



# 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.

<b>GOKYU (5th Kyu)</b>			
<b>To Know the Basic Forms with Accuracy</b>			
Minimum <b>60 Days</b> 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

<b>YONKYU (4th Kyu)</b>			
<b>To Have Proper Balance and Timing</b>			
Minimum <b>80 Days</b> 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

<b>SANKYU (3rd Kyu)</b>			
<b>To Have Speed and Stability</b>			
Minimum <b>100 Days</b> 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

<b>NIKYU (2nd Kyu)</b>			
<b>To Have Power and Be Flowing</b>			
Minimum <b>100 Days</b> 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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## Master List of Grading Requirements

Please refer to Page 1 for Notes concerning Grading requirements.

<b>IKKYU (1st Kyu)</b>			
<b>To Be Able to Apply and Vary the Techniques</b>			
	<b>Hanmi / Waza</b>	<b>Attack</b>	<b>Techniques</b>
<b>Minimum 120 Days Training Required Since Previous Rank Test</b>	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.

<b>SHODAN (1st Dan)</b>		
	<b>Hanmi / Waza</b>	<b>Techniques</b>
<b>Minimum One Year and 200 Days Training Since 1st Kyu Test</b>	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.		

<b>NIDAN (2nd Dan)</b>	
<b>Minimum Two Years and 350 Days Training Since 1st Dan Registration</b>	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.

<b>SANDAN (3rd Dan)</b>	
<b>Minimum Three Years and 500 Days Training Since 2nd Dan Registration</b>	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.

<b>SHODAN (1st Dan)</b>		
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

<b>NIDAN (2nd Dan)</b>		
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

<b>SANDAN (3rd Dan)</b>		
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.