

# Shodan Examination

Aikido Association of Northern California (Revised February 1990)

1st Degree Black Belt, 200 training days

---

## Suwari Waza

- shomenuchi-ikkyo through yonkyo
- yokomenuchi-ikkyo through yonkyo
- katadori-ikkyo through yonkyo
- ryotedori-kokyūho

## Tachi Waza

- shomenuchi-ikkyo through yonkyo
- yokomenuchi-ikkyo through yonkyo
- katadori-ikkyo through yonkyo
- ushiroryotekubidori-ikkyo through yonkyo
  
- shomenuchi-iriminage
- shomenuchi-kotegaeshi
- shomenuchi-kaitennage
  
- tsuki-iriminage
- tsuki-kotegaeshi
- tsuki-kaitennage
  
- yokomenuchi-iriminage
- yokomenuchi-kotegaeshi
- yokomenuchi-kaitennage
- yokomenuchi-gokyo

## Variations

(5 techniques from each attack)

- katatedori
- ryotedori
- morotedori
- katadorimenuchi
- ushiroryotekubidori
- ushiroryokatadori
- koshinage

## Hanmi Handachi

- katatedori-shihonage
- ryotedori-shihonage

- shomenuchi-iriminage
- shomenuchi-kotegaeshi
- shomenuchi-kaitennage
- tsuki-iriminage
- tsuki-kotegaeshi
- tsuki-kaitennage
- ushirowaza-fivetechniques

## **TantoDori**

- tsuki
- shomenuchi
- yokomenuchi
- slash
- knifeatthroat-front
- knifeatthroat-rear

## **JiyuWaza**

- onepersonflowingfreestyle,anyattack

## **Randori**

Multipleattack,threepersons,oneofthefollowing:

1. Beginwithoneuke,sendin#2,then#3
2. Beginwithtwoholding,addthird
3. Threeattacksimultaneously

## **NidanExamination**

**AikidoAssociationofNorthernCalifornia(RevisedFebruary1990)**

2ndDegreeBlackBelt:minimumtwoyearsand360trainingdayssinceobtaining shodan.

AcomprehensiveexaminationofbasicAikidotechniques(see [shodanexamination requirements](#)).

Inaddition...

## **KaeshiWaza**

- Demonstratereversals(counters)fromavarietyofbasictechniques.

## **TachiDori**

- Demonstrateswordtakingtechniques.

### **JoDori**

- Demonstratestafftakingtechniques.

### **JiyuWaza**

- onepersonflowingfreestyle

### **Randori**

- multipleattack-directedbyexaminers

### **Essay**

- SubmitashortessayonanAikido-relatedsubject.