

Shodan (student must meet all requirements of the Aikido Eastside Instructor Development Program; after 100 class days of training over a minimum of 10 months after receiving 1st Kyu the student may apply for Sho Dan Ho or Shodan Candidate status which, if accepted, entitles the candidate to receive "Seishin Tanren" or Spiritual Forging in preparation for the Exam. The Assistant and Chief Instructor will then decide when the candidate may test for Shodan.)

All basic techniques and previous requirements plus:

Kumi tachi (paired sword): First five basic kata.

Tanto dori (knife takeaways): A different technique from each - shomenuchi, yokomenuchi, tsuki, two different techniques from ushiro.

Tachi dori (sword takeaways): A total of five different techniques. Attacks will be shomenuchi, yokomenuchi, and tsuki.

Jo dori (jo takeaways): A total of five different techniques. Attacks will be shomenuchi, yokomenuchi, and tsuki.

Randori (multiple attackers): Three people attacking.

Nidan (After a minimum of 30 months and approx. 400 class days of consistent training after receiving shodan and meeting all requirements of the Aikido Eastside Instructor Development Program, the student may apply for Candidate status as outlined above)

All basic techniques and previous requirements plus:

Kumi tachi (paired sword): First twelve basic kata.

Kumi jo (pared jo): First six basic kata.

Randori (multiple attackers): Three people attacking with shinai.

Sandan (Minimum 3.5 years of consistent training after receiving nidan and meeting all requirements of the Aikido Eastside Instructor Development Program, the student may apply for Candidate status as outlined above)

All basic techniques performed to demonstrate the student's understanding of the principles of kokyu tanden ho, and all previous requirements plus:

Saotome Sensei's Two Sword Forms: 8 Forms

"Patrol" Jo Forms: 8 Forms

Randori (multiple attackers): 3 Attackers w/ Tanto (knives)

Yondan

Only by recommendation at the discretion of Saotome Shihan or Ikeda Shihan.