

AD/Japanese calendar conversion table [2026]

Age list after birthday as of 2026.

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

AD	Japanese Calendar	Age	AD	Japanese Calendar	Age	AD	Japanese Calendar	Age
2026	Reiwa 8	0	1973	Showa 48	53	1920	Taisho 9	106
2025	Reiwa 7	1	1972	Showa 47	54	1919	Taisho 8	107
2024	Reiwa 6	2	1971	Showa 46	55	1918	Taisho 7	108
2023	Reiwa 5	3	1970	Showa 45	56	1917	Taisho 6	109
2022	Reiwa 4	4	1969	Showa 44	57	1916	Taisho 5	110
2021	Reiwa 3	5	1968	Showa 43	58	1915	Taisho 4	111
2020	Reiwa 2	6	1967	Showa 42	59	1914	Taisho 3	112
2019	Reiwa 1/ Heisei 31	7	1966	Showa 41	60	1913	Taisho 2	113
2018	Heisei 30	8	1965	Showa 40	61	1912	Taisho 1/ Meiji 45	114
2017	Heisei 29	9	1964	Showa 39	62	1911	Meiji 44	115
2016	Heisei 28	10	1963	Showa 38	63	1910	Meiji 43	116
2015	Heisei 27	11	1962	Showa 37	64	1909	Meiji 42	117
2014	Heisei 26	12	1961	Showa 36	65	1908	Meiji 41	118
2013	Heisei 25	13	1960	Showa 35	66	1907	Meiji 40	119
2012	Heisei 24	14	1959	Showa 34	67	1906	Meiji 39	120
2011	Heisei 23	15	1958	Showa 33	68	1905	Meiji 38	121
2010	Heisei 22	16	1957	Showa 32	69	1904	Meiji 37	122
2009	Heisei 21	17	1956	Showa 31	70	1903	Meiji 36	123
2008	Heisei 20	18	1955	Showa 30	71	1902	Meiji 35	124
2007	Heisei 19	19	1954	Showa 29	72	1901	Meiji 34	125
2006	Heisei 18	20	1953	Showa 28	73	1900	Meiji 33	126
2005	Heisei 17	21	1952	Showa 27	74	1899	Meiji 32	127
2004	Heisei 16	22	1951	Showa 26	75	1898	Meiji 31	128
2003	Heisei 15	23	1950	Showa 25	76	1897	Meiji 30	129
2002	Heisei 14	24	1949	Showa 24	77	1896	Meiji 29	130
2001	Heisei 13	25	1948	Showa 23	78	1895	Meiji 28	131
2000	Heisei 12	26	1947	Showa 22	79	1894	Meiji 27	132
1999	Heisei 11	27	1946	Showa 21	80	1893	Meiji 26	133
1998	Heisei 10	28	1945	Showa 20	81	1892	Meiji 25	134
1997	Heisei 9	29	1944	Showa 19	82	1891	Meiji 24	135
1996	Heisei 8	30	1943	Showa 18	83	1890	Meiji 23	136
1995	Heisei 7	31	1942	Showa 17	84	1889	Meiji 22	137
1994	Heisei 6	32	1941	Showa 16	85	1888	Meiji 21	138
1993	Heisei 5	33	1940	Showa 15	86	1887	Meiji 20	139
1992	Heisei 4	34	1939	Showa 14	87	1886	Meiji 19	140
1991	Heisei 3	35	1938	Showa 13	88	1885	Meiji 18	141
1990	Heisei 2	36	1937	Showa 12	89	1884	Meiji 17	142
1989	Heisei 1/ Showa 64	37	1936	Showa 11	90	1883	Meiji 16	143
1988	Showa 63	38	1935	Showa 10	91	1882	Meiji 15	144
1987	Showa 62	39	1934	Showa 9	92	1881	Meiji 14	145
1986	Showa 61	40	1933	Showa 8	93	1880	Meiji 13	146
1985	Showa 60	41	1932	Showa 7	94	1879	Meiji 12	147
1984	Showa 59	42	1931	Showa 6	95	1878	Meiji 11	148
1983	Showa 58	43	1930	Showa 5	96	1877	Meiji 10	149
1982	Showa 57	44	1929	Showa 4	97	1876	Meiji 9	150
1981	Showa 56	45	1928	Showa 3	98	1875	Meiji 8	151
1980	Showa 55	46	1927	Showa 2	99	1874	Meiji 7	152
1979	Showa 54	47	1926	Showa 1/ Taisho 15	100	1873	Meiji 6	153
1978	Showa 53	48	1925	Taisho 14	101	1872	Meiji 5	154
1977	Showa 52	49	1924	Taisho 13	102	1871	Meiji 4	155
1976	Showa 51	50	1923	Taisho 12	103	1870	Meiji 3	156
1975	Showa 50	51	1922	Taisho 11	104	1869	Meiji 2	157
1974	Showa 49	52	1921	Taisho 10	105	1868	Meiji 1	158