



Fox Valley Aikikai

Dan Rank Promotion Guidelines



Attacks	Shodan / 1st Dan + 300 Hours	Nidan / 2nd Dan + 400 Hours	Sandan / 3rd Dan + 500 Hours
Katatedori Gyakuhanmi	Variations	Hanmi Handachi: - Variations	Kokyunage - Variations - Ki no nagare
Katatedori Aihanmi	Variations		
Ryotedori	Variations	Hanmi Handachi: - Variations	
Morotedori	Koshinage	Variations	
Katadori Shomenuchi	Ikkyo Nikyo Sankyo Yonkyo Shihonage Kotegaeshi Iriminage	Variations	Ryokatadori: - Variations
Shomenuchi	Variations	Hanmi Handachi: - Kokyunage - Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Yokomenuchi	Variations	Hanmi Handachi: - Kokyunage - Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Tsuki	Rokkyo	Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Ushiro Ryotedori	Udegarami Koshinage	Kokyunage - Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Ushiro Ryokatadori	Hanmi Handachi: - Variations	Kokyunage - Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Ushiro Kubishime	Ikkyo Nikyo Sankyo Udegarami Kotegaeshi	Kokyunage - Variations	Suwariwaza - Variations Tachiwaza - Variations Hanmi Handachi - Variations
Weapon: Jo	Sansho No. 1 Jo dori	Sansho No. 2 Jo awase waza	
Weapon: Boken	Kiri Otoshi (3 Levels static)	Kiri Otoshi (3 levels moving)	
Weapon: Tanto	Tanto dori		Tanto Waza
Other	Futari dori 3 person Randori Written essay Attend 2 major seminars & 1 Summercamp	4 person Randori Written essay Attend 2 major seminars & 1 Summer Camp	Randori Written essay Attend 2 major seminars & 1 Summer Camp