



## Dan- examinations Aikido Sundsvall Meiseikai

Grade		Part 1	Part 2	Part 3
<b>Shodan</b>	Minimum one year practice after 1:st kyu	<p><u>Suwariwaza:</u> (Shomen-uchi) Ikkyo-Gokyo, Iriminage, Kotegaeshi</p> <p><u>Hanmi handachi-waza:</u> Minimum 5 free techniques until instructed to stop.</p>	<p><u>Tachi-waza:</u> Ryotedori, Ai-hanmi, Katatedori, Sodedori, Katadori-menuchi, Shomen-uchi, Yokomen-uchi, Tsuki, Morote-dori, Ushirowaza</p> <p>Minimum 5 variations of 3 of the attacks above. The examiner will specify which to perform.</p>	<p><u>Tantodori:</u> 10 techniques until instructed to stop.</p>
<b>Nidan</b>	Minimum two year practice days after Shodan	<p><u>Toshu-henka</u> until instructed to stop.</p>	<p><u>Ninin-dori:</u> Shomen-uchi, Yokomen-uchi, Tsuki, Ushirodori The examiner will specify which of the above to be performed.</p>	<p><u>Ken no tebiki/ jo no tebiki:</u> The examiner chooses 3 techniques to be performed until instructed stop.</p> <p>41 jo-kata med partner</p>

<b>Sandan</b>	Minimum three year practice after Nidan	<u>Toshu-henka</u> until instructed to stop.	<u>Ken tai ken/ ken tai jo:</u> All Ai-hanmi, Gyaku-hanmi, Shomen-uchi, yokomen-uchi and katadori-menuchi. The examiner will specify which techniques to be performed.	<u>Tachi-dori:</u> 5 free techniques. <u>Jo-dori:</u> 3 free techniques.
<b>Yondan</b>	Minimum four years practice after Sandan and recommendation from Shishiya sensei	The examiners requirements. Teaching to a group of students. Philosophy and principles underpinning the techniques should be explained. The student chooses 2-3 techniques and the examiner chooses 1-2 techniques.		