



Fox Valley Aikido Children's Test Requirements (Age 6-11 yrs)



Belt	Yellow Stripe 10th Kyu	Yellow 9th Kyu	Orange Stripe 8th Kyu	Orange 7th Kyu	Green Stripe 6th Kyu	Green 5th Kyu	Blue Stripe 4th Kyu	Blue 3rd Kyu	Brown Stripe 2nd Kyu	Brown 1st Kyu	
Hours	30 hrs	30 hrs	30 hrs	30 hrs	35 hrs	40 hrs	45 hrs	50 hrs	55 hrs	60 hrs	
Etiquette	Tie the Belt, Properly wear the Uniform	Sit and stand up properly	Proper Bowing before, during and after class	Bell Ring at start of class	Bokken: Carry, Sit and bow	Jo: Carry, Sit and bow		Review Aikido History and Meaning			
Bodyarts: General	Forward & Backward roll, Knee walk		Explain Omote & Ura	Demonstrate Tachiwaza, Suwariwaza, Hanmi Handachi	Lead warm up of Children class				Breakfall		
Gyakuhamni Katatedori	Tenkan & Irimi Exercise	Irimi Kokyuhō	Tenkan (Jodan) Kokyunage	Uchikaiten Kokyunage (Omote)	Uchikaitennage (omote)	Uchikaitennage (ura)		Sotokaiten Kokyunage	Sotokaitennage	Hamnihandachi Sotokaitennage	
	Irimi & Tenkan Kokyunage	Tenkan Kokyuhō	Sumiotoshi (omote)	Sumiotoshi (ura)			Ikkyō (omote)	Ikkyō (ura)	Hamnihandachi Sumiotoshi	Shihonage	
Ryotedori	Suwariwaza Kokyuhō	Demonstrate Ryotedori	Tenchinage (Omote)		Tenchinage (Ura)				Kokyunage	Ushiroryotedori Kotegaeshi	
Shomenuchi			Demonstrate Shomenuchi	Suwariwaza Irminage	Suwariwaza Ikkyō (omote)	Suwariwaza Ikkyō (ura)			Ikkyō (Tachiwaza, Omote & Ura)	Iriminage	
Aihamni Katatedori				Demonstrate Aihamni	Ikkyō (Omote)	Ikkyō (Ura)	Iriminage	Sumiotoshi (ura)	Jujinage	Kokyuhō	
							Sumiotoshi (omote)			Koshinage	
Tsuki					Demonstrate Tsuki	Kokyuhō		Sumiotoshi (ura)	Iriminage		
Morote Dori						Demonstrate Morotedori	Kokyunage				
Kata Dori							Demonstrate Katadori	Kokyuhō			
Weapon: Bokken						Shomen Cut front and back (pivot)	Shomen Cut & Block from Horstance	Shiho-Giri (left & right)	Suburi 1 & 2	Suburi 3 & 4	
Weapon: Jo							Tsuki attack & block	Tsuki, Block & Kesa attack both sides	Shomen attack walking	Jo-Kata	
Uchideshi Program							Write Essay; Wear Hakama; 12 hrs of training per month; Clean the Dojo; Help teaching the class; Mentoring new students				