

CHILDREN'S TEST REQUIREMENTS

10th KYU YELLOW BELT (20 HOURS*)

* Answer these Questions:

- What is Aikido?
- Who is O' Sensei?
- What is a dojo?
- Where do we practice Aikido?
- Who is our head instructor?
- What is dojo etiquette?
- What is a Gi and why should we keep it clean?
- What is the role of the Nage?
- What is the role of Uke?
- What is Ukemi?

* Demonstrate understanding of basic footwork including:

- Left / Right Hanmi
- Irimi
- Ushiro
- Tenkan
- Kaiten
- Irimi-tenkan

* Demonstrate understanding of basic Ukemi / falling including:

- Front Rolls
- Partial Back Roll / Back Fall

9TH KYU GREEN BELT (30 HOURS*)

* Demonstrate basic Aikido exercises:

- Wrist techniques (solo practice)

- Ikkyo
- Nikkyo
- Sankyo
- Kotegaeshi

- Rowing Exercise

- Ikkyo Exercise

* *Tai No Henka* (Tenkan exercise with partner)

* *Ai Hanmi Katatetori* (cross hand) *Ikkyo* (omote & ura)

* *Kokyudosa*

* *Front Rolls and Full Back Rolls*

8TH KYU BLUE BELT (40 HOURS*)

* *Demonstrate control of Ukemi:*

- Small front rolls
- Large front rolls
- Roll slapping out/Break falls

* *Gyaku Hanmi Katatetori Kokyuho*

* *Ai Hanmi Katatetori Iriminage*

* *Ai Hanmi Katatetori Kotegaeshi*

* *Ryotetori Tenchinage*

7TH KYU PURPLE BELT (50 HOURS*)

- *Gyaku Hanmi Katatetori Shihonage* (omote & ura)
- *Shomenuchi Ikkyo* (omote & ura)
- *Shomenuchi Iriminage*
- *Tsuki Kotegaeshi*
- *Morotetori Kokyuho* (2 ways)
- *Katatetori Kaitenage* (uchi & soto)

6TH KYU BROWN BELT (60 HOURS*)

- *Yokomenuchi Shihonage* (omote & ura)
- *Shomenuchi Nikkyo* (omote & ura)
- *Shomenuchi Sankyo* (omote & ura)
- *Tsuki Iriminage*
- *Ushiro Tekubitori Kotegaeshi*
- *Suwari waza*
 - *Shomenuchi Ikkyo* (omote & ura)
 - *Shomenuchi Iriminage*

NAMES FOR VARIOUS ATTACKS

Katatetori - One hand grab to wrist

Morotetori - Two hands on one

Ryotetori - Both wrists held from the front

Shomenuchi - Strike to forehead

Yokomenuchi -Diagonal strike to side of head or neck

Tsuki - Thrust or punch

Ushiro Tekubitori - Both wrists held from behind

*Please note that the hours of training indicate a minimum requirement for advancement. Preparedness for any advancement testing is determined by the instructors. If you have questions about this policy please feel free to ask the instructor.