



**California Aikido Association, LLC
Guidelines**



California Aikido Association, LLC Guidelines

(Revised and Approved by the Division Heads)
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California Aikido Association, LLC

Guidelines

Article I: Statement of Purpose

- §1 The California Aikido Association, LLC (hereinafter the “CAA” or the “Association”), is an organization *whose purpose is to serve as the liaison to the Zaidan Hojin Aikikai (the “Aikikai Foundation”) on behalf of its member dojos, clubs and individuals.*
- §2 The Association is recognized as an official organization by the Aikikai and communicates with it and other Aikido organizations on behalf of its members. This official status enables the Association to obtain Dan rankings for its members.
- §3 The Association supports dojos, clubs, and individuals who seek to uphold and promote the traditions and ideals of Aikido and to provide a forum for their expression.
- §4 Membership in the Association is voluntary and based on an individual member’s and/or organization’s interest in Aikido. The CAA does not mandate, enforce, govern, oversee, direct, sanction or otherwise control the specific operations and events within its member dojos. Each Dojo and each member is solely responsible for his or her own actions. However, the CAA retains the right to require that member dojos comply with these guidelines.
- §5 The Association is interested in developing Aikido through the sponsorship of events during the year. It maintains programs for Kyu and Dan testing and for the development of local instructors in accord with Aikikai guidelines.

Article II: Membership Agreement¹

- A) *Each member Dojo or club makes the following agreements with the Association:*
- 1) to uphold and maintain minimum rank qualification standards set forth by the Aikikai
 - 2) to maintain a training relationship with their Division Head or Mentor (if applicable see Art. III §3)
 - 3) to follow recommended Kyu and Dan rank requirements of the Association
 - 4) to support and promote member and Association activities
 - 5) to be represented at Association meetings by its Dojo-cho (head of Dojo)
 - 6) to pay annual membership dues to the Association by January 31st of each year
 - 7) to keep contact information up-to-date
- B) *The Association makes the following agreements with its member organizations:*
- 1) to hold yearly meetings and trainings to foster the development of Aikido
 - 2) to obtain Dan rankings for qualified students in accordance with Aikikai policy
 - 3) to function as a conduit for communication with the Aikikai
 - 4) to follow the policies and procedures set forth in this document
 - 5) to organize seminars with Aikikai instructors such as the Doshu

¹ So that there is no confusion between members of the CAA and the three (3) members of the LLC, the word *members* in this document refers to any Dojo that meets the requirements of Article III §4 (next page). The members of the LLC will be referred to only as *Division Heads*.

Article III: Organizational Structure

§1 – Divisions

The Association is divided into three Divisions. A senior instructor from each division shall serve as Division Head. Each Dojo is free to affiliate itself with the division of its choice with the proviso that each Dojo and its members is permitted to be **affiliated with only one division**.

§2 – Division Heads

Division Heads are our formal interface with Japan. Yudansha promotions are issued by them. Division Heads have the authority to resolve issues between members should they arise.

§3 – Mentors

Mentors are the Division Heads or senior instructors (appointed by their Division Heads) to help foster the next generation of Aikido teachers. They are generally the most senior instructors within each Division. They typically run their own dojos in addition to serving as mentors to other dojos in their Division. They support the Dojo-chos and serve as role models for Aikido instruction and leadership.

§3 – Dojos

Membership in the Association is open to any Dojo with a Dojo-cho ranked Sandan or above by the Aikikai. A Dojo will be considered a member if its annual dues are paid and there is a clearly defined student-teacher relationship between the Dojo-cho and a Division Head or (with the approval of the respective Division Head) a Mentor.

§4 – Clubs

A club is defined as any group that regularly trains under the direction of a person ranked Shodan or Nidan (clubs led by a first Kyu are by Division Head approval only and are considered exceptional cases). Clubs must be sponsored by a CAA member ranked Godan or above and approved by the respective Division Head. It is expected that a Dojo-cho ranked Shodan or Nidan will maintain a training regimen outside of their teaching schedule. A club will be considered a member if its annual dues are paid, and by its continued training relationship with its Division Head or (with the approval of the respective Division Head) a Mentor.

Article IV: Admittance Of New Members and Change of Location

A) Prospective Members

- 1) Prospective members will gain admittance to the Association after establishing a solid training relationship with a Division Head or (with the approval of the Division Head) a Mentor. Prospective members should carefully consider the fact that choosing a teacher is a life path decision. Members are expected to maintain an *active training relationship* with their chosen teacher. Practicing directly with him/her at **least once a year is considered the absolute minimum** to maintain a training relationship. It is also necessary to have a connection with the Division Head by practicing in their class whenever possible.

- 2) Once the Division Head approves their membership, the new dojo needs to submit their application online, pay a new member registration fee to their Division Head² and the \$100.00 annual fee for membership. (The **annual fee** may be submitted via PayPal or by mailing a check to the official address). The new dojo will be announced by the appropriate Division Head or the CAA President at the next regular CAA meeting. The dojo will then be added to the CAA website directory. ***It is the responsibility of all members to notify the Clerk of any changes to their contact information.*** The new member's website should be kept up to date as well.

B) *Change of Location*

- 1) Current members who wish to change their status, start dojos or clubs must first contact the appropriate Division Head, who will discuss the issue. It is expected that a new Dojo/club will be established in an area that will not impact the livelihood or vitality of existing Aikido dojos regardless of organization or affiliation.
- 2) Members are expected to discuss the location or relocation of new or existing clubs or dojos with the Division Head prior to signing a lease. This policy helps to avoid regional conflicts of interest within the Association.
- 3) Any member who has concerns over prospective members or the location or re-location of a new or existing dojo may seek counsel from the appropriate Division Head and/or the Division Head with whom the new dojo is associated.

C) *Transfer From Other Organizations*

International and National organizational considerations exist that require prudence on our part when accepting membership from dojos previously associated with another organization. Requests for membership shall be referred to the Division Heads who will decide if the request is reasonable (membership will not be unreasonably withheld). If the new member belongs to another organization with affiliation to the Aikikai, this affiliation will need to be terminated in writing or email when they join the CAA. ***As required by the Aikikai, new dojos are also required to wait one year before submitting any applications for Yudansha ranks.***

D) *Friends of the Association*

The Website Administrator shall maintain a mailing list of *Friends of the Association*. This list is to consist of anyone who wishes to be informed of Association activities.

Article V: Annual Dues

Annual dues are \$100.00 per year for each dojo and club. The deadline for dues is **January 31** of each year. Checks or money orders are to be made payable to the *California Aikido Association* or CAA and mailed to the official address. Members may use the PayPal link on the CAA website for payment of dues or they can send a check to the address on the website.

A Late Fee of \$50 will be applied to all delinquent members. In the beginning of February, delinquent members will be sent ***one notice*** to pay ***\$150.00 by February 25th***. On or about ***March 1***, the dojo will be sent a termination letter stating that they have been dropped from the Association. A terminated member will have to regain admittance through the Division Head and will be subject to paying a re-registration fee of \$100.00 plus the \$100.00 dues for that year.

² This replaces the \$100 new member fee previously collected and retained by the CAA.

Article VI: Administration

A) Divisions

- 1) The Association has three (3) Divisions, with a senior instructor from each division serving as Division Head.
- 2) Each dojo is free to affiliate itself with the division of its choice, with the proviso that a dojo is permitted be affiliated with **only one division**.

B) Executive Committee

The Executive Committee (EC) consists of the three (3) Division Heads. This committee is responsible for (among other things) revisions and final content of the CAA Guidelines, and all content on the Website.

Should changes to these Guidelines that will materially affect the members dojos be necessary, the EC will consult with the President to gain consensus, if possible. However, the EC has the ultimate authority to make changes that it deems necessary to health of the CAA.

C) Guideline Review Committee

The three (3) Division Heads and any others appointed by them, shall comprise the Guideline Review Committee. Said committee shall review these Guidelines on annual basis and report any changes at the August CAA Meeting.

D) Office of the President

- 1) The CAA has only one officer: President. The office of President is a voluntary, elected position. The President serves a four-year term. *That term will start at the time of the announcement from the Clerk following the vote count at the August meeting.* Should the President relinquish the position prior to the completion of the term, the Division Heads will provide a replacement until the end of that President's term.
- 2) **Eligibility to be President:** Individuals who are Godan or above, and who belong to a Dojo that is a member of the Association are eligible to be President. Division Heads shall not serve as president.
- 3) The duties of the President are as follows:
 - a) Represent the Association at official functions
 - b) Act as a resource for information regarding the Association
 - c) Coordinate special events
 - d) Help plan, preside at, and maintain order at all meetings
- 4) Process for Electing the President
 - a) The President shall be elected by a simple majority vote of the eligible members³ for **one (1) four-year term**. He/she may be elected to the office again only after a new president has served.
 - b) At the February meeting in the year that the President's term expires, there will be an item on the agenda calling for nominations. Nominations (including self-nominations) will be taken from the floor at that time.
 - c) By **April 1**, the Division Heads shall designate a person to send an email (to the email address in the CAA database) to all *Dojo-chos* with the names of those nominated in February. This email will also explain that they may make *additional nominations* for President and let the Dojo-chos know that *all Yudansha* are eligible to vote.

³ Per VII (f) of these Guidelines, all Yudansha and Dojo chos are eligible to vote.

- d) Nominations (which are done by email only) must be received by the designated person on or before **May 1**. The nomination **must include** a one (1) paragraph statement about what makes that person a good candidate for president. Candidates nominated at the February meeting must also send their statements to the designated person by May 1.
- e) **By June 1**, the designated person will **post** on the CAA Website, the names, ranks, and dojos of all nominees, their statements and an absentee ballot for members to use if they will not be present at the August meeting.⁴
- f) At the August meeting, each candidate will have 1-3 minutes to say why he/she should be President (**Nominees must be present at the meeting**).
- g) Voting will then take place with **all Yudansha who are members of a CAA Dojo or club** casting their votes by secret ballot. The *RP* and the *Bookkeeper* will tally the votes, including the absentee ballots **received by the deadline**. *Clerk/RP* or *Bookkeeper* will announce who was elected as President. He/she will take office immediately.
- h) The election results will be posted on the CAA website as soon as practical.

E) *CAA Clerk/Rank Processor (RP)*

The Clerk/Rank Processor is appointed by the Division Heads. He/She shall:

- 1) Act as the main interface with Japan for rank processing
- 2) Process Dan ranks
- 3) On a volunteer basis, maintain the rank processing section of the website
- 4) Work in concert with the Bookkeeper to collect and deposit funds, transfer money and pay bills relating to Rank Processing
- 5) Maintain the database to send out routine correspondence. Reply to any questions sent to CAA Clerk/RP about CAA membership, or other policies which he/she has been asked to handle by the Division Heads.
- 6) On a volunteer basis, collect all letters received at CAA mailbox. Incoming mail, other than relating to routine RP matters (e.g. Yudansha books, RP fees) shall be referred to the appropriate Division Head. Bills shall be sent to the Bookkeeper for payment.
- 7) On a volunteer basis and in coordination with the Division Heads and the President, help coordinate meetings and seminars;

F) *CAA Clerk/RP or Other Volunteer*

The following responsibilities can be performed by the Clerk/RP or other person designated by the Division Heads

- 1) In coordination with the Division Heads, send CAA flyers and any other notices to all Dojo-chos
- 2) Help coordinate seminars and CAA meetings

⁴ The Absentee Ballot will also contain instructions for how to use it and the date by which it must be received.

G) *CAA Bookkeeper*

The *Bookkeeper* is appointed by the Division Heads. The Bookkeeper shall:

- 1) Oversee the CAA bank accounts
- 2) Maintain the CAA accounting records in QuickBooks (QB)
- 3) Work with the CPA in preparation of all CAA tax-related documents and forms
- 4) Give a financial report to the Division Heads on a quarterly basis
- 5) Give a financial report at the CAA semi-annual meetings
- 6) On a volunteer basis, help coordinate meetings and seminars
- 7) Work in concert with the *Clerk/RP* to collect and deposit funds, transfer money and pay bills. The bookkeeper shall be responsible for paying all non-rank processing bills.
- 8) Process dojo membership renewals. New dojo admissions shall be handled in conjunction with the appropriate Division Head.
- 9) On a volunteer basis, perform any other duties requested by the Division Heads.

H) *CAA Webmaster*

The webmaster is a voluntary position. The webmaster is responsible for the design and maintenance of the CAA website including keeping the calendar of CAA events updated in a timely manner.

I) *The CAA Website*

The CAA website, www.ai-ki-do.org, is an informational resource.

The website includes:

- Information about Aikido and the CAA
- A Dojo Directory with links to member Dojo websites
- An Events Calendar for Association members
- All CAA application forms (including online rank processing)
- CAA News including agendas, minutes of meetings, posting of election results and promotions
- Links to other Aikido organizations and social networks for Aikidoka
- Updates to the rank processing section of the website

VII CAA Meetings

A) *Schedule*

There shall be at least two (2) meetings each year, to be held on the fourth Sunday in February and on the fourth Sunday in August (unless it falls on Labor Day weekend, in which case, the meeting will be the weekend before). Other meetings may be called on an as-needed basis. Meeting dates may also be changed for extraordinary circumstances. Notice of meeting date changes shall be given at the previous CAA Meeting, if possible, or via email to the Dojo-chos.

B) *Attendance*

Meetings shall be open and public.

C) *Agenda*

After consulting with the President and the Division Heads, the approved Agenda will be posted on the CAA website at least two (2) weeks prior to any scheduled meeting (unless the meeting is called as an emergency measure). Any Dojo-cho wishing to add a item to the agenda may request do so by contacting the President in sufficient time to allow for posting at least one (1) week prior to the meeting.

D) *Centralized Training*

Centralized training seminars will be scheduled from time to time to bring the Association together as a whole. When possible, this will take place in conjunction with regularly scheduled Association meetings. All Aikidoka, regardless of affiliation, are welcome to participate in Association scheduled training.

E) *Voting on Agenda Items*

Any item(s) to be voted on during a meeting must appear on the posted agenda for that meeting.

F) *Eligibility to Vote*

All Yudansha who are members of a CAA Dojo or club shall have one (1) vote. Should a club have a Dojo-cho who is not a Yudansha (i.e. a club with a 1st Kyu Dojo-cho), he or she shall also have one (1) vote.

G) *Process for Voting Between Meetings*

Voting will generally occur at the meetings. **A simple majority determines the outcome of all votes.** From time to time it may be necessary to notify members by e-mail of an issue requiring a vote. For example, an urgent situation may come up where a vote is required but it would be inconvenient to wait for the next scheduled meeting. The *Clerk/RP, Webmaster* (or anyone else designated by the Division Heads to perform this task), will send an email with the issue(s) to be voted on, a ballot, instructions on how to vote and the deadline for doing so.

VIII Committees

A) *Grading Committee*

Grading Committee members are appointed by their Division Heads. The Grading Committee (one in each division), consists of active Association members holding a minimum rank of Godan from the Aikikai. This committee is responsible for examination and ranking within its division. An active member is one who participates in Aikido seminars, CAA meetings, or other functions sponsored by the Association, and who has registered his/her Dojo with the Association for the current year. The names and Dan grades of the committee members are forwarded to the Aikikai annually.

B) *Kyu Examination Committee*

Kyu Examination Committee members are appointed by the Division Head. The Kyu Examination Committee for each Dojo will consist of active Yudansha holding a minimum rank of Nidan. This committee is responsible for examination of Kyu members within its Dojo. An active member is one who participates in Aikido seminars, CAA meetings, or other functions sponsored by the Association, and who has registered his/her Dojo with the Association for the current year. The names and Dan grades of the committee members are forwarded to the Aikikai annually.

C) *Teaching Committee*

The Teaching Committee is appointed by the Division Head. The Teaching Committee within each division shall consist of members of Association member organizations ranked Godan and above. As directed by the Aikikai, they shall strive to improve the teaching system.

IX Promotions: Responsibility and Applicant Criteria

A) *Responsibility for Ranking Process*

Dojo-chos are responsible for establishing the ranking procedures within their Dojo, in compliance with examination procedures and requirements presented in these Guidelines. Division Heads are responsible for ranking Dojo-cho or club instructors within their own division. Any exceptions to these rules must be approved by their Division Head.

B) *Applicant Criteria*

- 1) **Character:** Applicant must show integrity, spirit, dedication, loyalty, service, and contribution to the art.
- 2) **Proficiency:** Applicant must demonstrate technical skills, knowledge, and teaching abilities commensurate with the rank.

X Kyu Examination Process

A) *Kyu Examination Procedure*

Kyu examinations may be scheduled at any Association Dojo or club. A Kyu Examination Committee member shall be in attendance and will sign the Kyu certificates. A Kyu Examination Committee member is appointed by the Division Head for each Dojo.

B) *No Charge for Kyu Ranks*

The Association does not charge for Kyu rankings. Dojo-chos, at their own discretion, may charge their students a fee. Association Kyu certificates are provided at no cost to all member dojos. The CAA Kyu certificate may be downloaded from the CAA website. Kyu ranks are **not** registered with the Aikikai.

C) *Training Days*

A training day is defined as one or more Aikido classes per day (e.g., training in two classes in one day is still only one training day.) It is the responsibility of the Dojo-chos to keep track of training days for their students. Having the minimum number of days and years of training is a necessary prerequisite for promotion, but is not sufficient by itself. It is a mistake to count the days and assume a rank will follow. The number of training days listed on the *Rank Examination Requirements* (see page 11 to page 15 for Kyu ranks) are the **minimum** requirements for each rank as stated.

XI Dan Examinations

A) *General Principles*

Advancement through the Dan ranks is not unlike advancing through the university system. More and more **graduate work** is required for higher degrees. Training with one's seniors, attendance at seminars, camps and trips to Japan for training: are all examples of such graduate work. The Aikikai document ***Hombu Dojo Grading System, says that successful completion of summer and winter trainings will be taken into consideration.*** In the spirit of this statement, it is expected that those Yudansha being developed as instructors will have exceptional records of attendance at camps, and seminars taught by Aikikai instructors. All Yudansha are required to submit accurate history of seminars and summer and winter trainings with their applications for promotion.

It is important not to isolate yourself within a Dojo by failing to train with Aikidoka from other dojos. This is analogous to staying current in your field in any other professional endeavor. It is also important to train occasionally with members of the Examination Committee in your division so that they have the ability to observe your training prior to an examination.

B) *Training Requirements*

- 1) The number of training days listed on the *Rank Examination Requirements* (see page 16 to page 20 for Dan ranks) are the **minimum** requirements for each rank as stated. ***One day of training is defined as one day regardless of the number of times trained in that single day.*** Students ranked at the minimum requirement of days and time in grade **should be those students that are deemed exceptional by the Dojo-cho.**
- 2) For Yudansha ranking, the years in grade are counted from ***the date of registration of the last rank*** by Hombu Dojo, **not the test date.** This date is found in the student's Yudansha book.
- 3) A Dojo-cho may add any other technical elements to each examination as well as weapons at his/her discretion.

C) *Dan Examination Procedure*

Application forms will be submitted electronically to the *Clerk/RP, who will confirm the application with the Grading Committee members.*

- 1) **Shodan and Nidan:** Rankings for Shodan and Nidan require the presence of your Division Head approved Grading Committee member. It is recommended in the case of Shodan and Nidan that the Dojo-cho conduct the examination, and that the Dan Examination Committee member(s) in attendance provide comment and guidance where appropriate. ***Payment of all fees*** and a Yudansha book with seminar attendance for **Nidan** must be received before the application will be processed.
- 2) **Sandan and Yondan:** Instructors having candidates for the rank of Sandan or Yondan should contact their Division Head. The Division Head will officiate at these exams at his/her discretion. ***Payment of all fees and Yudansha book with seminar attendance must be received before the application will be processed.***
- 3) **Godan and Above:** Promotions to the rank of Godan and above are made by recommendation of the Division Head. ***Payment of all fees and Yudansha book with seminar attendance must be received before the application will be processed.***

XII Submission Process for All Dan Applications

A) *Submission Process for Shodan through Yondan*

The CAA website has the online applications that include the fees for each rank (Shodan to Rokudan). Fees are also posted on the CAA website. Applications must be filled out completely and ***submitted online.*** **Questions regarding payments or applications should be directed to Clerk/RP.**

It is the responsibility of the Dojo-cho to insure all paperwork and payment(s) are in order. ***Incomplete applications will not be processed and Yudansha books will be returned.***

In order to be processed, Yudansha books (for Nidan and above) must show evidence of seminar attendance and CAA winter or summer trainings. Books submitted without seminar attendance and CAA winter or summer trainings will be returned with the application.

It is the responsibility of the Dojo-cho to know his/her student membership. If a Yudansha within the Dojo was ranked outside of the Aikikai and the Dojo-cho expects to rank that person in the future through the CAA, he/she must work with the *Clerk/RP* and the appropriate Division Head to register past rank(s) with the Aikikai as soon as possible.

1) Paperwork must be received before these dates:

- March 15
- June 15
- September 15
- October 15 (for ranks by recommendation only)
- December 7

2) Payment may be submitted by one of the following methods:

- a) PayPal
- b) Personal check/Dojo check
- c) Money order

E) Special Instructions for Recommendation Promotions

Students may be promoted by recommendation as opposed to testing for rank. In rare cases, a student who is physically unable to perform a test may be granted a rank by recommendation. This type of ranking is normally granted only once, approved by the Division Head and submitted only in October.

Ranks Godan and above are by recommendation only. These are processed once a year and announced at Kagami Biraki in early January. **Division Heads will provide the Clerk/RP with a list of candidates for recommendation ranks by September 15th. Paperwork is due to the Clerk/RP by October 15th of each year along with the fees and Yudansha book.** Instructions for processing recommendation ranks can be found on the CAA website. The Doshu and the executive committee at Hombu Dojo review the applications and decide which applicants will be promoted.

5th Kyu CAA Examination Requirements

(Revised September 2010)

Minimum 50 training days

TACHI WAZA			
Katate dori:	Tai no henko (irimi & tankan)		
	shihonage (omote & ura)		
Shomen uchi:	ikkyo (omote & ura)		
	irimi nage		
SUWARI WAZA			
Ryote dori:	kokyu ho		
UKEMI	Forward & back rolls		

4th Kyu CAA Examination Requirements

(Revised August 2006)

Minimum 60 training days

TACHI WAZA			
Shomen uchi:	ikkyo (omote & ura)		
	nikyo (omote & ura)		
	irimi nage		
Kata dori:	nikyo (omote & ura)		
Ryote dori:	tenchi nage		
Tsuki:	kote gaeshi		
Katate dori:	shihonage (omote & ura)		
Yokomen uchi:	shihonage (omote & ura)		
SUWARI WAZA			
Ryote dori:	kokyu ho		
UKEMI	forward & back rolls		

3rd Kyu CAA Examination Requirements

(Revised August 2006)

Minimum 80 training days

SUWARI WAZA			
Shomen uchi:	ikkyo through yonkyo		
TACHI WAZA			
Morote dori:	kokyu ho		
Shomen uchi:	ikkyo through yonkyo		
	irimi nage		
	kote gaeshi		
Tsuki:	irimi nage		
	kote gaeshi		
Katate dori:	shihonage (omote & ura)		
Ryote dori:	shihonage (omote & ura)		
Yokomen uchi:	shihonage (omote & ura)		
UKEMI			
At a level appropriate for the rank			

2nd Kyu Examination Requirements

(Revised August 2006)

Minimum 100 training days

SUWARI WAZA			
Shomen uchi:	ikkyo through yonkyo		
	irimi nage		
	kote gaeshi		
	kaiten nage		
TACHI WAZA			
Shomen uchi:	ikkyo through yonkyo		
tsuki:	irimi nage		
	kote gaeshi		
	kaiten nage		
Katate dori:	irimi nage		
	kote gaeshi		
	kaiten nage		
Ushiro ryote dori:	shihonage		
	kote gaeshi		
Katate dori:	shihonage		
Ryote dori:	shihonage		
VARIATIONS (3 TECHNIQUES PER ATTACK)			
Katate dori			
Hiji dori			
Morote dori			
Ryote dori			
JIYU WAZA			
one person flowing freestyle, any attack			

1st Kyu CAA Examination Requirements

(Revised August 2006)

Minimum 150 training days

SUWARI WAZA			JIYU WAZA	
Shomen uchi:	ikkyo through yonkyo		two person flowing freestyle, any attack	
Yokomen uchi:	ikkyo through yonkyo			
Kata dori:	ikkyo through yonkyo			
TACHI WAZA				
Shomen uchi:	ikkyo through yonkyo			
Yokomen uchi:	ikkyo through yonkyo			
Kata dori:	ikkyo through yonkyo			
Ushiro ryote dori:	ikkyo through yonkyo			
Shomen uchi:	irimi nage			
	kote gaeshi			
	kaiten nage			
Tsuki:	irimi nage			
	kote gaeshi			
	kaiten nage			
Yokomen uchi:	irimi nage			
	kote gaeshi			
	kaiten nage			
	gokyo			
VARIATIONS (3 TECHNIQUES PER ATTACK)				
Katate dori				
Ryote dori				
Morote dori				
Kata dori menuchi				
Ushiro ryokata dori				
Koshi nage				
HANMI HANDACHI				
Katate dori:	shihonage			
Ryote dori:	shihonage			
Shomen uchi:	irimi nage			
Tsuki:	irimi nage			
	kote gaeshi			
	kaiten nage			
Ushiro waza	5 techniques			

Shodan: CAA Examination Requirements

(Revised July 2017)

Minimum Training

Minimum 200 training days and one year from promotion to ikkyu. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) A Grading Committee member from the respective division must be present to officiate the exam. Minimum age: 15 years old.

SUWARI WAZA: Same as 1st Kyu

TACHI WAZA: Same as 1st Kyu

VARIATIONS: (5 techniques per attack)

Katate dori

Ryote dori

Morote dori

Kata dori menuchi

Ushiro ryote dori

Ushiro ryokata dori

Koshi nage

HANMI HANDACHI: Same as 1st Kyu

TANTO DORI

Tsuki

Shomen uchi

Yokomen uchi

Slash

Knife at throat from the front

Knife at throat from the back

JIYU WAZA

one person flowing freestyle, any attack

RANDORI

Three person multiple attack. Examiners may choose one of the following scenarios:

- begin with one attacker flowing jiuwaza, add uke #2 and then uke #3
- begin with two ukes each holding an arm, add a third uke coming in
- three ukes attack simultaneously

Nidan: CAA Examination Requirements

(Revised July 2017)

Minimum Training

PREREQUISITE

Minimum 360 training days and two years since obtaining Shodan. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) Eligibility is counted from the date of registration of the Shodan rank. The date of registration is found in the student's Yudansha book. A Grading Committee member from the respective division must be present to officiate the exam.

BASIC CONTENT

A comprehensive examination of basic Aikido techniques. (See Shodan examination requirements.)

KAESHI WAZA

Demonstration of reversals (counters) from a variety of basic techniques.

TACHI DORI

Demonstration of sword-taking techniques.

JO DORI

Demonstration of staff-taking techniques.

JIYU WAZA

One person flowing freestyle.

RANDORI

Multiple attack as directed by examiners.

ESSAY

Optional per Division Head

Submission of a short essay on an Aikido-related subject.

NOTE: The essay should be submitted to the Division Head prior to the examination.

Sandan: CAA Examination Requirements

(Revised July 2017)

Minimum Training

PREREQUISITE

Written recommendation from the instructor, to include a record of camps and seminars attended. Minimum 540 training days and three years since obtaining Nidan. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) Eligibility is counted from the date of registration of the Nidan rank. The date of registration is found in the student's Yudansha book. The relevant Division Head must be present to officiate the exam unless a Grading Committee member has been approved by the Division Head.

CONTENT

A comprehensive demonstration of traditional Aikido skills to include empty hand and weapons techniques.

RANDORI

Multiple attack as directed by the examiners.

ESSAY

Optional per Division Head

Submission of an essay on an Aikido-related subject.

NOTE: The essay should be submitted to the Division Head prior to the examination.

Yondan: CAA Examination Requirements

(Revised July 2017)

Minimum Training

PREREQUISITE

Written recommendation from the instructor, to include a record of camps and seminars attended. Minimum 800 training days and four years since obtaining Sandan. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) Eligibility is counted from the date of registration of the Sandan rank. The date of registration is found in the student's Yudansha book. The relevant Division Head must be present to officiate the examination unless a Grading Committee member has been approved by the Division Head. This rank is officially the rank of a professional teacher and as such, it is expected that the candidate have some teaching experience at his/her Dojo as provided by the Dojo-cho.

CONTENT

A comprehensive demonstration. Content of the demonstration is at the discretion of the applicant.

RANDORI

Multiple attack as directed by the examiners.

ESSAY

Optional per Division Head

Submission of an essay on an Aikido-related subject.

NOTE: The essay should be submitted to the Division Head prior to the examination.

Godan: CAA Examination Requirements

(Revised September 2010)

Minimum Training

PREREQUISITE

Minimum 1000 training days and more than five years since obtaining Yondan. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) Please refer to the CAA website for more detailed instructions.

This is a rank awarded by recommendation of a Division Head only. No demonstration or test is required for this rank. The applicant must be an established teacher (under the Division Head), and who by virtue of his/her devotion to the art has excelled in teaching ability and contribution to the Aikido community. This application for rank is submitted to Japan for review and approval. The rank is formally made official when it is announced at the Kagami Biraki celebration in January. Submission to Japan does not guarantee promotion.

Rokudan: CAA Examination Requirements

Minimum Training

PREREQUISITE

Minimum 1200 training days and more than six years since obtaining Godan. (Please note that the Dan application form requires the training days to be listed, not the number of years of training.) Please refer to the CAA website for more detailed instructions.

This is a rank awarded by recommendation of a Division Head only. No demonstration or test is required for this rank. The applicant must be an established teacher (under the Division Head), and who by virtue of his/her devotion to the art has excelled in teaching ability and contribution to the Aikido community. This application for rank is submitted to Japan for review and approval. The rank is formally made official when it is announced at the Kagami Biraki celebration in January. Submission to Japan does not guarantee promotion.