

Peaceful Storm Dojo - Weatherford Aikido Rank Requirements

1. Yonkyu - Green Belt - minimum of 3 months practice (40 total mat hours)

Must be able to demonstrate the following:

- Tegatana No Kata (Walking Kata)
- Hanasu No Kata (8 Releases)
- 1-5 of the Ju Nana Hon Kata (Techniques)
- Ukemi (Falling)
 - Back Fall
 - Side Fall
- Know the names of the first 5 techniques
- Be able to count to 10 in Japanese

2. Sankyū - 3rd Brown Belt - minimum of 3 months from Yonkyū (80 total mat hours)

Must be able to demonstrate the following:

- Advancement on all previous requirements
- 6-10 of the Ju Nana Hon Kata (Techniques)
- Ukemi (Falling)
 - Back Fall
 - Side Fall
 - Forward Roll
- Randori Exercises
 - Basic Hand Randori
- Know the names of techniques 6-10

3. **Nikyu - 2nd Brown Belt** - minimum of 3 months from Sankyu (120 total mat hours)

Must be able to demonstrate the following:

- Advancement on all previous requirements
- 11-14 of the Ju Nana Hon Kata (Techniques)
- Ukemi (Falling)
 - Back Fall
 - Side Fall
 - Forward Roll
 - Beginning Air Falls
- Randori Exercises
 - Intermediate Hand Randori
 - Basic Multiple Opponent
- Know the names of techniques 11-14
- Be able to count to 14 in Japanese

4. **Ikkyu - 1st Brown Belt** - minimum of 3 months from Nikyu (160 total mat hours)

Must be able to demonstrate the following:

- Advancement on all previous requirements
- 15-17 of the Ju Nana Hon Kata (Techniques)
- Ukemi (Falling)
 - Back Fall
 - Side Fall
 - Forward Roll
 - Intermediate Air Falls
- Randori Exercises
 - Intermediate Hand Randori
 - Intermediate Multiple Opponent
- Know the names of techniques 15-17
- Be able to count to 17 in Japanese

5. Shodan - 1st Degree Black Belt - minimum of 6 months from Ikkyu (250 total mat hours)

Must be able to demonstrate the following:

- Significant Advancement on all previous requirements
- 1-17 of the Ju Nana Hon Kata (Techniques)
- 1-5 of the Owaza Ju Pon (Big 10)
- Ukemi (Falling)
 - Back Fall
 - Side Fall
 - Forward Roll
 - Advanced Air Falls
- Randori Exercises
 - Advanced Hand Randori
 - Advanced Multiple Opponent
- Know the names of all 17 Techniques in Ju Nana Hon Kata
- Know the names of the first 5 of the Owaza Ju Pon
- Be able to count to 17 in Japanese