

CHILDREN'S TESTING REQUIREMENTS

DATES FOR TESTING

Notice will be given two weeks prior to testing.

NOTES:

1. Testing fee is \$15. All stripes and belts purchased for the student by Redlands Aikikai.
2. Testing will take place quarterly. Dates for tests will be announced about one month in advance. (Please note that not every child will be tested every quarter, especially those children of higher rank.)
3. Students will be deemed eligible for testing by a board consisted of the Sensei' and business manager.
 - a. Eligibility will be based on sufficient amount of time in the candidate's current rank, maturity, as well as the development of sufficient skill for the requirements of the next test.
 - b. We will endeavor always to avoid any unnecessary nervousness by testing children when they are truly ready. At the same time our goal is to empower each student by giving them the opportunity for a good test as soon as they are ready
4. At each change of belt color, students turn in a completed worksheet the day of the test. The worksheet will be given to the student the week prior to the test.
5. All techniques to be done both omote and ura, twice each, unless otherwise specified.

TEST ETIQUETTE:

Beginning your test: when Sensei calls your name shikko to the center of the mat and do a seated bow to the shomen. Turn and do a seated bow to Sensei. Bow to your partner and wait for Sensei to announce what technique to perform. Keep repeating the technique until asked to stop. *Ending your test:* When Sensei signals the end of the test, you and your partner do a seated bow to each other, then to Sensei and finally a seated bow to the shomen. Shikko back to line.

SKILLS REQUIREMENTS:

NINTH KYU - WHITE BELT

9-1 One White Stripe - (White Belt)

Worksheet

Formal seated bow

Side (Log) Roll

Kokyu-ho Irimi/Tenkan

1st Rule - Be respectful of everyone

EIGHTH KYU - WHITE BELT

8-1 Orange Stripe - (White Belt)

Worksheet

All previous techniques, plus:

Front and back kneeling rolls

Kokyu-ho Irimi/Tenkan

Funakogi Stop-Turn Rowing

SEVENTH KYU - WHITE BELT

7-1 One Yellow Stripe - (White Belt)

Worksheet

Shikko

Front and back rolls, kneeling

Kokyu-ho Tenkan and Irimi

Kosa Dori Ikkyo, omote

7-2 Two Yellow Stripes - (White Belt)

15 hours

All previous techniques, plus:

Kosa Dori Ikkyo, ura

Kosa Dori Irimi nage, ura

SIXTH KYU - YELLOW BELT

Worksheet

All previous techniques, plus:
Escape from wrist grab
Mune Tsuki Irimi Nage, ura

6-1 One Purple Stripe - (Yellow Belt)

All previous techniques, plus:
Standing forward and back rolls
Kosa Dori Hiji Otoshi, ura
Mune Tsuki Hiji Otoshi, ura

6-2 Two Purple Stripes - (Yellow Belt)

All previous techniques, plus:
Yokomen Uchi Shihonage
Katate Dori kokyu nage (kotai and zenshin)
Kokyu Tanden Ho
Weapons:
Bokken: Suburi #1

FIFTH KYU - PURPLE BELT

Worksheet

All previous techniques, plus:
Sytema Forward & Back Rolls
Escape from Shomenuchi (irimi, tenkan)
Shomenuchi Ikkyo
Katate Dori Shihonage (omote and ura)
Weapons:
Bokken: Suburi #2

5-1 One Blue Stripe - (Purple Belt)

All previous techniques, plus:
Ryote Dori Tenchinage
Mune Tsuki Ikkyo
Weapons:
Bokken: Suburi #3
Jo: Suburi #1

5-2 Two Blue Stripes - (Purple Belt)

All previous techniques, plus:
Mune Tsuki Kaitennage
Kata Dori Ikkyo
Weapons:
Bokken: Suburi #4
Shomen & Yokomen Uchi from Seigan & Hasso Gedan
Jo: Suburi #2

FOURTH KYU - BLUE BELT

Worksheet

All previous techniques, plus:
Katate Dori Ryote Mochi Kokyu Tanden Ho I & II
Ryote Dori Shihonage
Yokomen Uchi Kokyu Nage
Weapons:
Bokken: Suburi #5
Jo: Suburi #3
Jo Basic Form (Solo)

4-1 One Green Stripe - (Blue Belt)

All previous techniques, plus:

Yokomen Uchi Hiji Otoshi

Shomen Uchi Kokyu Nage

Katate Dori Ryote Mochi Kokyu Tanden Ho III & IV

Ushiro Ryokatate Dori Shihonage

Ushiro Ryokata Dori Ikkyo

Weapons:

Bokken: Suburi #6

Jo: Suburi #4

Jo Basic Form (Partner)

THIRD KYU - GREEN BELT

Worksheet

All previous techniques, plus:

Hanmi Handachi: Katate Dori and Ryokatate Dori Shihonage

Katate Dori Ikkyo

Katadori Iriminage

Yokomen Uchi Ikkyo

Shomen Uchi Nikyo, Sankyo and Yonkyo

Weapons:

Bokken: Suburi #7

Sword Happo Giri

Jo: Suburi #5

3-1 One Brown Stripe - (Green Belt)

All previous techniques, plus:

Ushiro Ryokatate Dori Kokyunage

Ushiro Katate Dori Kubi Shime Kokyunage

Yokomen Uchi Nikyo and Sankyo

Suwari Waza Ikkyo from Shomen Uchi and Kata Dori

Weapons:

Bokken: Basic Partner Form

Jo: Suburi #6-10

31 Jo Kata

Internal ranking and ASU ranking: Redlands Aikikai is affiliated with Aikido Schools of Ueshiba (ASU). ASU awards black belts only after the candidate has attained the age of 16.

Prior to the age of 15, Redlands Aikikai awards its internal belt ranks through 3rd kyu. After attaining 15 years of age the student is eligible to become a member of ASU, at a rank decided on by the Chief Instructor.