



合気道  
Aikido Kids



## TEST REQUIREMENTS

### Requirements for promotion:

The instructor will determine when students are ready to test after fulfilling the required number of training hours and will agree on a test date with the student and parent(s). Monthly dues must be up to date prior to test date.

Testing is meant to help Aikido kids improve by providing learning goals and motivation to enhance their practice. Test preparation is part of every class because the test curriculum is basic Aikido practice. Testing will be done supportively with the student's approval to test once the instructor has indicated they are ready.

### Belt rank order:

Shodan = black  
1<sup>st</sup> – 3<sup>rd</sup> Kyu = Brown  
4<sup>th</sup> Kyu = Purple  
5<sup>th</sup> Kyu = Blue

6<sup>th</sup> Kyu = Green  
7<sup>th</sup> Kyu = Orange  
8<sup>th</sup> Kyu = Yellow  
9<sup>th</sup> & 10<sup>th</sup> Kyu = White

### Testing curriculum:

The examination is structured on the student's demonstration of proper Aikido spirit, knowledge, and physical proficiency. Students will be graded on the following points:

- Cooperation and conduct throughout the test
- The ability to follow directions
- Demonstration of enthusiasm, concentration, and awareness throughout the test
- The ability to adapt their movement with their partner's movement

<b>Rank</b>	<b>Hours*</b>	<b>Techniques</b>
10th & 9 <sup>th</sup> Kyu	24	Seiza, Zarei, Ritsurei, Hanmi, Fune Kogi, Tenkan, Zempo Kaiten Ukemi, Koho Kaiten Ukemi, Tie belt in < 20 seconds, Recite class start & end commands
8 <sup>th</sup> Kyu	24	All previous techniques plus: Shiho Undo, Happo Undo, Shikko, Shomen Uchi attack, Yokomen Uchi attack, Munetski attack, Katate Tori attack
7 <sup>th</sup> Kyu	30	All previous techniques plus: Shomen Uchi Ikkyo (omote & ura), Shomen Uchi Irimi Nage, Kokyu Dosa
6 <sup>th</sup> Kyu	30	All previous techniques plus: Shomen Uchi Kotegaeshi, Munetski Kotegaeshi
5 <sup>th</sup> Kyu	40	All previous techniques plus: Katate Tori Kokyu Nage Katate Tori Kaiten Nage Suwari Waza Shomen Uchi Ikkyo Kokyu Dosa Katate Tori Shiho Nage Ryote Tori Tenchi Nage (all omote & ura)
4 <sup>th</sup> Kyu	40	All previous techniques plus: Yokomen Uchi Irimi Nage Yokomen Uchi Kotegaeshi Yokomen Uchi Shiho Nage (all omote & ura)
3 <sup>rd</sup> Kyu	60	All previous techniques plus: Ryote Tori Shiho Nage Ryote Tori Ikkyo Ushiro Ryote Tori Irimi Nage Suwari Waza – Shomen Uchi Irimi Nage Ryote Tori Kokyu Nage (all omote & ura) Ushiro Ryote Tori Kotegaeshi Kokyu Dosa
2 <sup>nd</sup> Kyu	60	All previous techniques plus: Ushiro Ryote Tori Shiho Nage Suwari Waza – Munetski Kotegaeshi Ushiro Ryote Tori Kokyu Nage Kokyu Dosa
1 <sup>st</sup> Kyu	80	All previous techniques plus: Shomen Uchi – 3 different techniques Katate Tori – 3 different techniques Suwari Waza – Shomen Uchi – 2 different techniques Kokyu Dosa Yokomen Uchi – 3 techniques Ushiro Ryote Tori – 3 techniques

**\*Hours required after attaining previous kyu rank**