

Aikido Ranking System

(as of October 2024)

Each rank also carries with it expectations of proficiency. So a yellow belt Basic 7 should look different from a black belt Basic 7. Advanced ranks may also be required to demonstrate other skills such as counters and sware waza.

- SUBJECT TO CHANGE WITHOUT NOTICE -

6th Kyu Yellow: 2x partial Units: At least 3 techniques from Kosa Dori + kneeling ukemi.

5th Kyu Orange: 2 Units: Basic 7 from Kosa Dori + standing ukemi

4th Kyu Green: 3 units (Orange + 1)

Skip ONE test minimum

3rd Kyu Purple: 5 Units (Green + 2)

Skip TWO tests minimum

2nd Kyu Blue: 9 Units (Purple + 4)

Skip THREE tests minimum

1st Kyu Brown: 15 Units (Blue + 5)

Skip FIVE tests minimum

*** Black:** 22 Units (Brown + 6)

*** Minimum 36 months training required for black belt**

Aikido Vocabulary

Counting 1 through 10: Ichi, Ni, San, Shi, Go, Roku, Sichi, Hachi, Kiu, Jiu

Dan – Black belt rank	Uke – Attacker / One who falls
Dori – Grab	Ukemi – The art of falling
Gaeshi – Turn	Ushiro – Reverse or backward
Irime – To enter	Zempo – Roll, as in Zempo Kaiten (wheel roll)
Kaiten – Wheel. Ex: Katennage (Wheel Throw)	
	WEAPONS
Kanji – Japanese script	
	Bokken – Wooden Sword
Kata - Form	
	Jo – Med length staff (floor to btwn armpit and earlobe)
Katate – one-handed, as in Katate Dori	
	Tachi – Sword
Kokyu – Breath. Ex: Kokyunage (Breath Throw)	
	Tanto – Wooden Knife
Kosa – Cross, as in Kosa Dori (Cross Grab)	
Koshi – Hip. Ex: Koshinage (Hip Throw)	
Kote – Wrist	
Kumi – Sparring	
Kyo – Technique. Ex: Ikkyo, Nikkyo	
Kyu – Color belt rank	
Nage – A throw, The person doing the throw	
Ryote – Double, as in Ryote Dori (double grab)	
Suburi – Exercise	
Tekubi – wrist, synonymous with katate	
Tenkan – To circle	
Tsuki – Punch	
Uchi – Strike	

Essential Aikido Techniques

7 Basic Responses (aka Basic 7)

Ikkyo
Nikkyo
Sankyo
Shiho Nage
Kote Gaeshi
Kokyu Nage
Irimi Nage

Other Responses

Kaiten Nage
Juji Nage
Koshi Nage
Gatemi Nage

7 Basic Attacks

Kosa Dori (Cross wrist grab)
Katate Dori (Parallel wrist grab)
Ryote Dori (double wrist grab)
Ushiro Tekubi Dori - (Behind the back double wrist grab)
Tsuki (Punch)
Shomenuchi (Straight down chop, i.e. to the top of the head)
Yokomenuchi (45° chop, i.e. to the side of the neck)

Weapons

Jo Suburi (20)
Bokken Suburi (10)

Jo Dori (12)
Tachi Dori (3)

Kumi Jo (6)
Kumi Tachi (15)

Jo Kata, (4 - Basic 1, 13-Count, Kanji, Energy)

Basic Ukemi

Zempo Kaiten (front roll), Ushiro Ukemi (back roll), Judo Ukemi (break fall)

22 Units

- **Ukemi Unit:** All standing - Zempo Kaiten, Ushiro Ukemi, Judo Ukemi
- **7 Empty Hand Units:** Basic 7 responses from each of the 7 basic attacks.
- **Alt Unit:** Alt Responses from at least 2 attacks each.
- **13 Weapon Units:**
 - Jo Suburi (20)
 - Bokken Suburi (10)
 - Jo Dori Unit 1 (First 6 of 12)
 - Jo Dori Unit 2 (Last 6 of 12)
 - Tachi Dori (3)
 - Kumi Jo (6)
 - Kumi Tachi Unit 1 (#1-5 of 15)
 - Kumi Tachi Unit 2 (#6-10 of 15)
 - Kumi Tachi Unit 3 (#11-15 of 15)
 - Basic 1 with a jo
 - 13-Count Jo Kata
 - Kanji
 - Energy

AIKIDO RANK CHART

6th Kyu Yellow: Three Kosa Dori + Kneeling Ukemi

5th Kyu Orange: 2 Units: B7 Kosa Dori + Standing Ukemi

4th Kyu Green: 3 Units

Skip ONE test minimum

3rd Kyu Purple: 5 Units

Skip TWO tests minimum

2nd Kyu Blue: 9 Units

Skip THREE tests minimum

1st Kyu Brown: 15 Units

Skip FIVE tests minimum

*** Black: 22 Units**

* Minimum 36 months training for black belt