

Memphis Aiki-Kai Minimum Promotional Test Requirements

AAA requirements are outlined in the AAA promotion handout. Dojo requirements are additional hours, techniques or katas that the dojo sensei feels are important for your continued development and training.

7th Kyu (Sichikyu) – White belt with stripe: 2 months and 30 total hours.
Dojo Requirements: *no extra requirements.*

6th Kyu (Rokkyu) – Yellow Belt: 3 months and 50 hours since last promotion.
Dojo Requirements: *5 count Jo kata.*

5th Kyu (Gokyu) – Yellow belt with stripe: 5 month and 80 hours since last promotion.
Dojo Requirements: *5 count Jo kata, Jo Suburi – 5 thrusting.*

4th Kyu (Yonkyu) – Blue Belt: 6 months and 90 hours since last promotion.
Dojo Requirements: *5 count Jo kata, 13 count Jo Kata, Jo Suburi – 5 thrusting.*

3rd Kyu (Sankyu) – Blue Belt with stripe: 6 months and 90 hours since last promotion.
Dojo Requirements: *5 count Jo kata, 13 count Jo Kata, Jo Suburi – 5 thrusting, 5 striking.*

2nd Kyu (Nikkyu) – Brown Belt: 6 months and 130 hours since last promotion.
Dojo Requirements: *5 count Jo kata, 13 count Jo Kata, Jo Suburi – 5 thrusting, 5 striking, 3 wrist.*

1st Kyu (Ikkyu) – Brown Belt with stripe: 8 months and 200 hours since last promotion.
Dojo Requirements: *5 count Jo kata, 13 count Jo Kata, Jo Suburi – 5 thrusting, 5 striking, 3 wrist, 5 figure 8.*

Shodan (1st Degree Black Belt): 12 months and 200 hours since last promotion and 1 instructors seminar.
Dojo Requirements: *5 count Jo kata, 13 count Jo Kata and the 20 Jo Suburi. Demonstration of teaching a basic technique.*

Nidan (2nd Degree Black Belt): 18 months and 100 hours as assistant instructor since last promotion.
Dojo Requirements: *Demonstration of teaching two techniques, shodan weapons.*

Sandan (3rd Degree Black Belt): 30 months and 150 hours as assistant instructor since last promotion.
Dojo Requirements: *no extra requirements.*

Yondan (4th Degree Black Belt): 42 months and 200 hours as instructor.