



Roanoke Budo Kai Requirements for Rank

Updated 10/2019

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

***All test requests will be in a review period until 30 days before test date. Then student will be notified if permission to test in this period is granted or not.*

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

Omote	Tanto tori (Nage takes weapon away)	Jo waza	Hanmi handachi
Ura	Jo tori (Nage takes weapon away)	Bokken waza	Suwari waza
Tenkan	Bokken tori (Nage takes weapon away)	Ushiro	Men nage

All techniques are to be graded for perfection.

7th Kyu 40 Hours

3 Nikkyo
All blending exercises (Ki-No-Nagare)
Ukemi
One Book on Aikido

Migi / Hidari Hanmi
Ai / Gyaku Hanmi
Proper Dojo Etiquette

6th Kyu 50 Additional Hours

Prior techniques PLUS:
6 Nikkyo
6 Sumi Otoshi
All blending exercises (Ki-No-Nagare)

13 Step Jo Kata
Hakama Fold
Ukemi

5th Kyu 50 Additional Hours

Prior techniques PLUS:
6 Sankyo
6 Kubi Shimi
(More emphasis on Omote, Ura, and Tenkan on this test and all future tests)

Tekubi
Second Book on Aikido

4th Kyu 75 Additional Hours

Prior techniques PLUS:
6 Kote gaeshi
Attend at least one Aikido Seminar by the time you test for 4th Kyu.

22 Step Jo Kata

3rd Kyu 95 Additional Hours

All prior techniques should be above average PLUS:
6 Shihonage
6 Yonkyo

6 Hiji Garami

2nd Kyu 100 Additional Hours

Prior techniques PLUS:

6 Irimi Nage	6 Ikkyo
Tenchi nage	6 Tanto Tori
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 100 Additional Hours (and one year since your last test)

May be conducted over 2 classes

Prior techniques PLUS:

4 Kaiten Nage	6 Kokyu Ho
3 Uke Randori	

(More emphasis on Suwari waza if injuries allow on this test and all future tests)

Shodan 150 Additional Hours (and one year since your last test)

May be conducted over 2 classes

All prior techniques should be above average PLUS:

Fourth Book on Aikido

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

**Nidan 200 Additional Training Hours / Minimum of Teaching 3 sessions
(and three years since Shodan test)**

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

Koshi nage

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 (Club Founder)

Eric Goodbar Sensei, Shidojin (Chief Instructor)

A.K. Briele Sensei, Fukushidojin (Asst. to Chief Instructor)

Devin Hamden Sensei
Brian Wickham Sensei
Tonya Whitt Sensei
Todd Dales Sensei
Forrest Stevenson Sensei
Todd Marlow Sensei

Mark Ribble Sensei
Christie Rakes Sensei
Mike Franke Sensei
Chris Lee Sensei
T.G Ayers 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