



Programa de examinare (copii)

Tehnica

10 KYU

- ukemi: mae ukemi, ushiro ukemi, mae-yoko(otoshi) ukemi, mae-ushiro ukemi, mae-ushiro-yoko(otoshi) ukemi, mae-obi ukemi, ushiro-obi ukemi, yoko ukemi, gyaku ukemi

- ashi sabaki - tsugi ashi (doua variante), okuri ashi, ayumi ashi, mawari ashi, kaiten ashi, tenkai ashi, shikko

-uchi / soto tenkan

-uchi / soto irimi

Suwari waza - kokyu ho

Forta

- 10 flotari

- 10 genuflexiuni

- 10 abdomene



Tehnica

9KYU

- ukemi: mae ukemi, ushiro ukemi, mae-yoko(otoshi) ukemi, mae-ushiro ukemi, mae-ushiro-yoko(otoshi) ukemi, mae-obi ukemi, ushiro-obi ukemi, yoko ukemi, gyaku ukemi.

- ashi sabaki - tsugi ashi (doua variante), okuri ashi, ayumi ashi, mawari ashi, kaiten ashi, tenkai ashi, shikko

Tachi waza - soto tenkan - gyaku hanmi katate dori

- uchi tenkan - gyaku hanmi katate dori

- soto irimi - gyaku hanmi katate dori

- uchi irimi - gyaku hanmi katate dori

- ikkyo - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)

Suwari waza - kokyu ho

Forta

- 15 flotari

- 15 genuflexiuni

- 15 abdomene

- 30 secunde ukemi



Tehnica

8KYU

- ukemi: mae ukemi, ushiro ukemi, mae-yoko(otoshi) ukemi, mae-ushiro ukemi, mae-ushiro-yoko(otoshi) ukemi, mae-obi ukemi, ushiro-obi ukemi, yoko ukemi, gyaku ukemi.

- ashi sabaki - tsugi ashi (doua variante), okuri ashi, ayumi ashi, mawari ashi, kaiten ashi, tenkai ashi, shikko

Tachi waza - soto tenkan - gyaku hanmi katate dori

- uchi tenkan - gyaku hanmi katate dori

- soto irimi - gyaku hanmi katate dori

- uchi irimi - gyaku hanmi katate dori

- ikkyo - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)

- shiho nage - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

Suwari waza - kokyu ho

Forta

- 15 flotari

- 15 genuflexiuni

- 15 abdomene

- 1 minut ukemi



Tehnica

7KYU

- ukemi: mae ukemi, ushiro ukemi, mae-yoko(otoshi) ukemi, mae-ushiro ukemi, mae-ushiro-yoko(otoshi) ukemi, mae-obi ukemi, ushiro-obi ukemi, yoko ukemi, gyaku ukemi

- ashi sabaki - tsugi ashi (doua variante), okuri ashi, ayumi ashi, mawari ashi, kaiten ashi, tenkai ashi, shikko

Tachi waza - soto tenkan - gyaku hanmi katate dori

- uchi tenkan - gyaku hanmi katate dori

- soto irimi - gyaku hanmi katate dori

- uchi irimi - gyaku hanmi katate dori

- ikkyo - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)

- shiho nage - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- irimi nage - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

Suwari waza - kokyū ho

Forta

- 15 flotari

- 15 genuflexiuni

- 15 abdomene

- 1 minut ukemi

- 30 secunde shikko



Tehnica

6KYU

- ukemi: mae - ukemi (mae ukemi, ushiro ukemi, mae-yoko(otoshi) ukemi, mae-ushiro ukemi, mae-ushiro-yoko(otoshi) ukemi, mae-obi ukemi, ushiro-obi ukemi, yoko ukemi, gyaku ukemi

- ashi sabaki - tsugi ashi (doua variante), okuri ashi, ayumi ashi, mawari ashi, kaiten ashi, tenkai ashi, shikko

Tachi waza - soto tenkan - gyaku hanmi katate dori

- uchi tenkan - gyaku hanmi katate dori

- tenkan ho - ryote dori

- soto irimi - gyaku hanmi katate dori

- uchi irimi - gyaku hanmi katate dori

- ikkyo - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- shomen uchi (omote + ura waza)

- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)

- shiho nage - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- irimi nage - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- shomen uchi (omote + ura waza)

Suwari waza - kokyū ho

Forta

- 15 flotari - 15 abdomene - 15 genuflexiuni

- 1 minute ukemi - 1 minut shikko



- Tachi waza - ikkyo - ai hanmi katate dori (omote + ura waza)
- gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
- nikkyo - gyaku hanmi katate dori (omote + ura waza)
- ai hanmi katate dori (omote + ura waza)
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)
- ryote dori (omote + ura waza)
- shiho nage - ai hanmi katate dori (omote + ura waza)
- gyaku hanmi katate dori (omote + ura waza)
 - kata dori (omote + ura waza)



- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- irimi nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
- kokyu nage - mune dori (omote + ura waza)
 - ryote dori (omote + ura waza)
- kaiten nage(uchi+soto) - gyaku hanmi katate dori (omote+ura)
- kote gaeshi nage - kata dori (omote + ura waza)
- tenchi nage - ryote dori (omote + ura waza)

Suwari waza - kokyu ho

- ikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
- nikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
- irimi nage - shomen uchi (omote+ ura waza)

Forta

- 20 flotari
- 20 abdomene
- 20 genuflexiuni
- 1,5 minute ukemi
- 1 minut shikko



Tehnica

4KYU

Tachi waza

- ikkyo - ai hanmi katate dori (omote + ura waza)
- gyaku hanmi katate dori (omote + ura waza)
- shomen uchi (omote + ura waza)
- kata dori (omote + ura waza)
- mune dori (omote + ura waza)
- sode dori (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)

- nikkyo - gyaku hanmi katate dori (omote + ura waza)
- kata dori (omote + ura waza)
- mune dori (omote + ura waza)
- ai hanmi katate dori (omote + ura waza)
- sode dori (omote + ura waza)
- shomen uchi (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)

- sankkyo - gyaku hanmi katate dori (omote + ura waza)
- ai hanmi katate dori (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- chudan tsuki (omote + ura waza)



- yonkkyo - gyaku hanmi katate dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)
 - ryote dori (omote + ura waza)
- shiho nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - kata dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
- irimi nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
- kokyu nage - mune dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - ryote dori (omote + ura waza)
- kaiten nage (uchi + soto) - gyaku hanmi katate dori (omote + ura)
 - chudan tsuki (omote + ura waza)
- kote gaeshi nage - kata dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)



- ai hanmi katate dori (omote + ura waza)
- chudan tsuki (omote + ura waza)
- tenchi nage - ryote dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
- sumi otoshi - gyaku hanmi katate dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
- ude kime nage - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)

Suwari waza - kokyu ho

- ikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- nikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- irimi nage - shomen uchi (omote + ura waza)

Forta

- 25 flotari
- 25 abdomene
- 25 genuflexiuni
- 2 minute ukemi
- 1 minut shikko



Tachi waza - ikkyo - ai hanmi katate dori (omote + ura waza)

- gyaku hanmi katate dori (omote + ura waza)

- shomen uchi (omote + ura waza)

- kata dori (omote + ura waza)

- mune dori (omote + ura waza)

- sode dori (omote + ura waza)

- yokomen uchi (omote + ura waza)

- ryote dori (omote + ura waza)

- chudan tsuki (omote + ura waza)

- kata dori men uchi (omote + ura waza)

- morote dori (omote + ura waza)

- nikkyo - gyaku hanmi katate dori (omote + ura waza)

- kata dori (omote + ura waza)

- mune dori (omote + ura waza)

- ai hanmi katate dori (omote + ura waza)

- sode dori (omote + ura waza)

- shomen uchi (omote + ura waza)

- yokomen uchi (omote + ura waza)

- ryote dori (omote + ura waza)

- chudan tsuki (omote + ura waza)



CLUBUL SPORTIV AIKIBUDO
- ITSUSHIN DOJO -

- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- sankkyo - gyaku hanmi katate dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - kata dori men uchi (omote + ura waza)
 - morote dori (omote + ura waza)
- yonkkyo - gyaku hanmi katate dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - kata dori men uchi (omote + ura waza)
 - morote dori (omote + ura waza)
- gokkyo - shomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)
 - ryote dori (omote + ura waza)
- shiho nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)



- kata dori (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- morote dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)
- irimi nage - ai hanmi katate dori (omote + ura waza)
- gyaku hanmi katate dori (omote + ura waza)
- shomen uchi (omote + ura waza)
- chudan tsuki (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- kokyū nage - mune dori (omote + ura waza)
- chudan tsuki (omote + ura waza)
- ryote dori (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- kaiten nage (uchi + soto) - gyaku hanmi katate dori(omote + ura)
- chudan tsuki (omote + ura waza)
- shomen uchi (omote + ura waza)
- morote dori (omote + ura waza)



- kote gaeshi nage - kata dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
 - kata dori men uchi (omote + ura waza)
 - morote dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)
- tenchi nage - ryote dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
- sumi otoshi - gyaku hanmi katate dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - shomen uchi (omote + ura waza)
- ude kime nage - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
- jiyu waza - gyaku hanmi katate dori

Hanmi hantachi waza - ikkyo - gyaku hanmi katate dori (omote + ura waza)

- nikkyo - gyaku hanmi katate dori (omote + ura waza)
- sankkyo - gyaku hanmi katate dori (omote + ura waza)
- yonkkyo - gyaku hanmi katate dori (omote + ura waza)
- shiho nage - gyaku hanmi katate dori (omote+ura waza)



- irimi nage - gyaku hanmi katate dori (omote + ura waza)
- kote gaeshi nage - gyaku hanmi katate dori (omote + ura waza)

Suwari waza - kokyu ho

- ikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- nikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- irimi nage - shomen uchi (omote + ura waza)

Forta

- 35 flotari (30 normale, 3 in 5 degete, 2 in 3 degete)
- 50 genuflexiuni
- 30 abdomene
- 2 minute ukemi
- 1 minut shikko



- Tachi waza - ikkyo - ai hanmi katate dori (omote + ura waza)
- gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - kata dori men uchi (omote + ura waza)
 - morote dori (omote + ura waza)
 - ushiro ryo katate dori (omote + ura waza)
 - ushiro ryo kata dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)
- nikkyo - gyaku hanmi katate dori (omote + ura waza)
- kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)



CLUBUL SPORTIV AIKIBUDO
- ITSUSHIN DOJO -

- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- chudan tsuki (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- ushiro ryo katate dori (omote + ura waza)
- ushiro ryo kata dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)
- sankkyo - gyaku hanmi katate dori (omote + ura waza)
- ai hanmi katate dori (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- chudan tsuki (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- ushiro ryo katate dori (omote + ura waza)
- ushiro ryo kata dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)
- yonkkyo - gyaku hanmi katate dori (omote + ura waza)
- ai hanmi katate dori (omote + ura waza)
- yokomen uchi (omote + ura waza)
- chudan tsuki (omote + ura waza)



CLUBUL SPORTIV AIKIBUDO
- ITSUSHIN DOJO -

- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- ushiro ryo katate dori (omote + ura waza)
- ushiro ryo kata dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)
- gokkyo
 - shomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - yokomen uchi (omote + ura waza)
- sokumen irimi nage - gyaku hanmi katate dori (omote + ura waza)
 - ryote dori (omote + ura waza)
- shiho nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - kata dori (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)
 - morote dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)
 - ushiro ryo katate dori (omote + ura waza)
 - ushiro ryo kata dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)
- irimi nage - ai hanmi katate dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)



CLUBUL SPORTIV AIKIBUDO
- ITSUSHIN DOJO -

- shomen uchi (omote + ura waza)
- chudan tsuki (omote + ura waza)
- yokomen uchi (omote + ura waza)
- ryote dori (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- kokyū nage - mune dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - ryote dori (omote + ura waza)
 - kata dori men uchi (omote + ura waza)
 - morote dori (omote + ura waza)
 - ushiro ryo katate dori (omote + ura waza)
 - ushiro ryo kata dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)
- kaiten nage (uchi + soto) - gyaku hanmi katate dori(omote+ ura)
 - chudan tsuki (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - morote dori (omote + ura waza)
- kote gaeshi nage - kata dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)
 - ai hanmi katate dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - yokomen uchi (omote + ura waza)



CLUBUL SPORTIV AIKIBUDO
- ITSUSHIN DOJO -

- ryote dori (omote + ura waza)
- kata dori men uchi (omote + ura waza)
- morote dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)
- ushiro ryo katate dori (omote + ura waza)
- ushiro ryo kata dori (omote + ura waza)
- ushiro mune dakeshime (omote + ura waza)

- tenchi nage - ryote dori (omote + ura waza)
 - gyaku hanmi katate dori (omote + ura waza)

- sumi otoshi - gyaku hanmi katate dori (omote + ura waza)
 - chudan tsuki (omote + ura waza)
 - shomen uchi (omote + ura waza)

- ude kime nage - yokomen uchi (omote + ura waza)
 - ryote dori (omote + ura waza)

- koshi nage - gyaku hanmi katate dori
 - ai hanmi katate dori

- ude garami nage - gyaku hanmi katate dori
 - ai hanmi katate dori
 - ushiro ryo katate dori (omote + ura waza)
 - ushiro ryo kata dori (omote + ura waza)
 - ushiro mune dakeshime (omote + ura waza)



- jiyu waza - gyaku hanmi katate dori
- ai hanmi katate dori
- ryote dori

- Hanmi hantachi waza – ikkyo - gyaku hanmi katate dori (omote+ura)
- shomen uchi (omote + ura waza)
 - nikkyo - gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - sankkyo - gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yonkkyo - gyaku hanmi katate dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - gokkyo - shomen uchi (omote + ura waza)
 - shiho nage - gyaku hanmi katate dori (omote+ura waza)
 - morote dori (omote waza + ura waza)
 - irimi nage - gyaku hanmi katate dori (omote +ura waza)
 - shomen uchi (omote waza + ura waza)
 - kote gaeshi nage - gyaku hanmi katate dori(omote +ura)
 - shomen uchi (omote + ura waza)
 - sumi otoshi - shomen uchi (omote + ura waza)

Suwari waza - kokyū ho

- ikkyo - kata dori (omote + ura waza)
- mune dori (omote + ura waza)



- sode dori (omote + ura waza)
- shomen uchi (omote + ura waza)
- yokomen uchi (omote waza + ura waza)
- chudan tsuki (omote + ura waza)
- nikkyo
 - kata dori (omote + ura waza)
 - mune dori (omote + ura waza)
 - sode dori (omote + ura waza)
 - shomen uchi (omote + ura waza)
 - yokomen uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)
- sankkyo
 - chudan tsuki (omote + ura waza)
- yonkkyo
 - chudan tsuki (omote + ura waza)
- gokkyyo
 - chudan tsuki (omote + ura waza)
- soto kaiten nage
 - chudan tsuki (omote + ura waza)
- irimi nage
 - shomen uchi (omote + ura waza)
- kote gaeshi nage
 - kata dori men uchi (omote + ura waza)
 - chudan tsuki (omote + ura waza)

Forta

- 50 flotari (25 normale, 10 in 5 degete, 10 in 3 degete, 5 in koken)
- 25 genuflexiuni
- 40 abdomene
- 2 minute ukemi - 1 minut shikko



Tehnica

1KYU

Tachi waza - jiyu waza - orice atac

Hanmi hantachi waza - jiyu waza - orice atac

Suwari waza - jiyu waza - orice atac

Forta

- 80 flotari (40 normale, 10 in 5 degete, 10 in 3 degete, 10 in koken, 10 coreene)
- 50 genuflexiuni
- 50 abdomene
- 2 minute ukemi
- 2 minute shikko

Perioada ce trebuie sa treaca intre examinari este urmatoarea:

- intre 10 si 9 Kyu – 4 luni
- intre 9 si 8 Kyu – 4 luni
- intre 8 si 7 Kyu – 6 luni
- intre 7 si 6 Kyu – 6 luni
- intre 6 si 5 Kyu – 6 luni
- intre 5 si 4 Kyu – 6 luni
- intre 4 si 3 Kyu – 6 luni
- intre 3 si 2 Kyu – 12 luni
- intre 2 si 1 Kyu – 12 luni

Pentru cei care vin din alte organizatii de Aikido se va recunoaste un grad mai jos decat cel pe care il detin si se va da examen de echivalare pentru acest grad dupa un an de practica.