



Roanoke Budo Kai Requirements for Rank

Updated 4/2019

Founder: Chris Gaston 1994



Hours & techniques listed are minimum requirements.
Testing is typically conducted the 3rd Saturday in April & October.
Students are advanced one kyu per test.

Testing requests with the \$20.00 fee must be submitted at least:

- Thirty days prior for 7th kyu
- Three months prior (January 15th & July 15th) for 1st through 6th kyu.
- Six months prior for Shodan, one year prior for Nidan

Per Sensei's discretion, Dan and Kyu techniques may also include, but are not limited to:

Omote	Katate tori	Morote tori	Tanto tori	Hanmi handachi	Kokyuho
Ura	Kosa tori	Bokken tori	Ukemi	Kaiten nage	Suwariwaza
Tenkan	Kata tori	Ryote tori	Irimi nage	Men nage	Ushiro

Weapons: Jo attacks (disarming attacker)

All techniques are to be graded for perfection.

7th Kyu 20 Hours

3 Nikkyo	Migi / Hidari Hanmi
All blending exercises (Ki-No-Nagare)	Ai / Gyaku Hanmi
Ukemi	Proper Dojo Etiquette
One Book on Aikido	

6th Kyu 30 Additional Hours

Prior techniques <u>PLUS</u> :	
6 Nikkyo	13 Step Jo Kata
Sumi Otoshi	Hakama Fold
All blending exercises (Ki-No-Nagare)	Ukemi

5th Kyu 30 Additional Hours

Prior techniques <u>PLUS</u> :	
6 Sankyo	6 Yonkyo
22 Step Jo Kata	6 Kubi Shimi
Second Book on Aikido	
(More emphasis on Omote, Ura, and Tenkan on this test and all future tests)	

4th Kyu 40 Additional Hours

Prior techniques <u>PLUS</u> :	
6 Ikkyo	6 Hiji Garami
Attend at least one Aikido Seminar by the time you test for 4 th Kyu.	

3rd Kyu 60 Additional Hours

All prior techniques should be above average <u>PLUS</u> :	
6 Shihonage	6 Tanto Tori

2nd Kyu 60 Additional Hours

Prior techniques PLUS:

6 Irimi Nage

6 Kote gaeshi

Tenchi nage

2 Uke Jiyu Waza

Third Book on Aikido

Attend at least two Aikido Seminars total by the time you test for 2nd kyu.

1st Kyu 90 Additional Hours (and one year since your last test)

May be conducted over 2 classes

Prior techniques PLUS:

2 Kaiten Nage

6 Kokyu Ho

3 Uke Randori

Shodan 90 Additional Hours (and one year since your last test)

May be conducted over 2 classes

All prior techniques should be above average PLUS:

3 Uke Randori

Fourth Book on Aikido

Attend at least Three Aikido Seminars total by the time you test for Shodan.

Nidan 150 Additional Hours (and three years since Shodan test)

Candidate must exhibit mastery of the core techniques of the Kai - both as Nage and Uke.

The only “new” technique will be Koshinage.

Requirements prior to submitting test request: Two years since Shodan test, notice given to Sempai expressing desire to test.

Requirements after formal request: At least one year with a minimum of 150 training hours, teaching hours not included. Documentation of hours through a training log is required.

Permission to test does not guarantee that candidate will pass.

Chris Gaston, Dojo Cho

Eric Goodbar Sensei, Shidojin

A.K. Briele Sensei, Fukushidojin

Devin Hamden Sensei

Mark Ribble Sensei

Brian Wickham Sensei

Christie Rakes Sensei

Tonya Whitt Sensei

Mike Franke Sensei

Todd Dales Sensei

Chris Lee Sensei

Forrest Stevenson Sensei

T.G Ayers Sensei

Todd Marlow Sensei

Nicole Doherty Sensei

Study the teachings of the pine tree, the bamboo, and the plum blossom. The pine is evergreen, firmly rooted, and venerable. The bamboo is strong, resilient, unbreakable. The plum blossom is hardy, fragrant, and elegant. – O’Sensei