

AD/Japanese calendar conversion table [2025]

Age list after birthday as of 2025.

If your birthday is not yet, subtract 1 from your age.

| AD | Japanese Calendar | Age | AD | Japanese Calendar | Age | AD | Japanese Calendar | Age |
|------|-----------------------|-----|------|-----------------------|-----|------|-----------------------|-----|
| 2025 | Reiwa 7 | 0 | 1973 | Showa 48 | 52 | 1920 | Taisho 9 | 105 |
| 2024 | Reiwa 6 | 1 | 1972 | Showa 47 | 53 | 1919 | Taisho 8 | 106 |
| 2023 | Reiwa 5 | 2 | 1971 | Showa 46 | 54 | 1918 | Taisho 7 | 107 |
| 2022 | Reiwa 4 | 3 | 1970 | Showa 45 | 55 | 1917 | Taisho 6 | 108 |
| 2021 | Reiwa 3 | 4 | 1969 | Showa 44 | 56 | 1916 | Taisho 5 | 109 |
| 2020 | Reiwa 2 | 5 | 1968 | Showa 43 | 57 | 1915 | Taisho 4 | 110 |
| 2019 | Reiwa 1/ Heisei 31 | 6 | 1967 | Showa 42 | 58 | 1914 | Taisho 3 | 111 |
| 2018 | Heisei 30 | 7 | 1966 | Showa 41 | 59 | 1913 | Taisho 2 | 112 |
| 2017 | Heisei 29 | 8 | 1965 | Showa 40 | 60 | 1912 | Taisho 1/ Meiji 45 | 113 |
| 2016 | Heisei 28 | 9 | 1964 | Showa 39 | 61 | 1911 | Meiji 44 | 114 |
| 2015 | Heisei 27 | 10 | 1963 | Showa 38 | 62 | 1910 | Meiji 43 | 115 |
| 2014 | Heisei 26 | 11 | 1962 | Showa 37 | 63 | 1909 | Meiji 42 | 116 |
| 2013 | Heisei 25 | 12 | 1961 | Showa 36 | 64 | 1908 | Meiji 41 | 117 |
| 2012 | Heisei 24 | 13 | 1960 | Showa 35 | 65 | 1907 | Meiji 40 | 118 |
| 2011 | Heisei 23 | 14 | 1959 | Showa 34 | 66 | 1906 | Meiji 39 | 119 |
| 2010 | Heisei 22 | 15 | 1958 | Showa 33 | 67 | 1905 | Meiji 38 | 120 |
| 2009 | Heisei 21 | 16 | 1957 | Showa 32 | 68 | 1904 | Meiji 37 | 121 |
| 2008 | Heisei 20 | 17 | 1956 | Showa 31 | 69 | 1903 | Meiji 36 | 122 |
| 2007 | Heisei 19 | 18 | 1955 | Showa 30 | 70 | 1902 | Meiji 35 | 123 |
| 2006 | Heisei 18 | 19 | 1954 | Showa 29 | 71 | 1901 | Meiji 34 | 124 |
| 2005 | Heisei 17 | 20 | 1953 | Showa 28 | 72 | 1900 | Meiji 33 | 125 |
| 2004 | Heisei 16 | 21 | 1952 | Showa 27 | 73 | 1899 | Meiji 32 | 126 |
| 2003 | Heisei 15 | 22 | 1951 | Showa 26 | 74 | 1898 | Meiji 31 | 127 |
| 2002 | Heisei 14 | 23 | 1950 | Showa 25 | 75 | 1897 | Meiji 30 | 128 |
| 2001 | Heisei 13 | 24 | 1949 | Showa 24 | 76 | 1896 | Meiji 29 | 129 |
| 2000 | Heisei 12 | 25 | 1948 | Showa 23 | 77 | 1895 | Meiji 28 | 130 |
| 1999 | Heisei 11 | 26 | 1947 | Showa 22 | 78 | 1894 | Meiji 27 | 131 |
| 1998 | Heisei 10 | 27 | 1946 | Showa 21 | 79 | 1893 | Meiji 26 | 132 |
| 1997 | Heisei 9 | 28 | 1945 | Showa 20 | 80 | 1892 | Meiji 25 | 133 |
| 1996 | Heisei 8 | 29 | 1944 | Showa 19 | 81 | 1891 | Meiji 24 | 134 |
| 1995 | Heisei 7 | 30 | 1943 | Showa 18 | 82 | 1890 | Meiji 23 | 135 |
| 1994 | Heisei 6 | 31 | 1942 | Showa 17 | 83 | 1889 | Meiji 22 | 136 |
| 1993 | Heisei 5 | 32 | 1941 | Showa 16 | 84 | 1888 | Meiji 21 | 137 |
| 1992 | Heisei 4 | 33 | 1940 | Showa 15 | 85 | 1887 | Meiji 20 | 138 |
| 1991 | Heisei 3 | 34 | 1939 | Showa 14 | 86 | 1886 | Meiji 19 | 139 |
| 1990 | Heisei 2 | 35 | 1938 | Showa 13 | 87 | 1885 | Meiji 18 | 140 |
| 1989 | Heisei 1/ Showa 64 | 36 | 1937 | Showa 12 | 88 | 1884 | Meiji 17 | 141 |
| 1988 | Showa 63 | 37 | 1936 | Showa 11 | 89 | 1883 | Meiji 16 | 142 |
| 1987 | Showa 62 | 38 | 1935 | Showa 10 | 90 | 1882 | Meiji 15 | 143 |
| 1986 | Showa 61 | 39 | 1934 | Showa 9 | 91 | 1881 | Meiji 14 | 144 |
| 1985 | Showa 60 | 40 | 1933 | Showa 8 | 92 | 1880 | Meiji 13 | 145 |
| 1984 | Showa 59 | 41 | 1932 | Showa 7 | 93 | 1879 | Meiji 12 | 146 |
| 1983 | Showa 58 | 42 | 1931 | Showa 6 | 94 | 1878 | Meiji 11 | 147 |
| 1982 | Showa 57 | 43 | 1930 | Showa 5 | 95 | 1877 | Meiji 10 | 148 |
| 1981 | Showa 56 | 44 | 1929 | Showa 4 | 96 | 1876 | Meiji 9 | 149 |
| 1980 | Showa 55 | 45 | 1928 | Showa 3 | 97 | 1875 | Meiji 8 | 150 |
| 1979 | Showa 54 | 46 | 1927 | Showa 2 | 98 | 1874 | Meiji 7 | 151 |
| 1978 | Showa 53 | 47 | 1926 | Showa 1/ Taisho 15 | 99 | 1873 | Meiji 6 | 152 |
| 1977 | Showa 52 | 48 | 1925 | Taisho 14 | 100 | 1872 | Meiji 5 | 153 |
| 1976 | Showa 51 | 49 | 1924 | Taisho 13 | 101 | 1871 | Meiji 4 | 154 |
| 1975 | Showa 50 | 50 | 1923 | Taisho 12 | 102 | 1870 | Meiji 3 | 155 |
| 1974 | Showa 49 | 51 | 1922 | Taisho 11 | 103 | 1869 | Meiji 2 | 156 |
| | | | 1921 | Taisho 10 | 104 | 1868 | Meiji 1 | 157 |