

Aikido Kids

Exam Requirements

10th Kyu White/stripe (16 hours/4months)

Q/A dojo etiquette
Shows proper behavior/focus
Hanmi stance
Tenkan
Shikko
Back(sit) fall

9th Kyu Purple (16 hours/4months) All previous requirements plus:

Irimi
Front rolls(from kneeling)
Back rolls(from sitting)
Kokyu tanden ho
Begins to understand Japanese terms

8th Kyu Yellow (20 hours/5months) All previous requirements plus:

Front rolls(from squatting)
Back rolls(from kneeling)
Shomenuchi strike(downward strike to head)
Yokomenuchi strike(side strike to head)
Munetski strike(straight punch to stomach/chest)
Mentski strike(straight punch to face)

7th Kyu Yellow/stripe(20hours/5months) All previous requirements plus:

Front rolls(from standing)
Back rolls(from standing)
Katate dori kokyunage(same side wrist grab
tenkan throwing to the back)
Show one way to blend with Shomenuchi,
Mentski, Munetski strike

6th Kyu Orange(20hours/5months) All previous requirements plus:

Bokken Suburi(Shomenuchi strikes)
Katate dori sumiotoshi(same side wrist grab
irimi corner throw)
Show another way to blend with Shomenuchi,
Mentski, Munetski

5th Kyu Blue(20hours/5months) All previous requirements plus:

Jo Suburi(Shomenuchi strike, tsuki)
Bokken Suburi(Yokomenuchi strikes)
Katate dori kokyunage(same side wrist grab
tenkan throwing to the front)

4th Kyu Blue/stripe(20hours/5months) All previous requirements plus:

Jo kata(6 count)
Bokken Suburi(tsuki)
Katate dori ikkyo(omote/ura)
Katate dori iriminage

3rd Kyu Green(24hours/6months) All previous requirements plus:

Kumi Jo(6 count)
Kosa dori sumiotoshi(cross hand grab irimi corner throw)
Kosa dori iriminage(cross hand grab irimi tenkan throw)
Suwariwaza avoiding Shomenuchi, Mentski strike

2nd Kyu Red(24hours/6months) All previous requirements plus:

Kokyunage from Shomenuchi,Mentski,Munetski
(2 different throws)
Suwariwaza Shomenuchi ikkyo(omote/ura)

1st Kyu Brown(24hours/6months) All previous requirements plus:

Shomenuchi ikkyo(omote/ura)
Shomenuchi iriminage
Munetski sumiotoshi
Jiyu waza
Written Essay(open)