

Exam Program 4th DAN

Prerequisites:

- ✓ A minimum of 4 years practice 4 times per week on average since the last exam (3rdDan)
- ✓ Knowledge and techniques of all previous KYU and DAN exams
- ✓ Regular participation in courses and personal investment in the Dojo
- ✓ Consent of the dojo's technical director

The literal translation of some Japanese terms is placed between quotation marks "..."

Technical Program

TACHIWAZA			Remarks
Yokomenuchi	1	Ikkyo, nikyo sankyo, yonkyo	<i>omote</i> and <i>ura</i> enter <i>ushiroashi irimi tenkan</i> , <i>kirioroshi</i>
Shomenuchi kiawase	2	i. Ikkyogoshi ii. Nikyogoshi iii. Sankyogoshi iv. Yonkyogoshi	<i>renrakuhenka-waza</i> from <i>ikkyo kuzushi</i> i. one form, in front ii. one form, <i>hijikime osae</i> , 90° iii. & iv. 4 forms, 2 behind the arm, 2 in front
	3	i. Iriminage ii. Tenchinage iii. Kubijime	i. & ii. basic & variation
	4	i. Kotegaeshi ii. Genkeikokyunage iii. Udehishigi	i. basic & variation ii. direct & <i>tenkan</i>
	5	i. Shihonage ii. Udekimenage iii. Udekimekoshinage	i. basic & variation, <i>omote</i> & <i>ura</i> ii. & iii. enter with counter attack <i>yokomen</i> ii. <i>omote</i> & <i>ura</i> (attention with the elbow of <i>uke</i> !)
	6	i. Ikkyo ii. Udegarami sankyo nage iii. Gyaku-hijikimeosae	i. <i>ura</i> ii. enter <i>irimi tenkan</i> , <i>gyaku yokomen</i> iii. first <i>ikkyo kuzushi ura</i>
	Jodantsuki	7	Jiyuwaza
Katatetori gyakuhanmi	8	Shihonage, Furizukikokyunage & Kokyunage	<i>tori</i> : <i>tenkan tenshin sabaki</i> <i>uke</i> : normal → <i>shihonage</i> (<i>omote</i> , <i>irimi kaiten</i>) pull → <i>furizukikokyunage</i> (2 <i>irimi</i>) block → <i>kokyunage</i> (<i>tenkan</i> , <i>makiotoshi</i> through the leg)
Katatetori aihanmi	9	Ikkyo	1. theory <i>ikkyo</i> (<i>ikkyo ura</i>) 2. theory <i>nikyo</i> 3. theory <i>sankyo</i> 4. theory <i>yonkyo</i> 5. <i>ikkyo omote</i> basic (zig zag)
	10	Ikkyo – iriminage	<i>renrakuhenka-waza</i> , <i>tenkan sabaki</i> 1. <i>kamihanen</i> (<i>jodan kuzushi</i>) 2. <i>shimohanen</i> (<i>jodan kuzushi</i>) then enter <i>ikkyo ura</i> variation, control elbow)
	11	Jiyuwaza	
Katatetori gyakuhanmi	12	Jiyuwaza	
Ryotetori	13	Tenchinage, Genkeikokyunage	8 forms then <i>jiyuwaza</i>
Ryoeritori	14	Kaitenkokyunage	then <i>jiyuwaza</i>
	15	Yonintori	then <i>taninzutori</i>

Katate ryotetori	16	Kotegaeshi	1. kamihanen → <i>kigata (tenkan), tanren (irimi tenkan)</i>	
	17	Iriminage	2. shimohanen → <i>tanren (tenkan), kigata (irimi tenkan)</i> Tori always turns in the same direction (<i>tenkan</i> or <i>irimi tenkan</i>) → technique on the left and right	
	18	Kokyunage	different forms	
	19	Futaritori jiyuwaza	tanren - <i>ikkyo</i> → <i>yonkyo</i> - <i>shihonage</i> (1 <i>tekubi</i> 1 <i>juji</i>) - <i>mae otoshi-hiki otoshi</i> - double <i>tekubi</i> → double <i>nikyo nage</i> - double <i>hiki otoshi</i> (backwards) - double <i>mae otoshi</i> (forwards) - 1 <i>nen ten maki otoshi</i> , 1 <i>jujymussubi</i> - 1 <i>kaitennage kokyunage</i> , 1 <i>hiki otoshi</i> kigata don't let the two ukes grab at the same time	
Ushiro ryokatatori	20	Chinshin kokyunage	<i>tachi / han tachi / suwari / prostrate</i>	
	21	i. Iriminage ii. Kotegaeshi iii. Shihonage iv. Ikkyo	i. - iii. think of the 2 <i>koshinage</i> iv. think of the 2 <i>genkei kokyunage</i>	
	22	Genkeikokyunage	1. <i>jodan</i> 2. <i>chudan</i>	
Ushiro hijitori	23	Jiyuwaza		
Katatori menuchi	24	Jiyuwaza	1. <i>maeashi irimi</i> 2. <i>ushiroashi irimi</i> 3. <i>tenkan tenshin</i>	
Chudantsuki	25	i. Ikkyo ii. Hijikimeosae iii. Uchikaiten sankyo iv. Shihonage v. Udegarami	1. <i>uchi sabaki</i> 2. <i>soto sabaki</i>	iii. for 1. <i>ikkyo kuzushi</i>
	26	Taninzutori	with <i>furizuki kokyunage, tenchinage, genkeikokyunage</i>	
Yokomenuchi	27	i. Kotegaeshi th. iriminage ii. Ikkyo iii. Teguruma iv. Ipponseoinage	i. <i>maeashi irimi (hitoemi)</i> ii. <i>maeashi irimi (sankakutai)</i> iii. <i>ushiroashi irimi (hitoemi)</i> iv. <i>ushiroashi irimi (sankakutai)</i>	i.-iii. <i>soto uke nagashi</i> iv. <i>uchi uke nagashi</i>
	28	Shihonage Ikkyo	<i>ainuke</i> , 2 entries 1. <i>AUN no kokyū</i> → <i>shimo</i> 2. <i>kaiten</i> protection → <i>shimo-</i> and <i>kamihanen</i>	
	29	Jiyuwaza		
Katate ryotetori	30	Ikkyo, nikyo, sankyo, yonkyo	<i>tenkan tenshin</i> , initial contact: <i>jodan yang omote</i> 1. <i>kamihanen</i> : <i>omote</i> 2. <i>shimohanen</i> : <i>ura</i> <i>ikkyo</i> : variation., <i>nikyo</i> : via <i>hijikime</i> , <i>sankyo</i> and <i>yonkyo</i> : in the shoulder	
Tachi	31	Tachitori	see 2 nd <i>dan</i>	
	32	Aikiken	see <i>buki waza</i> next page	

Buki waza "weapons practice"	katas¹	Explanatory remarks, theoretical supplements
Kumi tachi		"Work with the <i>bokken</i> "
1	Ichi no tachi to ki musubi no tachi "father" & "son"	the six <i>bokken kata</i>
Bokken sabaki	Akken – no ken	«sheathe – unsheathe»
2	The entire program for 3 rd <i>dan</i>	
Kumi jo		«work with the <i>jo</i> »
3	The entire program for 3 rd <i>dan</i>	
4	The 4 <i>kata</i> of Ikeda Sensei	with 4 attackers
Kumi jo		"work with the <i>jo</i> "
5	<i>Jyuwaza</i> with the <i>jo</i> in the hands	1 or 2 <i>uke</i> - 4 <i>kata</i> de of Ikeda Sensei - basic techniques - others
Hojo		From the school Kashima Shinden Jikjishinkage
6	The entire program for 3 rd <i>dan</i>	

Genki waza ("techniques for health"): The entire program for 3rd *dan*

Considerations regarding 4th DAN

Complete control

Yondan - fourth *dan* – It is essential to express a complete control of the basic techniques, their variations and alternatives. The 4th *dan* corresponds to the level of a master's degree in a university; it is the last technical examination. After this last test, the aikidoka takes responsibility for himself, It is a freedom that can be stimulating as well as diverting.

The additional requirements relate to the level of control of the previous criteria, and are:

- ✓ manner of dominating the situation constantly,
- ✓ appropriate attention to the *uke* and the situation (put into practice the spirit of the Aikido)
- ✓ the serenity of the candidate,
- ✓ capacity of the candidate to express his quality of perception, his level of integration and his freedom in handling of the principles of the discipline
- ✓ the candidate must have a good comprehension of the systematic of the Aikido of Ikeda sensei, in particular the sheets A and B which are a complete summary of his Aikido

The level 4th *dan* is in principle intended for people who have the responsibility of a *dojo* or who, at least, regularly teach in a *dojo* and invest themselves in the smooth running of that *dojo*. In the case where the candidate does not have his/her own *dojo*, it goes without saying that in addition to the agreement of the technical director, the approval and the support of the *dojocho* (responsible for the *dojo*) are imperative.

¹ The exact detailed descriptions of the katas required in the exam are described in the book "Aikido Sanshinkai: Buki Waza, the practice of weapons in Aikido". This book can be obtained directly from *Dojo de Neuchâtel - Espace Culturel* or ordered over the internet.