uchi	how uke attacks tori
-dori	diffence techniques against weapons eg.) Tanto-dori, Tachi-dori, Jo-dori
~dori	how uke grabs tori's wrist/shoulder. eg. Katatedori, Ryotedori
Zagi (Suwari waza)	sitting
Hanmi-handachi waza	sitting vs. standing.
Tachi waza	standing
Ikkyo (Ude-Osae)	pin number one, arm pin
Nikyo (Kote-Mawashi)	pin number two, wrist turn
Sankyo (Kote-Hineri)	pin number three, wrist twist
Yonkyo (Tekubi-Osae)	pin number four, wrist pin
Gokyo (Ude-Nobashi)	pin number five, arm extension
Kokyu-ho	breath power training
Irimi-nage	entering throw
Shiho-nage	four-directions throw
Tenchi-nage	heaven-and-earth throw
Morotedori	two hands holding one hand