



Fox Valley Aikido Children's Test Requirements (Age 11-13)



Belt	Yellow 9th Kyu	Orange 7th Kyu	Green 5th Kyu	Blue 3rd Kyu	Brown 1st kyu	Purple Stripe	Purple	White Stripe
Hours	30 hrs	40 hrs	50 hrs	60 hrs	70 hrs	80 hrs	100 hrs	120 hrs
Etiquette & Bodyarts	Forward & Backward roll, Knee walk	Explain Omote & Ura	Lead warm-up of Childrens Class	Explain aspects of Dojo Etiquette	Aikido History and Meaning; Breakfall	Explain Jodan, Chudan & Gedan		Attend a regional seminar
Gyakuhamni Katatedori	Tenkan & Irimi Exercise; Tenkan & Irimi Kokyuhō; Tenkan & Irimi Kokyunage	Tenkan (Jodan) Kokyunage; Uchikaiten Kokyunage (omote); Sumiotoshi (Omote & Ura)	Uchikaitennage (Omote & Ura)	Sotokaiten Kokyunage; Ikkyo (omote & Ura)	Sotokaitennage (Tachiwaza & Suwariwaza); Shihonage; Hamnihandachi Sumiotoshi	Suwariwaza Ikkyo (Omote & Ura)	Kokyunage x5	Nikyo; Sankyo (both Omote & Ura); Kotegaeshi; Iriminage
Ryotedori	Demonstrate Ryotedori; Suwariwaza Kokyuhō	Tenchinage (Omote)	Tenchinage (Ura)		Kokyunage; Ushiroryotedori Kotegaeshi		Kokyuhō (Chudan & Gedan)	Shihonage (Tachiwaza & Hamnihandachi; Omote & Ura)
Shomenuchi		Demonstrate Shomenuchi; Suwariwaza Iriminage	Suwariwaza Ikkyo (Omote & Ura)		Iriminage; Ikkyo (Tachiwaza, Omote & Ura)	Sumiotoshi (Ura) Tachiwaza & Suwariwaza	Sotokaitennage (Omote & Ura)	Nikyo; Sankyo (both Tachiwaza & Suwariwaza; Omote & Ura)
Aihamni Katatedori		Demonstrate Aihamni	Ikkyo (Omote & Ura)	Iriminage; Sumiotoshi (omote & Ura)	Jujinage; Kokyuhō; Koshinage	Shihonage	Sotokaitennage (Omote & Ura)	Nikyo; Sankyo; Kotegaeshi (all Omote & Ura)
Tsuki			Demonstrate Tsuki; Kokyuhō	Sumiotoshi (ura)	Iriminage	Ikkyo (Omote & Ura)		
Morote Dori			Demonstrate Morotedori	Kokyunage		Jujinage (Jodan & Gedan)	Ikkyo (Omote, Ura) Jodan & Gedan	
Kata Dori				Demonstrate Katadori; Kokyuhō			Ikkyo (Omote, Ura)	Nikyo, Sankyo (both Omote & Ura)
Yokomen uchi					Demonstrate Yokomenuchi	Kokyuhō (Gedan)	Shihonage (Gedan)	
Weapon: Bokken			Shomen Cut front and back (pivot)	Shiho-Giri (left & right)	Suburi 1-4	Suburi 5-8	Kirikaeshi 1 & 2	Kirikaeshi 3 & 4
Weapon: Jo				Tsuki, Block & Kesa attack both sides	Shomen attack walking; Jo-Kata	Kesa List Technique 1-4	Kesa List Technique 5-8	Kesa List Technique 9-12
Uchideshi Program	Write Essay; Wear Hakama; 12 hrs of training per month; Clean the Dojo; Help teaching the class; Mentoring new students							