

Yondan (4th Degree Black Belt) Demo Prep Sheet

Demonstration Guidelines

A comprehensive demonstration. Duration 15-45 minutes.
Content of the demonstration is at the discretion of the applicant and doshu.

Showing a wide array of empty hand and weapons defense techniques.

Demonstration should include a combination of defenses
against both traditional and tactical attacks.

Ninindori (multiple attackers) to show knowledge
and understanding at a high level.

Static, flowing, leading.
Technique as well as free play.

Learn some other form/style/art and
demonstrate how it blends into aikido and self defense.

3 Years minimum required. Sponsor required.

Suggested Inclusion

Pick one or two items not done from the
Optional portion of the Sandan test.

Essay

Optional per Doshu

Submission of an aikido related subject

Seminar Plan

Develop a seminar plan (including some other art along with aikido).
Candidate will teach after passing.